

Work Experience Video Transcript

Welcome! We hope you find this short video a great insight into the work experience opportunities that are on offer from the teams at Sellafield Ltd. Not sure what career is right for you? Work experience at Sellafield gives you the chance to explore careers you may never have heard of and gain insight into one of the UK's most unique workplaces. You'll work alongside real professionals, meet apprentices and graduates, and develop the essential skills employers are looking for. It's a great opportunity to build your confidence, become more independent, and strengthen future apprenticeship, college, or university applications. There are work experience opportunities across a wide range of career areas in Sellafield.

We have grouped the programmes into four areas: Science, where you can explore our Operations, Safety Case and Health Physics roles, or even experience the role of a Firefighter on our Nuclear site. In Technology, placements include Operational Technology, Digital Innovation Sprint, and our Evolve programmes. If Engineering interests you, there are four programmes to consider, Engineering Maintenance and Asset Delivery, Design Engineering, Nuclear Welding, Inspection and Assurance, and even opportunities to work with our Dive Team. We also offer non-STEM placements, including Legal, Business Administration, and Business Improvements, giving you the chance to discover where your skills and interests could take you. At Sellafield, work experience is about much more than observing people at work.

Our programmes are designed to provide meaningful experiences that will help you explore careers, develop essential workplace skills, and build confidence for the future. Every programme is unique, but no matter which programme you pick you will have opportunities throughout your placement to meet employees, apprentices and graduates, work on real projects and challenges, and develop the Essential Skills that employers value most. By the end of the week, you will have developed new skills, increased your understanding of career opportunities, and gained valuable insight into life at Sellafield. Every programme is designed to help the development of Essential Skills that employers value across every industry. Working in partnership with Skills Builder, we focus on eight core skills: Speaking, Listening, Teamwork, Leadership, Planning, Adapting, Creativity and Problem Solving.

Throughout your placement, you will have opportunities to practice and develop these skills through real projects, team challenges and presentations, helping build confidence while developing an understanding of future potential careers. When people think about the nuclear industry, one word often comes to mind: safety. At Sellafield, safety is at the heart of everything we do, and this programme gives you a unique opportunity to discover how thousands of people work together to protect people, facilities and the environment every day. Throughout the week, you will explore how hazards are identified, risks are managed and operational decisions are made within one of the UK's most complex industrial

environments. You'll gain insight into the important roles played by Operations, Safety Case, and Health Physics professionals in supporting safe site operations.

Working in teams, you will investigate realistic scenarios, take part in practical activities, and develop solutions to safety-related challenges before presenting their ideas to Sellafield professionals. Along the way, you'll build valuable Essential Skills including problem solving, teamwork, communication and leadership, while discovering exciting early career opportunities across science, safety and operations. If you're looking for a challenging and active placement, our Firefighter programme offers a unique behind-the-scenes experience with Sellafield's emergency response teams. During the week, you will explore firefighting techniques, emergency response procedures, first aid and specialist equipment used to protect people and facilities. Working alongside operational crews, students will gain insight into the teamwork, leadership, and decision-making required during emergency situations.

This physically active programme is ideal for you if you are interested in emergency services, public safety, and careers that require resilience, teamwork, and quick thinking. Technology plays a vital role in supporting safe and efficient operations across Sellafield. On this programme, you will explore how operational technology bridges the gap between engineering and digital systems to solve real-world challenges. Working with specialists, learners will discover how emerging technologies, robotics, cyber security and connected systems support complex industrial environments. From programming robotic platforms to understanding how technology improves safety, this programme offers a hands-on introduction to one of the fastest-growing areas of industry.

Perfect if you are interested in technology, engineering, robotics, and future-focused careers. Digital innovation is transforming every industry, helping organisations solve problems, improve services, and create new opportunities. It is about using technology and creative thinking to solve problems and improve the way we live and work. Our Digital Innovation Sprint gives you the chance to experience exactly that. Throughout the week, you'll work as part of a team to tackle a real-world challenge inspired by Sellafield Ltd.

