

Free Webinar Session on Finding Work Experience

We will be covering:

- How to use social media to develop a network
- What your parents/relatives can do to help you
- Why your 'adult network' is key...and who is in it?
- How to demonstrate to an employer that you're serious about their work
- An email template you can use to contact employers
- Why developing 'relationships' is your key to getting people to help you
- How to prepare to get the most from your work experience
- What you need to do after your work experience



**Date: 3rd May,
7pm**

2023 TechGirl Competition



**Deadline: 10th May
2023**

TechGirl is a competition that seeks to **accelerate the careers of 16-18-year-old girls** entering the **technology sector**. Simply share your ideas on **how technology can be used to improve schools and education!**

Winners will be invited to Abbey Road Studios on May 16th to meet and be filmed with your mentor discussing your idea, after receiving training from a TV presenter.

A purple banner titled "TechGirl Mentors" in white and pink text. It features five circular headshots of women, each with their name and title below. At the bottom, there are logos for three sponsors: 3, Costa Coffee, and OVO energy, followed by logos for Penguin Random House and the Royal College of Art.

TechGirl Mentors

- Belinda Finch**
CIO
- Charlotte Baldwin**
CIO
- Christina Scott**
CPO & CTO
- Deborah Haworth**
CISO
- Jacqui Lipinski**
CIO

3 | COSTA COFFEE | OVO energy | Penguin Random House | Royal College of Art

Suffolk University Competition **RISE** **Awards**

Sustainable Ecological Engineering Design for Society (SEEDS), invites people to submit posters (RISE) awards.

Entries can be made for a project, process, product or an idea for **sustainable living**, and can be linked to a project you have been doing for a school assignment. Submissions can be from an Individual, group, team or class. In order to enter please **produce an A2 sized poster outlining your idea**. Your poster should include text, images and where possible facts and figures that support your ideas. Submit to: a.pooley@uos.ac.uk

Key Points you can think about for your poster submission:

- What is your key idea?
- What aspect or issues of sustainability does your poster address?
- Why is it important to address that issue?
- What are the current and future benefits?
- How can your ideas be realised?

Deadline for submission: 10th May 2023

Swansea University Student Life Webinars

Join our variety of virtual 'Student Life' webinars which introduce students to the key teams at Swansea. Sessions available include:

- Accommodation at Swansea University
- All About Clearing
- Student Services: Supporting You
- Your Future: Careers Support at the University
- Studying With a Year in Industry or Year Abroad

Dates: 2nd - 11th May 2023



Metropolitan Police Service - Metgirlz Project

FOR MORE INFO SEE:



The Metropolitan Police Service Frontline Policing Delivery Unit are running a Summer Metgirlz Recruitment Project.

This will be based at Hendon Police Training College and will be run from **Monday 14th August until Friday 18th August 2023**. We have put together an interesting and informative programme that will provide a very good insight into policing designed for females aged 17 - 20.

To apply for a space on this course please email both **Andrew.K.Gibson@met.police.uk** and **Claire.Quince2@met.police.uk**

Free Summer School Partnership (scholarship opportunity)

A two week 100% scholarship in a safe, fun and culturally enriching environment at a boarding school in the UK.

Become an English host - be role models, kind, confident and friendly at all times, helping the international children to settle in, speak English and enjoy a uniquely British experience. The scholarship includes full board, accommodation and an action-packed programme of activities and excursions.



Date: 1st July - 9th August 2023

The Community Experience Itinerary

(Available on Tuesdays and Thursdays in June and July)

9:45 am Arrive at Cooking Champions Community Kitchen (Ponders End, EN3 4LA) for a tour and team briefing.

10:00am – 11:30am Help in the food bank, this will include sorting through our food donations and putting together food parcels for our recipients.

11:30am – 2:15pm Learn how to cook on a large scale. Students will either be making meals for a local homeless outreach (The Little Things UK) or for our weekly community lunch. Students will receive a recipe card and a portion to take home.

We are able to accommodate groups ranging from 8 to 12 students. We ask that students contribute £15 towards this experience. This money will be used directly to support our food bank and hot meal provision.

To book: Please email clare@cookingchampions.uk to confirm a date.



Cooking Champions: Student Community Experience

It's nearly that time of the year when Year 12 students have finished their exams and schools are looking for enriching activities. At our kitchen, the only dedicated community kitchen in Enfield, we are offering a unique opportunity for students to run our food bank, help our recipients and have a cooking lesson all in one day.

Cooking Champions is a registered charity focusing on food support, education and training. Since April 2020 we have made over 55,000 meals and currently support about 300 people a week.

Key elements of the experience

- Run by full qualified teachers.
- A wide range of activities.
- Full public liability insurance and DBS.
- No school staff expected (but more than welcome) to encourage independence and reduce cover costs.
- Students will be given a hot meal for lunch.
- Fully accessible kitchen and cooking facilities.

Benefits of student participation

- Help people across Enfield affected by food poverty.
- Learn about current issues such as the cost of living crisis and food supply issues.
- Improve team work skills.
- Learn new cooking skills.
- Opportunity to meet other groups in the community.

<https://youtu.be/Sv3uUrUVCqM>

Audible Summer Internship Programme



Audible will be offering a **paid internship scheme** in our UK office for **8 weeks over the summer period**. We aim to give insight and knowledge about our industry to those who might otherwise not have access to it, equip them for their next step in their career, and, over time, build a pipeline of talent from this community.

We invite all those who are 18 and over, either at university or exploring different paths to apply.

No prerequisite skills or experience is required, just an interest in the audio industry.

Suffolk University Taster Days

Technology and Business

10th May 10:00am - 2:30pm

We will be holding taster days in the following subjects:

- Business management
- Computing
- Games development

Art Degree Showcase

27th June 10:00am – 3:00pm

Annual showcase of achievements from final year students across all art courses



Science and Technology

Wednesday 24th May 10:00am – 2:30pm

Taster day subjects:

- Biological sciences
- Biomedical science
- Computing
- Games and development
- Nutrition and health development
- Sports and exercise science
- Sports performance analysis
- Wildlife ecology and Conservation science



Cambridge University Competition: **2023's Caius Explore**



This is a creative competition that aims to help prospective Cambridge students develop their subject-related interests. Each subject has a unique task; previous years have featured essays, presentations, podcasts, and even designing an alien! We invite the authors of our favourite entries to attend a celebration day in Caius.

**Deadline for submission:
31st July 2023**