

**Virtual Work
Experience
Programme
Monday 29th
June - Friday
3rd July 2026**



Virtual Work Experience Placements

Virtual Work Experience placements are an alternative which can provide the opportunity for you to gain experience in the workplace, develop your skills, boost your employability and explore new industries and job roles.

If you have been unable to secure an in-person WEX we expect you to explore these slides and to sign up for a meaningful VWEX.

Additionally, if you have secured a placement but are interested in boosting your CV and employability, we strongly suggest that you too engage with the following opportunities.

Benefits of Virtual Work Experience Placements

Virtual work placements are open to everyone and location does not need to be a limiting factor. This opens many possibilities for you to explore new jobs and industries in areas that may not have been possible under face to face arrangements. The majority of virtual work experience placements are free. Working from home will also mean no travel costs. Remote working is now important to many businesses and learning how to conduct business and work online will develop extremely valuable skills for the modern workplace.

It's not always easy working from home and taking part in virtual work experience placements will help you to develop those transferable soft skills that all employers are seeking, such as organisation, time-management and self-motivation. Understanding what a job or a career entails might help you to make decisions about whether or not that role is right for you in the future.

Please find below links to a variety of different VWEX opportunities. Some last for a day or two, whereas others may cover a week or more. There are VWEX programmes in a wide range of job sectors. On completion you will receive a certificate. You must save these as proof of completion. Please also make a list of the VWEX placements that you complete as this information will be checked by your tutor of your return to school.

Virtual Work Experience tool | Barclays LifeSkills

Step 1: Click the link above to take part in a 'virtual first day' with Barclays Life Skills. This gives you top tips on what to expect and dos and don'ts when starting a new job / work experience. Make sure you click on the help buttons to enhance your knowledge more.

Step 2 : Reflect in your booklet (blank back page) on the information you have learnt.



Step 3:

Look through the following slides and find the industry that you would like to complete your VWEX in.



For some industries you will have more than one option. Most of the VWEX activities are around 5-6 hours long. You do not need to complete it in one go.

The VWEX activities are all on different platforms. You will need to **sign up before you start**. This should take around 10 minutes.

We expect everyone to complete 2x VWEX activities this week or a minimum of 8 hours.

You will **reflect on each of the VWEX** activities that you complete in your booklets.



Accounting / Finance / Banking – Option 1

JPMorgan Chase Global Private Bank - Forage (theforage.com)

- This is a great opportunity to glimpse life as a Private Bank Analyst, a career that can be truly inspiring, rewarding and fulfilling.
- This programme is a great opportunity to get a true sense of what we do as a company and how we work as one team.
- You'll be awarded a Certificate of Completion from J.P. Morgan Private Bank that you can use to showcase your skills.
- Your application will be prioritised for review and follow up if you apply for the firm's summer internship



Accounting / Finance / Banking – Option 2

JPMorgan Chase Markets (Sales & Trading) - Forage (theforage.com)

- You'll develop valuable critical thinking, communication, analytical and quantitative skills required to drive your career in the direction you want it to go.
- Throughout this programme, you'll learn what it takes to be part of the markets team at JPMorgan Chase. You'll familiarise yourself with the different roles across sales, trading and research and undertake tasks that closely reflect what our markets teams do day in and day out. By completing the virtual experience, you'll build the skills to set you up for success in your career in markets



Accounting / Finance / Banking - – Option 3

Women in Accounting: Moore Kingston Smith Work Experience | Springpod

- Accountancy, advisory services and beyond! You'll gain a foundational knowledge of what's on offer at Moore Kingston Smith. You'll discover what careers are available, an insight into what it's like to be a woman in the sector, and which skills Moore Kingston Smith is looking for. You'll get hands-on, doing a series of quizzes and activities. Complete with virtual live webinars, this programme will help build your understanding of Moore Kingston Smith and the role they could play in your future!



Law - - Option 1

[Clifford Chance - Job Simulations - Forage \(theforage.com\)](https://www.theforage.com)

(10 options to choose from)

- Clifford Chance are offering [online work experience programmes](#) in Cyber Security Global, Climate Change Business and Human Rights. You can just sign up on their website and will complete tasks which get you to consider how to advise clients on these challenges, and to help you identify and evaluate like a lawyer.



Law – Option 2



Linklaters UK Commercial Law - Forage ([theforage.com](https://www.theforage.com))

In this programme, you will get to sample the cutting-edge work our trainees and lawyers do every day. You will get to build legal skills and better understand what a career at Linklaters offers. Our programme is open to all students, from a law or non-law background. The tasks we have created move through the lifecycle of a deal. We therefore recommend completing each task in order from 1 to 7!