Using a sprint approach similar to those used by technology companies and innovation teams across the world, you'll investigate problems, generate ideas, test solutions, and develop a proposal. You'll learn how technologies such as artificial intelligence, data, and digital tools are helping organisations improve safety, efficiency, and sustainability. Along the way, you'll meet people working in a range of digital careers and discover the different pathways available into the sector. This programme is designed to help you develop some of the most important skills employers are looking for, including creativity, teamwork, problem solving, communication, planning, and adaptability. You'll have the opportunity to present your ideas and receive feedback, helping you build confidence while working alongside learners from across Cumbria.

If you enjoy technology, innovation, creativity, or solving problems, the Digital Innovation Sprint could be the perfect programme for you! What happens when engineering, robotics,

artificial intelligence, and innovation come together to solve a real-world problem? Our Evolve programme gives you the opportunity to work on a genuine Sellafield challenge while exploring how different professional disciplines collaborate to deliver complex projects safely and successfully. Throughout the week, you will work as part of a project team investigating how emerging technologies could help solve engineering challenges facing the nuclear industry. They'll meet professionals from areas including Engineering Design, Project Management, Quality Assurance, Commissioning, Robotics and Artificial Intelligence, gaining valuable insight into the many careers that contribute to Sellafield's mission.

Working together, you will investigate the challenge, generate innovative ideas, evaluate potential solutions, and develop a proposal that could help improve safety, efficiency, and the use of technology in the future. Along the way, you'll develop the skills employers value most, including teamwork, communication, creative thinking, leadership and problem solving. At the end of the week, as a team, you'll present your solution to Sellafield professionals you've met during the week. If you're curious about technology, innovation and how people work together to solve complex challenges, Evolve could be the perfect programme for you. Have you ever wondered what it takes to keep complex facilities operating safely and efficiently?

Our Engineering Maintenance and Asset Delivery programme provides you with hands-on experience across a range of engineering disciplines that support Sellafield's mission. Throughout the week, you will explore areas including mechanical maintenance, electrical systems, and civil engineering while working alongside experienced professionals. You'll also have opportunities to take part in practical activities, including operating remotely operated vehicles and exploring real engineering environments. This programme is ideal for anyone interested in engineering, technology, problem solving, and practical learning while developing teamwork, communication, and planning skills. Are you passionate about problem solving and creative thinking?

Curious about how engineering shapes the future of one of the UK's most complex industrial sites? Our Design Engineering programme offers you an exciting and rewarding opportunity to gain hands-on insight into the world of Engineering Design at Sellafield Ltd. Every engineering solution starts with an idea. During this programme you'll work as part of a multidisciplinary design team to tackle a real Sellafield challenge. You'll explore a range of engineering disciplines and discover how engineers transform ideas into practical solutions.

How do engineers know that a structure is safe to use? Whether it's a bridge, an aircraft or a nuclear facility, specialist inspection and assurance teams play a critical role in ensuring quality, safety and reliability. This programme will introduce you to the fascinating world of Nuclear Welding Inspection and Assurance, where science, engineering and problem solving come together to support some of the UK's most complex industrial projects. Throughout the week, you will investigate materials, explore inspection technologies, and discover how specialists identify defects before they become problems. You'll analyse

evidence, assess risks, and make recommendations based on real-world engineering scenarios.

Working alongside professionals, you will develop valuable skills including analytical thinking, communication, teamwork and attention to detail, whilst gaining an insight into careers in engineering, quality assurance and materials science. If you're curious about how things work, enjoy solving problems, and have an eye for detail, this could be the perfect programme for you. What does it take to work as part of one of Sellafield's most specialist operational teams? Our Dive Team programme offers students a fascinating insight into the world of commercial diving and marine operations. Throughout the week, you will discover how divers support complex projects using specialist equipment, vessels, and remotely operated technologies.

You'll explore how underwater activities are planned safely and learn about the teamwork and communication needed to deliver successful operations. You will also gain experience of emergency response arrangements and the important role technology plays in supporting modern diving activities. Along the way, you'll develop valuable Essential Skills including teamwork, leadership, planning and problem solving while discovering career pathways that many people never realise exist. If you're looking for a unique placement that combines engineering, technology, and practical operations, the Dive Team programme could be the perfect choice. Step into a professional office environment and see how business administration supports Sellafield Ltd's vital work.

