

Internships & Work Experience

Why do work experience?

Work experience is a valuable way for you to develop a range of skills for future employment as a graduate. It can also help you increase your confidence, develop professional networks and even to discover a future career sector or job of interest.

A survey of major graduate recruiters* suggested that over a third of employers would expect graduates to have some kind of work experience.

What are internships?

An internship is usually a more structured form of work experience in a particular role with a significantly higher level of responsibility and involvement.

Opportunities range from just a few days or weeks to up to a year. Student internships tend to be shorter than graduate internships.

Internships may be paid or unpaid (which can be dependent on the career sector). They are usually offered by major graduate recruiters, smaller companies or community organisations and charities.

The rise of virtual internships has expanded access to work experience opportunities. These remote roles are likely to remain a key part of the working landscape, enabling students from across the UK to take part in opportunities that were once largely concentrated in London and the Southeast.

For general information & advice about internships and work experience:

- http://www.prospects.ac.uk/work_experience.htm
- <http://targetjobs.co.uk/internships>

To understand more about the law and unpaid internships, and to know your rights:

- <https://targetjobs.co.uk/internships/275017-unpaid-internships-are-they-worth-it>

Internships with major graduate recruiters

Many of the major graduate recruiters see their summer and sandwich placement programmes as a good way to identify students for their graduate recruitment schemes. Most top recruiters offer paid work experience opportunities and indicated that 25% of their graduate schemes were filled by students and graduates who had already worked for them*.

There is fierce competition for these opportunities and the application process is often just as demanding as those for the graduate schemes. It may involve online aptitude tests, assessment centres and interviews. The application time frame is also similar to that of graduate schemes (approximately Sept – Nov/Dec for applications, Jan – April for interviews and assessment centres, June-Aug for starting an internship/summer placement)

Finding work experience and internships

The following websites have search functions to help you find internships and/or work experience in your chosen area of work, by location:

Local opportunities

- [myCareer](#) – filter on ‘internship’ or ‘placement’ under ‘Opportunity type’

Virtual internships

- www.brightnetwork.co.uk/internship-experience-uk/
- <https://www.theforage.com/>
- <https://barclayslifeskills.com/i-want-virtual-work-experience/school/virtual-work-experience/>

Internships and work experience in the UK & Beyond

- <https://www.prospects.ac.uk/jobs-and-work-experience/work-experience-and-internships/internships>
- <https://targetjobs.co.uk/internships>
- <https://www.milkround.com/>
- <http://www.ratemyplacement.co.uk/>

Internships for specific groups

- <https://www.employ-ability.org.uk/> links to internships for students with disabilities
- <https://www.leonardcheshire.org/what-we-can-do-you/working/employment-support-and-internships/internships-students-and-graduates> three months of paid work experience for students with disabilities or long term health conditions
- <http://www.windsor-fellowship.org/> various programmes and internships for BME students
- <http://futurereach.co.uk/> for students from disadvantaged backgrounds (check website for criteria)

*The Graduate Market in 2024: High Fliers Research.

If you would like to book a careers appointment,
please visit: <https://worchester.targetconnect.net>

myCareer