



Work Experience: How To Find It

Do you know anyone who works in a healthcare field? Family, family of friends, your college or university's alumni network, etc.

Ask if you can shadow them for a number of days. This is usually the most reliable way of getting work experience. Educational alumni networks have many useful contacts.

A large number of hospital trusts run volunteer programmes. These can have various patient facing roles available in different areas of the hospital. Through these you can gain insight into how the wards work as well as gaining face to face time with patients.

Are there any volunteer roles at your local hospital?

Have you emailed doctors at your local hospital working in the specialty that interests you asking to shadow them?

Sometimes the best way is to directly ask a consultant to shadow them. Many will be happy to, but you will have to work around their timetable as they will naturally be busy people. The work emails of doctors can typically be found on the hospital trust's website under their department's section.

Care homes are often happy for any extra voluntary help. This can be a great way of gaining insight in the challenges vulnerable people face in their daily lives and the adjustments needed to accommodate for them, as well as refining your skills on how to communicate and sympathise with them.

Have you looked into volunteering at a care home?

Have you spoken to your local CCG about their work experience days?

CCGs frequently run work experience days for 16-18 year olds, but if you inquire they may be willing to offer these days to you too. It will help your chances if you are available during week days in college term times as there will be less students asking during these times.

If you have the free hours, look at getting paid work in health care settings. Healthcare agencies recruit all year round for both hospital work and community work. Having both perspectives of care can work well for showing insight to all aspects of care during medical school interviews.

Can you transition to a career in the health care setting which is a patient-facing role? E.g. Health Care Assistant