Forensic Science and Fingerprints



Forensic Science and Fingerprints

How do Forensic Scientists operate?

What is involved in using fingerprints as evidence.

This course will introduce to the basic principles of forensic science in the working world.

Business and Economics – Option 1



- [PwC Switzerland Audit - Forage \(theforage.com\)](https://www.theforage.com)

4-5 hours.

Are you studying business, economics, math, IT, or life sciences? Are you an innovative thinker and up to new challenges? Auditing is likely much broader than you imagined. From core to finance, from technology enabled to digital, auditing is an exciting professional world built on trust.

PwC's Audit Job Simulation lets you tackle an audit case to experience our work. It will give you a feel of what it would be like to be part of the Audit, experience our international teams and the atmosphere and give you insights to what awaits you in a career in audit.

Business and Economics – Option 2

BCG Strategy Consulting - Forage (theforage.com)



4 – 5 Hours

- BCG partners with leaders in business and society to tackle their most important challenges and capture their greatest opportunities. In this job simulation, you will gain enviable insight into what it's like to solve meaningful challenges with our diverse and forward-thinking team. What's great about our job simulation is the flexibility of it. You'll get to choose the module or modules that you would like to take and complete all of these tasks and modules anywhere and anytime in the world, allowing you to upskill yourself in your own time and pace.
- After finishing each module, you'll be provided with real work sample answers from our leaders and you can see how top-tier consultants and our designers would have tackled each task, so that you can learn from their approach.

Business and Economics – Option 3



PWC

The programme combines both live and pre-recorded sessions which will provide you with an insight into PwC and an opportunity to develop your employability skills.

You'll also have the chance to engage with a range of PwC ambassadors through the interactive live sessions, whilst having the flexibility to watch and listen to the recorded sessions at a time best suited to you each week.

Medicine and Health Care – Option 1

BSMS Virtual Work Experience (thinkific.com)

- The aim of this work experience course is to provide you with insights into six different medical specialities, whilst highlighting both the key skills required to work within those areas, as well as some of the challenges faced.
- After submitting both pre- and post-course surveys as well as a reflective piece of work, you will be awarded a certificate of completion.
- The real value of the course, however, is your reflection on the information presented - thinking about what you have learnt about medicine and how you might link the skills required by doctors, to those you have demonstrated through your our own experiences. It is this reflection that medical schools are interested in hearing about!
- This course takes 7-9 hours on average to complete.



Medicine and Health Care – Option 2

Observe GP (RCGP)



- It is important to remember why medical schools look for relevant experience in your application. They want to see that you understand what a career in medicine involves and that you have the key values, skills and attributes required to become a doctor. Taking part in experiences provided by online platforms such as Observe GP may allow you to gain some of this understanding and demonstrate some of those qualities, but remember, it is how you reflect on these experiences and communicate what you have learnt which matters.
- The true realities of medicine cannot be obtained without full consideration for all the roles within different NHS teams. All staff members work together to deliver patient care and it is important for an applicant to understand and value the importance of teamwork. The videos are designed to allow you to observe differing members of the primary care team

Medicine and Health Care – Option 3



Medic Mentor University Hospitals Birmingham Virtual Work Experience

- The Queen Elizabeth Hospital has partnered with Medic Mentor, the UK's largest medical family, to provide free live virtual work experience to any student in the UK wanting to become a doctor, dentist or vet.
- This work experience programme is completely unique because unlike other virtual work experience programmes, it is LIVE, using high fidelity simulation in the best state-of-the-art-simulation centre in the country, at the QE Hospital in Birmingham.
- Follow 3 patients over a 6-month period as they go from diagnosis, to treatment and follow up, that is provided by real doctors and a multidisciplinary team. As a student, you will be able to ask any of the doctors questions about what you see.



ChildCare

Childcare



The NurseryVue app builds learner confidence and prepares students for work experience by exploring childcare health and safety issues and solutions from the comfort of their own learning environment.

Engineering – Option 1

Goldman Sachs Software Engineering - Forage (theforage.com)-



- Our Engineering organization, comprised of our Engineering Division, global strategist groups, and Engineering teams within other divisions, build solutions to some of the most complex problems in the industry.
- From automated trading to managing data, risk analysis to safeguarding information and promoting environmental sustainability, our commitment to best-in-class technology provides Goldman Sachs with a competitive edge.
- 2 HOURS

Engineering – Option 2



- [Engineers Without Borders UK Globally Responsible Engineering - Forage \(theforage.com\)](http://theforage.com)
- Engineering has played a significant role – both good and bad – in getting humankind and the planet to where we are today. Typically, the engineering community still relies on unsustainable practices and materials, with limited consideration of the broader impact. The building and construction sector alone is responsible for 38% of global emissions whilst there continues to be vast inequality across the world.
- At Engineers Without Borders UK, we are working to reach the tipping point to ensure a safe and just future for all by inspiring, upskilling and driving change to put global responsibility at the heart of engineering.
- During this course, aimed at those both in the sector or interested in what the profession has to offer, participants will interrogate the role of engineering, learn about the principles of global responsibility, how to encourage participatory and inclusive outcomes in practice and critically reflect on your role in ensuring a more safe and just future for all.

