



# Volunteering and work experience

*Try out work and build your CV*

All ages | Confidence and skills

## ? What's the difference?

- **Work experience:** a short placement with an employer, often arranged by school or college
- **Volunteering:** unpaid help for a charity or community group, often for a few hours a week

## ★ Why do it?

- Find out what you enjoy, and what you don't
- Practise timekeeping, teamwork and following instructions
- Get something to put on your CV
- Get a reference
- Build confidence



## Finding opportunities

- Ask school or college about work experience
- Search the [Liverpool City Region volunteering hub](#)
- Ask local charities, sports clubs, charity shops and animal centres



## Staying safe

- Check who will support you
- Check age limits, times, travel and what to wear
- Make sure someone at home knows where you are

**Where next?** [Volunteering](#) · [Work experience](#) — [www.tags.careers/guides.html](http://www.tags.careers/guides.html)