

Further resources

We recognise that sometimes it is difficult to get work experience in a clinical setting.

Here are some other ways to gain experience and knowledge.

Online resources

There are some free online resources available that will give you a taste of what working in healthcare is all about:

- Brighton and Sussex Medical School has created a [free virtual work experience course](#) that explores several different medical specialities.
- The Royal College of General Practitioners has created an interactive platform called [Observe GP](#) that highlights the many different aspects of working in primary care.

Volunteering

Volunteer in your spare time, if you can. All forms of voluntary work can provide helpful work experience. Consider volunteer work in the NHS or working with other people in a caring or service role, and in particular with people who are ill, disabled or disadvantaged is preferable.

Voluntary commitments to community groups (for example groups related to the work of churches, mosques and temples, or other groups such as Scouts or Guides) and online community support groups may also provide valuable experience of taking on responsibility, dealing with people and communicating effectively. Remember: it is what you learn about yourself, about other people and about how effective care is delivered and received that counts. What you did is only a small part of the story; it is how you communicate what you learnt which matters.

Useful volunteering websites include:

- [Do It](#)
- [Reach](#)

Gain insight

Many healthcare professionals post online about their working experiences. Listen to what they have to say and reflect on this. All healthcare professionals can be a valuable source of information and experience, not just doctors. After all, doctors work as part of large teams involving many healthcare professions, so demonstrating that you have a sense of those professions and how they work together will help you.

Websites to explore may include:

- The [NHS Health Careers](#) website that provides insight into different careers and specialties within the health sector
- The [Medical Schools Council](#) has lots of useful resources. This includes the values and attributes needed to study medicine, entry requirements for all medical schools in the UK, and application advice
- Newspaper pages such as the Guardian's science page and The Telegraph's health page
- The British Medical Journal's open access information and their podcasts Talk Medicine and Sharp Scratch
- TED Talks can provide useful background information on health topic
- Science or health related content on Twitter.