

Which organisations offer virtual work experience?

Placements are available across many industry sectors including accountancy, engineering, fashion, law, marketing, medicine, technology and the veterinary sciences. If your teen knows the names of companies they'd love to work for, they can check the company websites to see whether virtual placements are on offer.

The list below is a snapshot of some of the companies and businesses currently offering virtual work experience. Be sure to check appropriate safeguarding measures are in place for any interactive virtual work experience. If you're not sure, ask a member of the school to help you check.

Click on the text to be taken directly to their website.

[Allied Healthcare Mentor \(paid\)](#)

A live Virtual Work Experience Programme created and delivered by healthcare professionals for those interested in a career in healthcare. Prices start from £10 a day or do all 6 days across six months for £50.

[Barclays LifeSkills](#)

An excellent website to help young people develop the skills they need for a better future.

[Barclays LifeSkills - virtual work experience with a 'digital transformation' agency](#)

An excellent opportunity for those interested in design to actively work with different departments on one exciting project, helping them solve problems and complete real-life tasks.

[Brighton and Sussex Medical School](#)

Suitable for those looking to apply to medical school, this virtual work placement introduces students to the NHS before exploring the roles and skill sets of six different medical specialists.

[Careerdays](#)

CareerDays.co.uk is for any student aged 14-17 who wants to experience different careers or gain work experience in their chosen field. From medicine, law, performing arts, psychology, business or becoming a vet, there is a 1-day online event for you, designed to give you an insight into life in your chosen field.

[Doc Talk \(paid\)](#)

A five-day virtual work experience, which has been designed to simulate a clinical hospital placement. Here you will learn what it is like to be a doctor - covering all the key parts of the job.

[Future First](#)

A variety of packs to help develop different skills across various industries.

[Future Learn - exploring the Veterinary profession](#)

A two week, six hour, course that enables students to learn more about what it takes to become a vet and whether it's the right career choice for them.

[Halliday Fraser Munro](#)

An online work experience programme for those interested in architecture and design.

[Forage](#) (previously [InsideSherpa](#))

An excellent website which offers virtual work experience placements from a range of companies, from banking to careers in tech. Most options last up to six hours and involve tutorials, videos and activities.

[InvestIn](#) (paid)

Aimed at students between 14 and 18 years old, InvestIn offers an impressive array of virtual work placements involving real life work and contact with professionals. This is a paid service, and placements range from one day to one week. Prices start from £90.

[Leonardo – engineering placements](#)

A range of programmes that provide an invaluable insight into the varied career options that can be explored from studying STEM-related subjects.

[National Cyber Security Centre \(CyberFirst\)](#)

A website dedicated to helping the UK's next generation of cyber professionals through a variety of free courses for 11-17 year olds and exciting competitions.

[Operation Wallacea *\(paid\)*](#)

A range of week-long internships with live online mentoring, a daily schedule, regular deadlines and constant contact with managing staff. Prices start from £100 for 5 days and run throughout August and September.

[Premed Projects Live TV *\(paid\)*](#)

Suitable for students aged 14-19 and interested in Biology, Science, healthcare and / or for those considering careers in medicine. Watch live videos within the operating theatre, download exam linked worksheets, watch interviews with healthcare professionals and receive tips and advice on applications to medicine. Alternatively, try their one or two week courses.

[Royal College of General Practitioners \(RCGP\)](#)

Organised, by the RCGP, Observe GP is an alternative to work experience for aspiring medics aged 16 and over, who are living in the UK. It is a free interactive video platform providing insights into the role of a GP and the wider primary care team.

[Springpod](#)

An excellent list of free virtual work experience placement ranging from fashion, finance, healthcare, marketing, sustainability, software to teaching.

[The Careers and Enterprise Company](#)

A series of resources to help schools and colleges provide their students with virtual experiences of the workplace. The first two virtual work experience packages are now available and feature two key sectors, Digital and Technology and Construction.

[The Lawyer Portal](#)

A list of law firms offering virtual work experience.

[Virtual Work Experience Services *\(paid\)*](#)

A selection of online programmes created with input from company professionals with related worksheets which are assessed and graded.