Aerospace Engineering - – Option 3

Aerospace Work Experience | Springpod



- Always been fascinated by space? Simply don't understand how a 300-tonne plane can make it into the sky? Maybe it's time to take the Airbus Aerospace programme! We'll go into detail about Space Exploration and how new initiatives help us here on Earth.

You'll hear from the people who make Airbus the company that it is and give you opportunities to complete activities in various departments to get a feel of what department is most interesting for you.

We'll even let you in on some industry secrets...like did you know it takes more than 3600 litres of paint to paint the exterior of the aircraft?

Journalism – Option 1

Academic Publishing with Taylor & Francis | Springpod



- You'll learn *all* about the lifecycle of books and journals and the different stages involved in publishing (including digital publishing!) We'll also look at the monumental impact academic publishing has on academia, industry & government, and more! What else can you expect? A deep dive into the breadth and depth of careers in this exciting industry.
- From the different stages of publishing to the challenges and opportunities that come with the rise of digital technology, this programme is jam-packed with exciting content to sink your teeth into! Plus, you'll learn about the various roles and pathways to a career at Taylor & Francis and the wider publishing industry. You'll also complete a series of quizzes and fun activities to help build your understanding, finishing the programme with a downloadable portfolio of your work.

Journalism – Option 2

Journalism Work Experience | Springpod

- Explore the different types of journalism and media as well as reveal the code that all journalists should stick to.
- Journalism is a competitive field, so we're giving you an edge. We've spoken to professionals who specialise in various branches of journalism to get their top tips for entering journalism and what to do once you're there!
- This VWEX looks at : Print Journalism, Broadcast Journalism and Photo Journalism.



Psychology- Option 1

Psychology Unveiled: Fields and History - Virtual Work Experience | Springpod



- Gain insights into recognised and practiced fields of psychology, and uncover its grisly historical roots. Hear from professionals specialising in various disciplines, offering top tips for entering and thriving in the dynamic world of psychology. Nurture your passion and gain a comprehensive view of the multifaceted field of psychology.

This includes stories from professionals who specialise in various disciplines to get their top tips for entering the field of psychology and what to do once you're there!

- Look at Forensic psychology, Sports psychology, Health psychology and Clinical psychology.

TV / Film / Theatre – Option 1

TV & Film Work Experience | Springpod

- When you think of TV and film, what comes to mind – red carpets and awards? We're going to pull back the curtain and discover what a career in TV and film really looks like, from popular film theory to what happens in post production, you'll get a backstage pass.

This programme has it all, you'll get the chance to direct a short film, take part in quizzes that put your knowledge to the test and hear from industry professionals, like film critics and heads of production.

- 7 hours



TV AND FILM – Option 2

Broadcast & Media | Springpod



- Interested in a career in broadcast and media but not sure where to start? This programme will help you experience the industry, explore the careers available and learn more about working in broadcast and media through a series of workplace projects.

Whether you dream of bringing stories to life in hit TV dramas, interviewing the biggest artists on radio, or perhaps you fancy a career in print media, this virtual work experience programme will introduce you to the exciting world of broadcast and media. You'll complete a series of activities to help build your understanding of the industry, finishing the programme with a downloadable portfolio of your work.

TV and Film – Option 3

4Skills Work Experience - The Programme



The programme consists of 3 core modules. These modules offers insights into the multifaceted pathways to a creative career, as seen at Channel 4, and equips you with employability skills through practical examples and actionable content.

