

Work experience

Work experience can help you gain the experience and skills you need to get the paid work you want. It is much better to have a period of work experience on your CV rather than periods of unemployment.

Work experience shows a prospective employer that you want to work and that you have the commitment they will be looking for. You are also likely to gain experience of being part of a team and working towards shared goals.

Find out more

[Do-it](#) is a volunteering website which matches volunteers and opportunities on a national level.

[Volunteer Centre Lambeth](#) promotes volunteering opportunities and supports volunteers and volunteer-involving organisations.

[Interjunction](#) matches young unemployed people with local organisations for short work experience placements in an area that interests them. Some volunteers have gone on to be offered paid work. Call 020 8678 5957 or email interjunction@kidscity.org.uk for more information.