



Volunteering, Work Experience, Internships, Employment and Gap Years

Volunteering and Work Experience

Gaining work experience is highly recommended and encouraged at St Martins. Work experience can be gained through volunteering or paid work, short term or long term. Working in a real life work environment will provide students with the skills they cannot gain in education. It will increase chances of getting into university, colleges, apprenticeships and future jobs. We encourage students to gain work experience in their chosen field of study, as many courses require experience in the field of work. E.g. Undergraduate entry into Dentistry requires two weeks of shadowing.

Please see links below for further information, support and advice:

Subject/Course Based Volunteering

Community Radio/Media: <http://www.commedia.org.uk/>

Media: <http://www.vcscymru.org.uk/get-involved/useful-links/>

Arts Awards: <http://www.vcscymru.org.uk/get-involved/arts-award/>

Community volunteering: <https://www.wcva.org.uk/volunteering>

Engineering: <http://www.stemcymru.org.uk/get-involved/>

Construction: www.jehu.co.uk

Law areas: <http://www.lawcareers.net/Solicitors/SolicitorPracticeAreas>

<https://www.allaboutlaw.co.uk/>

Company/Employer Based Volunteering

Admiral Insurance: <https://admiraljobs.co.uk/working-here/work-experience/>

Deloitte: <https://www2.deloitte.com/uk/en/pages/careers/articles/early-careers-work-experience.html>

NHS: <http://www.cardiffandvaleuhb.wales.nhs.uk/work-experience>

St Johns' Wales (Youth): <http://youth.stjohnwales.org.uk/>

Careers Wales:

<http://www.careerswales.com/en/jobs-and-training/job-seeking/i-need-experience/>

<https://www.careerswales.com/en/jobs-and-training/job-seeking/vacancy-search/help-apprenticeships-jobs-growth-wales-applications/how-to-write-a-personal-statement/>

Prospects: <https://www.prospects.ac.uk/jobs-and-work-experience/work-experience-and-internships/how-to-ask-employers-for-work-experience>



Employment

Gaining paid employment is encouraged as it not only provides transferable skills into work environments but teaches life skills too. These include financial responsibility, time management, organisations, balance of work and study, prioritising etc.

Careers Wales have a list of employers who offer work experience which will help gain insight into the working environment. It is useful to contact these employers and ask if they offer work experience, internships, apprenticeships or even paid work. This can be for a day or throughout the summer break. Remember your work experience doesn't always have to be directly related to your career path or degree option, you can gain skills, knowledge and experience from a range of working environments.

<https://www.careerswales.com/en/your-career/features-1/apprentice-employers/a-z/>

<https://www.careerswales.com/en/jobs-and-training/job-seeking/>

<https://careerfinderucas.com/>

Career Quiz

<https://sacu-student.com/>

Careers Gateway

Careers Gateway is a great site which brings together a variety of links including 4411 career links and 5375 higher education links. Careers Gateway provides an A-Z search engine of careers and higher education, including entry requirements, fees, course searches, open days and online prospectuses. This is a highly recommended site to use:

<https://www.careers-gateway.co.uk/>

Real Career Stories

Read and Listen to real career stories to gain an understanding into specific career fields, companies and job roles:

- <https://icould.com/>
- <https://www.careersbox.co.uk/>



Gap Year

What are the options in a gap year?

- Gain work experience
 - Explore different industries by working a week or two in different fields. This will help you rule different industries and courses out.
 - Many companies offer internships
- Paid work
 - Apply for a job to help you gain experience in the real working world.
 - Both large and small companies allow for work experience. A simple email or phone call could lead to a great opportunity!
- Travelling
 - Travelling can provide you with new skills, exploring new cultures, independent life skills, meeting new people
- Part Time Courses- You can take up in college or online to learn a new skill, language, trade such as carpentry, mechanics or cookery,

Why take a gap year? What will I gain?

- Some may feel confused for their next stages after A-level and may be unsure on what subject route to go down
- It allows for time to recompose yourself to focus yourself on the right path for you
- You may discover the right path for you by experiencing different things in different places
- It will improve your job prospects if you gain work experience
- It allows you to save up money for later university
- It provides you with time to decide what is right for you, university, working etc.
- It will provide you with transferable skills-Social, Communication, Academic
- It allows for personal growth and perhaps great life experiences

Dangers of a gap year

- Unstructured year- it may not provide you with any value if and can turn into a 'wasted' year, if it is not planned correctly
- It can be expensive and may place you in a difficult financial position
- It may become a distraction from your future plans
- It may confuse you more, by trying things you like and do not like
- It may put you off studying further and therefore result in no higher education qualifications
- Finding a reference may be difficult if you lose contact with tutors and managers

Please see links below for further information:

<https://www.prospects.ac.uk/jobs-and-work-experience/gap-year/gap-year-opportunities>

<https://www.prospects.ac.uk/jobs-and-work-experience/gap-year>