

Virtual Work Experience

PREPARING FOR A REMOTE FUTURE

Introduction

Following the lockdowns of 2020-21, many companies are still happy for their staff to work remotely. Covid-19 might result in a permanent change to the way many of us work in the future. Accessing an online work experience opportunity might be more relevant to your future than you think. Independently choosing to do a virtual work experience course or placement shows self-motivation, commitment, engagement and dedication – all of which are attractive qualities to employers.

Health & Safety at Work (or home!)

Health & Safety is important – even if you are working from home.

Watch these two short YouTube videos to find out more...

- <https://www.youtube.com/watch?v=dPupXa-PXHA>
- <https://www.youtube.com/watch?v=mCrZ5E6lv9Q>

Action: Reduce the risk to yourself by making simple adjustments to your working area and decide appropriate rest breaks.

Arriving at a work placement and meeting the team

Watch this interactive video which simulates what it might be like to meet and work with colleagues at a Digital Transformation Agency.

- <https://barclayslifeskills.com/i-want-virtual-work-experience/school/virtual-work-experience/>

Click the blue buttons to select questions to ask.

Click the orange buttons as they appear to learn more about work related skills.

Remote Work Placements

- https://www.youtube.com/watch?time_continue=1&v=IDEWxfloSwo&feature=emb_logo

Virtual work experience, also referred to as online, remote or digital, will provide you with the opportunity to gain experience in the workplace, develop your skills, boost your employability and explore new industries and job roles. It's a broad term and can include any opportunity which provides you with an insight into what it's like to work in an industry or

job role while at home. Most virtual work experiences range from half a day to one week, but some may last longer depending on the nature of the work.

Not all virtual work experience is the same. Some are open to everyone and provide a platform for students to discover more about a job, view pre-recorded videos on what it's like to work with the organisation, go on virtual tours and possibly take part in some live Q&A sessions. Others may require you to go through an application process and offer regular online meetings with a supervisor, individual project work, networking sessions, training opportunities and video tutorials.

Action: Have a look through this website to find out what virtual work experience placements are available.

- <https://www.springpod.com/virtual-work-experience>

Not sure which remote experience to pick?

Action: Take the Buzz Quiz to find out about some of your character traits and have these linked to possible career pathways.

- <https://icould.com/buzz-quiz/>

Still not sure?

Action: Browse through these useful careers websites

- <https://www.bbc.co.uk/bitesize/careers>
- <https://www.getcareerconfident.co.uk/>

Still not sure? Why not opt for a community action programme instead?

The National Citizen Service (NCS) is a programme that will help you get back out into the world with your mates, get some new skills, make even more friends AND make a difference by helping to get your communities back on their feet. This year's NCS summer programme will be either a 2 or 3 week offering, giving you the chance to regain their independence and get out the house.

Action: Sign up here! <https://wearencs.com/>