Over the week, rotate through departments, take on real tasks, and visit the Beacon Museum to learn about Sellafield's history and role in the UK nuclear story. Gain practical experience in administration while developing key skills like teamwork, leadership, and problem-solving. This immersive programme offers a behind-the-scenes look at careers in business and how administration drives success in one of the UK's most important industries. Perfect for aspiring professionals seeking a rewarding career path. Have you ever looked at something and wondered how it could be improved?

Business Improvement professionals help organisations solve problems and find smarter ways of working. During this programme you'll explore Lean principles, tackle real challenges, gain an internationally recognised qualification and discover how continuous improvement helps Sellafield deliver its mission. Learn more about our Legal Work Experience programme available in West Cumbria. A week-long office-based programme for students who are or who are considering taking law at university or wanting to pursue a career in law. This programme offers an insight into the legal profession and the office of General Counsel.

During this programme you'll learn about all aspects of practice in an "in-house" environment. You will meet members of our legal, company secretary, corporate investigations and conduct and compliance teams. Through working examples, you'll build experience in all aspects of the legal practice at Sellafield, such as regulatory law, planning and real estate, commercial and employment law. At the end of your placement, you will be

invited to present your work to the General Counsel of Sellafield. Hopefully, you've seen a programme that sparks your interest.

So, how do you apply and give yourself the best chance of securing a placement? Start by exploring the opportunities available and selecting up to three programmes that genuinely interest you. Think about your favourite subjects, the careers you'd like to learn more about, and the areas where you'd enjoy developing your skills. When completing your application, tell us about yourself. We want to understand your interests, achievements, hobbies, and experiences, both inside and outside of school.

Most importantly, help us understand the skills you've developed along the way. Whether you've demonstrated teamwork through sport, communication through presentations, or problem solving through a project, use real examples that show what you can do. One of the best ways to strengthen your application is to show us your skills through real examples. Don't simply tell us what activities you take part in. Instead, explain what you've learned and which skills you've developed.

For example, rather than saying you play football, tell us how football has helped you develop teamwork, communication, or leadership skills. Instead of saying you enjoy science, explain why you enjoy it and what interests you about solving problems or investigating how things work. The strongest applications help us understand both what you've done and what you've learned from the experience. Many students worry that they need perfect grades or previous work experience to be successful. The good news is that's not what we're looking for.

We're looking for students who are enthusiastic, curious, and motivated to learn. We want to see evidence of Essential Skills, a genuine interest in the programme you've chosen, and a willingness to get involved. Show us your potential, your interests, and your ambition to learn. That's what makes an application stand out. Before you click submit, take a few minutes to review your application carefully.

Check that your contact details are correct, that you've selected programmes that are running during your placement week, and that you've used examples to demonstrate your skills and experiences. This is also a great opportunity to check spelling, grammar, and make sure your application genuinely reflects you as a person. A little extra time spent reviewing your application can make a big difference. So, what happens after you've submitted your application? Once applications have closed, our team will carefully review every submission.

We'll contact you using the email address provided in your application. If you're offered a placement, we'll send you everything you need to know before your week with us, including key information about your host, location, arrival arrangements, and what to expect. We'll also work with your school or college to help ensure everything is in place for a safe and successful placement. Here are some important dates to make a note of. Applications open on the 26th of October and close on the 31st of December.

Once all applications have been reviewed, we'll communicate outcomes during the week commencing the 25th of January. Don't leave your application until the last minute. Give yourself plenty of time to explore the opportunities available and submit the strongest application you can. Whether you're passionate about science, technology, engineering, business or simply exploring your future options, a work experience placement at Sellafield could be the start of an exciting journey, where you'll gain valuable experience, develop Essential Skills, meet professionals and discover career opportunities you may never have considered before. Choose up to three programmes, tell us about your interests and experiences, and show us what makes you unique.

We can't wait to learn more about you and see where your future could take you. Thank you for taking the time to learn more about work experience opportunities at Sellafield. We hope this has given you a better understanding of the programmes available, the application process, and how to submit a strong application. We wish you the very best of luck with your application and look forward to seeing the talent, skills, and enthusiasm you can bring. If you have any questions or would like further support, please contact the Educational Outreach Team.

Thank you, and we hope to welcome you to Sellafield in the future.