




# Work Experience with the Met Office


Flexible, Meaningful, Modern Work Experience<sup>1</sup>

- Videos
- Webinars
- Work-based tasks
- Employee interaction
- Bite sized sections
- Quizzes
- Differentiation



The Met Office online work experience is **designed to give a broad overview of different departments at the Met Office** and provides the opportunity for students to tap into **individualised support from Met Office staff** across the organisation via an online, safeguarded chat system, which works much as if they were emailing with colleagues. The programme **provides an experience of working remotely**, as so many of us now do, and guidance is given on how to do this effectively.

- Available to all **UK students aged 13-18 (SEND students aged 18+)**
- **Registration free** and **places guaranteed**
- **On demand** – available 24/7 across the year
- Aligned to **Gatsby Benchmarks**
- **Interactive** – students have access to text-based interactions with Met Office employees
- **Certificate of completion** – ideal for inclusion on CV



It felt personally made by the Met Office for us - it was not general. I particularly liked the weather station activity as it was cool to research myself.

## Core and extension tasks focused on:

- Organisational values and sustainability
- Weather Observations – involving creation of a weather station
- Engineering
- Cyber Security
- Development and design of a WeatherReady communications campaign
- Building a job application

Students choose those of most interest to them and core/extension tasks offer differentiation.

## Group-based completion option

Groups of students who have not been able to secure an in-person work experience and are being supervised at school during the work experience period can undertake the online programme together, completing the work-based tasks in small groups. Schools can request live links with Met Office staff, to be scheduled at the start and end of a group work experience period (delivered via Teams) for introduction and reflection.

Ideal bridge for students who are not yet ready for an in-person placement.

<sup>1</sup> In line with Careers & Enterprise Company Modern Work Experience requirements.

## Suggested Progression

Age 11 onwards: Teacher-led exploration of videos and information provided in the programme.

Age 13 onwards: Students use the programme for general insight into the work of the Met Office, broader STEM sector and Civil Service and can begin messaging with Met Office staff members.

Age 14 onwards: Students complete core and extension work-based tasks in line with their interests.

*Note: Completion of all tasks takes a full week<sup>2</sup>*

	Prior to	Following
Work-related skills and knowledge increased?		55% a fair amount 36% very much
Awareness of careers in STEM sector	70% poor or somewhat aware	97% good or excellent
Likelihood of considering career in STEM sector	37% likely 18% very likely	45% likely 27% very likely
Confidence speaking to industry professionals	38% somewhat confident 7% very confident	55% somewhat confident 24% very confident

## How schools and colleges can use it

- **As a full work experience week** – a ready-made virtual placement that can sit within your planned work experience offer.
- **To broaden participation** – an accessible option for students who may face barriers to in-person placements because of transport, geography, health or caring responsibilities.
- **As part of careers education** – supports meaningful employer encounters and workplace insight, helping schools and colleges work towards Gatsby Benchmark 5 and Gatsby Benchmark 6.
- **For flexible delivery** – can be used in tutor time, collapsed timetable days, enrichment weeks, and targeted student groups, reflecting a modern work experience model built around multiple, varied and meaningful experiences.

## Benefits for students

- **Raises aspirations** by showing the breadth of careers available in a world-leading organisation.
- **Builds career knowledge** through exposure to different roles, routes, and transferable skills.
- **Develops confidence** through independent learning, employer insight and workplace-style tasks.
- **Supports informed choices** about post-16, post-18 and future career pathways.
- **Offers equitable access** to a meaningful work experience that is progressive, flexible and inclusive.

It was superb! Definitely a 10/10. It was a really good overview of the Met Office and I appreciate the time that the ambassadors took to give me detailed, encouraging and enthusiastic answers to my questions. I have learned that the Met Office is definitely where I want to work.

### For more information:

Email: [metofficeworkexperience@metoffice.gov.uk](mailto:metofficeworkexperience@metoffice.gov.uk)

[Work Experience at the Met Office. Exeter, UK and beyond.](#)

[Outreach activities with young people - Met Office](#)

<sup>2</sup> Students who have completed the online programme are eligible to [apply for an in-person work experience placement](#).