What Is The Creative Industry, Creative Personas, Employability

Optional Modules

Once you have completed the core modules you have the opportunity to take 7 optional modules with a different team within Channel 4 – Commissioning, 4Studio, Legal and Compliance, Sales Consumer Insight, Voice over announcer, Production

Graphic Design – Option 1

Graphic Design Virtual Work Experience: Unveiling Concepts and Industries | Springpod



- Embark on a creative journey with the Graphic Design Work Experience.
- Graphic design surrounds us, influencing our daily lives from road signs to gaming experiences. This online program unfolds the key concepts of graphic design, providing insights into its pervasive impact. Explore major industries leveraging graphic design and gain a deeper understanding of its diverse applications.
- Hear firsthand from seasoned designers and creatives sharing their industry entry stories and valuable tips. Engage in activities and quizzes, and kickstart your graphic design portfolio with expert guidance. Join us to uncover the artistic realm of graphic design and discover how this essential discipline shapes the visual world around us

Pathway To Parliament – Option 1



- [Pathways to Parliament: UK Parliament Work Experience | Springpod](#)
- Did you know that Parliament is more than just policy-making, legislation and government? Join this programme with UK Parliament to be introduced to a diverse range of teams and career opportunities in the UK's supreme legislative body of the United Kingdom. We'll introduce you to the role of UK Parliament in shaping the country as well as a wide range of careers and pathways into this iconic institution so you can get your foot in the door and make a real difference.
- This Virtual Work Experience programme is equipped with engaging content designed to show you the various careers and pathways at UK Parliament. What's more, you'll complete a series of quizzes and fun activities to help build your understanding.

Pathway to Parliament – Option 2

- [Transform Society UK Public Service - Forage \(theforage.com\)](https://theforage.com)
- Transform Society is passionate about “inspiring a generation towards public service” and this experience will start you on that journey of discovery. You will be identifying your strengths, gaining a deeper understanding of the UK public service landscape, and working out which job areas are right for you. Furthermore, you will be able to identify the next steps you need to take to work towards building a career in public service in the UK.



Environmental – Grow your sustainable Career in Farming

Grow Your Sustainable Career - Work Experience in Farming | Springpod

- Right now, the farming and growing industry is more important than ever. With a key part to play in food security, sustainability and animal welfare, a career here will put you in the *centre* of positive change.
- From an introduction to the sustainable food production process to a deep dive into animal welfare and environmental management. Explore a range of rewarding careers and discover why a career in farming and growing is so great.
- Animal Welfare / Future of UK food production / Sustainability / Industry Pathways



Environmental - Renewable Energy

Ørsted Springpod Virtual Work Experience



- *Want to be at the forefront of renewable energy solutions? Desire a career that really makes a difference to our planet?* This virtual work experience programme with Ørsted via Springpod, will introduce you to some of the most exciting careers in this sector, with none other than the global leader on climate action - Ørsted.
- From green energy solutions such as solar energy and onshore and offshore wind, to the more behind-the-scenes roles in management and back office, this programme will offer you a whistle-stop tour of all corners of Ørsted. You'll get the opportunity to hear from the industry professionals themselves. Not only this, but you'll also complete a series of quizzes and fun activities to help build your understanding of the industry and cement your new-found knowledge.

Digital IT and Computing -Cyber Security

Fujitsu: Cybersecurity | Springpod

- In this Cybersecurity Sprint with Fujitsu, you'll put your problem-solving skills to the test! You'll take on the role of a Cybersecurity Specialist, where your task is to help a water company defend itself against cyber criminals increasingly likely to attack utility companies like theirs. Think you've got what it takes?
- This Sprint is a way for you to carry out a real-world task and will give you a taste of what a future career in this industry could look like.
- You'll learn more about the role of a Cybersecurity Specialist, along with an insight into why these cyber experts are so crucial across different industries. You'll hear from your mentor, a real Fujitsu employee, who'll provide you with the context you need to try out this task for yourself.
- You'll learn from your Fujitsu mentor through videos and compare your work with their model answers to refine your abilities even further.

Veterinary with Vets 4 Pets - Option 1

Veterinary with Vets for Pets | Springpod

- Embark on a veterinary journey with Vets for Pets Work Experience, exploring diverse careers and industry insights. Supported by Springpod, this program provides hands-on experience, workplace projects, and a deep dive into veterinary treatment—from animal behaviors to surgery.
- What exactly is veterinary science? We'll take you closer than you've ever been to the world of veterinary - from understanding the ins and outs of animal behaviour, to showing how veterinary science can even be important for human health, too!
- Uncover alternative veterinary careers and engage in fun activities that enhance your understanding.

Veterinary Professions - Option 2

Veterinary Professions

Learn what it takes to become a vet and explore the challenges of the vet profession to decide if it's the right career for you.

Not seen what you are looking for?
Try these websites and search for the perfect
VWEX for you.

[Springpod Virtual Work Experience Search | Springpod](#)

[Virtual Work Experience tool | Barclays LifeSkills](#)

[John Lewis Partnership - Virtual Work Experience \(getmyfirstjob.co.uk\)](#)

[4Skills Work Experience - The Programme](#)

[UCAS Virtual Work Experiences](#)

[Futures For All](#)

[Young Professionals](#)

