**Internship Opportunities**

**Why do an internship?**

Formal internships can be useful because they allow you explore different industries and help you decide what you may want to do in the future. Even if you subsequently decide not to join the company you interned with, or change your mind about the sector you want to start your career in, having an internship listed on your CV is valuable

**What if you can’t get an internship?**

Internships specially for “pre-university” or Y12 & 13 students are rare (especially paid ones). So, if you don’t manage to secure a formal internship don’t despair – if you’re planning to go on to university there will be opportunities to apply for undergraduate internships

A part-time job can also give you a lot to talk about with future employers so don’t discount getting this sort of work experience too

Remember you may also be able to "self-generate" your own internship or work experience. For example, you could think about using your network or LinkedIn contacts to reach people in the company or sector you’re thinking of. Asking for a quick coffee and some advice can often be a way to open doors and can sometimes lead to offers of work experience. Your school may have a list of alumni that you can write to. Twitter and LinkedIn can be helpful tools to connect to people you admire

**A word on timing**

Every programme has their own dates so research and get ahead of the application dates – so you don’t want to miss your chance to apply

**Prepare for success**

Remember using evidence from your extra-curricular activities can help you secure internship placements – so get involved with things like sport or drama or volunteering and think about how these activities can help you to demonstrate key employability skills such as teamwork and leadership

**Identifying internships or work experience opportunities for Y12 and Y13**

Listed below are some opportunities that we know about for Y12 and Y13 students. It’s not fully comprehensive because things change all the time and is intended to be a useful starting point rather than an exhaustive list. Please let us know if you discover other opportunities and we’ll add to this list

| **Programme** | **Brief Overview** | |
| --- | --- | --- |
| [Open Doors Event](http://opendoorsevent.com)  30 June 2016 | **Female Y12 & Y13** state school students who want to learn more about careers in investment banking. Banks include: Deutsche Bank, J.P. Morgan, Goldman Sachs, HSBC, Nomura | |
| [PwC Insight Week](http://www.pwc.co.uk/careers/schools/careers/business-insight-week.html) | **Y12** Business Insight Week (paid) | |
| [RBS Step Ahead](http://yourpassionyourpotential.rbs.com/pages/work-experience-step-ahead-programme) | **Y12/S5** week long work experience programme in London/South East area | |
| [RBS Insight Day](http://yourpassionyourpotential.rbs.com/pages/work-experience-career-insight-programme) | **Y13/S6** 2 day insight day in either London, Manchester or Edinburgh headquarters | |
| [J.P. Morgan Insight Day](https://jpmorgan.tal.net/vx/appcentre-global/brand-0/candidate/so/pm/1/pl/18/opp/4617-2016-School-Insight-Day-London/en-GB) | **Y13** 1 day insight day in London | |
| [J.P. Morgan Aspiring Professionals Programme](http://careers.jpmorgan.com/careers/programs/aspiring-professionals) | **Y12 & Y13** 2-week work placement in London | |
| [UBS Insights Week](https://www.ubs.com/global/en/about_ubs/careers/graduate-and-intern/insight-opportunities/ubs-insights-week.html) | Pre-internship; week long insights programme | |
| [Credit Suisse](https://www.credit-suisse.com/uk/en/careers/campus-recruiting/our-business/internship-programs-emea/diversity-programs.html)  [“Steps for Success”](https://www.credit-suisse.com/uk/en/careers/campus-recruiting/our-business/internship-programs-emea/diversity-programs.html) | **After Y13**; paid, 2 year programme ( and after your first year at university) | |
| [Bank of America](http://campus.bankofamerica.com/search-and-apply/Pre-Internships?r=Europe/ Middle East and Africa)  [“Banking Uncovered”](http://campus.bankofamerica.com/search-and-apply/Pre-Internships?r=Europe/ Middle East and Africa) | **Y12 & Y13**, 2 day insight programme for A-level students | |
| [Bank of America](http://campus.bankofamerica.com/search-and-apply/Pre-Internships?r=Europe/ Middle East and Africa)  [“Female Futures”](http://campus.bankofamerica.com/search-and-apply/Pre-Internships?r=Europe/ Middle East and Africa) | **A-level female students** “Female Futures” programme; way to explore career options and enhance skills | |
| [Morgan Stanley](http://www.morganstanley.com/people-opportunities/students-graduates/programs/early-insights/step-in-step-up-program-emea/)  [“Step in, Step up”](http://www.morganstanley.com/people-opportunities/students-graduates/programs/early-insights/step-in-step-up-program-emea/) | **Y12 & Y13 female students** 3-day insight programme held twice a year | |
| [Lloyds Scholars Spring School](https://www.lloyds-scholars.com/) | Lloyds offer students from lower income households a complete package of financial support, paid internships, a business mentor and the opportunity to develop their employability skills.For example, Lloyds Scholars Spring School: Alternative Paths to the City is designed for **Year 12** students who are considering a career in finance, but not planning to study a finance-related degree. |
| University programmes /  taster days | Many universities offer taster days for **Year 12 & 13** students – check out what’s on offer at the universities you are interested in apply to  Be aware that unis often offer special opportunities if you meet their criteria for “widening access” – for example if you go to state school and receive free school meals or are the first person in your family to go to university they may be able to offer programmes specifically for you  For example, [UCL](http://www.ucl.ac.uk/prospective-students/widening-participation/activities) offers a range of programmes for **Year 12 & 13** that give an insight into university life, help you to make choices of what to study at university and give you the chance to participate in fun challenges. They also offer career days with CV and a focus on career prospects related to different university courses. Eligibility criteria apply – check out the link for more info |
| [Metaswitch](http://www.metaswitch.com/careers-internships) | **Year 13 + Undergraduates** paid internships in technology  Metaswitch recruits people from all stages of life. You don't need to be a trained computer scientist - just interested in technology and up for a challenge!  Software engineering roles - c.£1,200 to “pre-university” students, and £1,500 to undergraduates |
| Undergraduate internships (general) | Internships (paid and unpaid) are widely offered to university students - your university careers service will be able to signpost you to these but don't leave it until your second or third year - start thinking about this early and preparing ahead. For example, some Spring Week internships may be open to first year undergraduates. Banking and Law sectors traditionally offer reasonably well paid internships. Explore and see what appeals |
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**More useful links:**

<https://gothinkbig.co.uk/opportunities> - Go Think Big say they bring you all the new placements, internships, programmes and events to help build your career.

<http://www.purepotential.org/events/> - a mix of internship, job and challenge opportunities – from essay prizes to school leaver programmes to undergraduate and graduate programmes

In **Year 12** and keen to build out your CV as well as have fun over the summer? Here’s a digest of different opportunities from [The Telegraph](http://www.telegraph.co.uk/education/educationadvice/10141987/School-holiday-boost-your-personal-statement-this-summer.html) – ranging from drama opportunities to science camps and including community and volunteering roles with some helpful websites listed for you

The Brilliant Club is a charity aimed at bringing academic expertise to state schools. Among other things, they have a selection of [opportunities](http://www.thebrilliantclub.org/school-pupils/opportunities-for-year-12-pupils/) for **Year 12** students from free courses in Art History to summer research placements in science (and lots in between).

[The Student Room](http://www.thestudentroom.co.uk/wiki/Job_Searching_Tips) is another good resource; here’s a starting point, but explore the site and find opportunities from sixth form work experience through to paid gap year placements

[Student Ladder](http://www.studentladder.co.uk/) gives information on over 2500 Work Placements, Gap Year Programmes, Graduate Schemes & Internships for **16-24 year olds**