the switch

Work Experience

Impact 2025-26

The Work Experience Programme delivers high-impact placements across Tower Hamlets and Central London. It provides meaningful, hands-on experiences designed to equip young people with the confidence and skills they need to take their next steps.

Project Reach

235 Employers

8 Schools

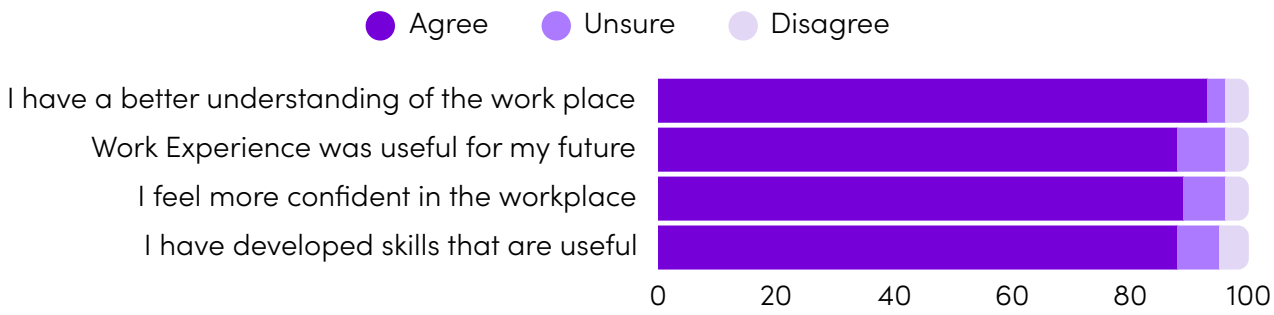
1266 Pupils

16 Cohorts

9 Assemblies

Student Feedback

As a result of Work Experience, students told us...



On average...

Students rated Work Experience 4.1 out of 5.

Student Feedback

Sanzida, Year 12
Central Foundations Girls' School

"I had a wonderful time and very much enjoyed my time. This experience helped me so much and inspired me about what I want to become in the future. Everyone was so kind and welcoming. I hope to visit and possibly volunteer at the GP sometime, and I appreciate everyone who was with me throughout my work experience."

Tasneem, Year 13
Morpeth School

"I would like to thank you for the opportunity to complete my work experience at the Royal London Hospital. I really appreciated the time and support given by the staff, and I found the experience very valuable. It was a great opportunity to observe how healthcare professionals work together and to gain insight into patient care in a real hospital environment."

Student Spotlight

Umaira, Year 12
St Paul's Way Trust

Umaira spent a week with KBC Bank in January with Jason and his team.

Umaira, student:
"Dear Jason, I really enjoyed it, and I am incredibly grateful for the work you put in and all the opportunities you provided for me. It was incredibly insightful and helpful. I enjoyed meeting you and everyone at the bank."

Jason, KBC Bank:
"Thank you, Umaira, for making it such an enjoyable work placement to host. The engagement & commitment you showed to the tasks and whole experience made it a rewarding experience. You left a good impression on a lot of people in the office. We have hosted many work placements, but few have been as professional & engaged as yourself."

Teacher Feedback

As a result of Work Experience, teachers told us...

- Students gained valuable workplace knowledge and skills
- The Switch was on call to support every step of the way
- The programme is an efficient way to ensure students have access to work place learning
- Collaboration and communication are a benchmark of the work experience programme

Hodo Mohamud
Bow School

"It has been a pleasure working with The Switch throughout the Year 10 and Year 12 Work Experience Programme. Despite it being a particularly challenging year, especially with the shortage of Year 10 placements, the team were supportive and positive throughout. They were always there every step of the way, making time to talk through any issues and working together to find solutions whenever challenges arose.
Their communication and collaborative approach made them easy to work with, and we really appreciated their ongoing support. We look forward to continuing our partnership in 26/27!"

Rizwan Ahmed
Mulberry Stepney Green

"Thank you again for all the support you gave with the Work Experience process. Without [The Switch's] help, it really would not have been as smooth as it was!"

Volunteer Feedback

100%

of hosts enjoyed hosting a student on work experience

After volunteering on Work Experience, volunteers told us....

Sam Sommerville
Canary Wharf Group

"At Canary Wharf Group, we're passionate about creating opportunities for young people to explore the world of work and gain experiences that help shape their future aspirations. Through our partnership with The Switch, we've been able to connect with students who may not otherwise have access to professional workplace experiences. Our partnership with The Switch has enabled us to provide valuable work experience opportunities for local young people, helping them build confidence, develop workplace skills and gain insight into a wide range of careers. With the support provided by The Switch, we're helping to remove barriers, raise aspirations and helping young people realise their potential."

Sheri Hughes
Michael Page

"We had 10 Year 12 students from George Green's School for Work Experience at Michael Page, and they were nothing short of brilliant. Each student really showed up for themselves, engaged in all activities and asked excellent questions. Whilst they were aligned to a specific department for the week, Sustainability, Business Technology, Page Outsourcing, Talent Acquisition or Finance, they interacted with all different parts of the business, including meeting with our CEO, CFO and CMO. The future generation of work is in very good hands with young people like this."

Is this something your company should be involved in? Get in touch with work.experience@theswitch.org today to find out more!

Tamira, Madiha & Khadija's Story

Work Experience Case Study 2025-2026

"I feel like my coursework is more complete now because we were mostly researching and stuff, but now we get to put that research and everything into action." – Tamira, student at Central Foundation Girls' School

IntoUniversity welcomed four Year 12 BTEC Health & Social Care students from Central Foundation Girls' School in April 2026. While their work experience placement was a compulsory part of their qualifications, they gained far more than just a course requirement during their time with IntoUniversity.

Through supporting the children in workshops and shadowing the staff at IntoUniversity, the students developed key workplace skills and gained valuable insight into working with children. Communication emerged as one of the most important skills they strengthened, particularly when supporting children in their workshops. As Khadija reflected:

"You need to change the way you speak to students so they understand."

Through this experience, the students learnt how to adapt their communication styles, allowing them to build strong relationships with the children.

This skill was especially important when working with students with Special Educational Needs (SEN), as reflected by Mahida, who shared:

"I'd have to be more patient with [SEN children] and work on their level so they can properly understand the work."

The experience also enabled the students to make more informed career choices. Several students shared an interest in careers such as paediatric nursing and teaching. Through the guidance and support of IntoUniversity staff, they gained valuable insight into working with children and the skills these careers require.

"I want to become a teacher, so seeing the IntoUniversity staff teach [the children] and how they interact with the students [was helpful]. It was kind of like they were my role models." - Mahida

This demonstrates the value of work experience in helping young people turn classroom learning into practical skills, build confidence in the workplace and make informed decisions about their futures.
By hosting a work experience placement, you can help equip the next generation with the experience they need to succeed.