Birmingham - Bristol - Cambridge - Colchester - Ipswich - Portsmouth



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Work Experience & Volunteering

INTERNATIONAL LANGUAGE CENTRES

INTERNATIONAL LANGUAGE HOLIDAYS

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Work Experience & Volunteering

INTERNATIONAL LANGUAGE CENTRES

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Visas, supervision & booking: see our **Good to Know** guide at www.ilcentres.com

Accredited & recognised

MEMBER ENGLISH UK

ROAD TO IELTS
IELTS preparation and practice

TRINITY COLLEGE LONDON
Registered Exam Centre 59256

Accredited by the BRITISH COUNCIL for the teaching of English in the UK

Work experience requirements

The same entry requirements apply to all work experience and volunteering programmes. Students are tested on arrival and placed in the right class.

16+
Minimum age
Adult 16+ · Junior 16–17

B1
Minimum English level
B1 or above (CEFR)

1 – 6
Weeks of volunteering
Up to 6 weeks on an ETA

INTERNATIONAL LANGUAGE CENTRES

Work Experience & Volunteering

Course Description



Our Work Experience and Volunteering programmes combine General English lessons with real volunteering in UK charities. They are ideal for students aged 16 and over who want to improve their English, gain genuine work experience abroad, and build skills that will stand out on a CV or university application.

What are the benefits?

- Improving your general English language skills
- Giving you practice in a real life situation
- Learning how to deal with colleagues in English
- Giving you experience of work in the UK
- Outside summer, placements can match your interests
- All registered charities are easily accessible by a short bus ride or within walking distance of the city centre

Some of the skills that students will develop whilst they are volunteering will include:

- Customer Service
- Business Etiquette
- Time Management
- Self-Reliance
- Interpersonal Skills
- Problem-Solving
- Practical Skills
- Commercial Awareness
- Organisational Skills
- Speaking and Listening

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Our Programmes

ILC Adult programmes 16+



Main Course + Work Experience

- 15 hours of General English per week
- 15 hours of volunteering per week

In the mornings, students take a General English course designed to improve their communication skills in an international setting. In the afternoons, they volunteer in a local charity shop, NGO or similar organisation – a great chance to practise English in a real working environment.

Locations: Birmingham, Bristol, Cambridge, Colchester & Portsmouth

Available: Any dates

Scan to view the sample programme

Work Experience & Immersion Programme

- 1-week General English course
- 1–6 weeks full-time work experience (volunteering)

Students begin with a one-week General English course to refresh their skills while they settle into their new location. They then complete 1–6 weeks on a full-time work placement (6 hours per day), giving full immersion in UK working life and the best opportunity to practise English in real-life situations.

Locations: Birmingham, Bristol, Cambridge, Colchester & Portsmouth

Available: Any dates

Scan to view the sample programme



INTERNATIONAL LANGUAGE HOLIDAYS

Our Programmes

ILH Junior programmes 16–17 yrs



ILH Junior Programme + Work Experience

Groups only · Ages 16–17

- 15 hours of General English per week
- 12 hours of volunteering per week (4 afternoons)
- Full-board homestay accommodation
- Excursion programme included

This programme combines 15 hours of General English in the mornings with 12 hours of volunteering across four afternoons, plus travel passes if required and a scheduled excursion programme.

Locations: Bristol, Cambridge, Colchester & Portsmouth

Available: July only

Scan to view the sample programme

Volunteering Language Holiday

Residential · Ages 16–17

- 15 hours of General English + 15 hours of volunteering per week
- Full-board residential accommodation at Ipswich School
- Fully supervised by ILH staff, with welfare staff on site
- Supervised evening activities and two full-day excursions a week

Students live in a well-equipped boarding house on the school grounds, with separate boys' and girls' facilities, free laundry and Wi-Fi. Minimum level B1. Transfers available on request.

Location: Ipswich

Available: July only

Scan to view the sample programme



INTERNATIONAL LANGUAGE CENTRES

Which Programme Is Right for You?

Our four work experience programmes at a glance

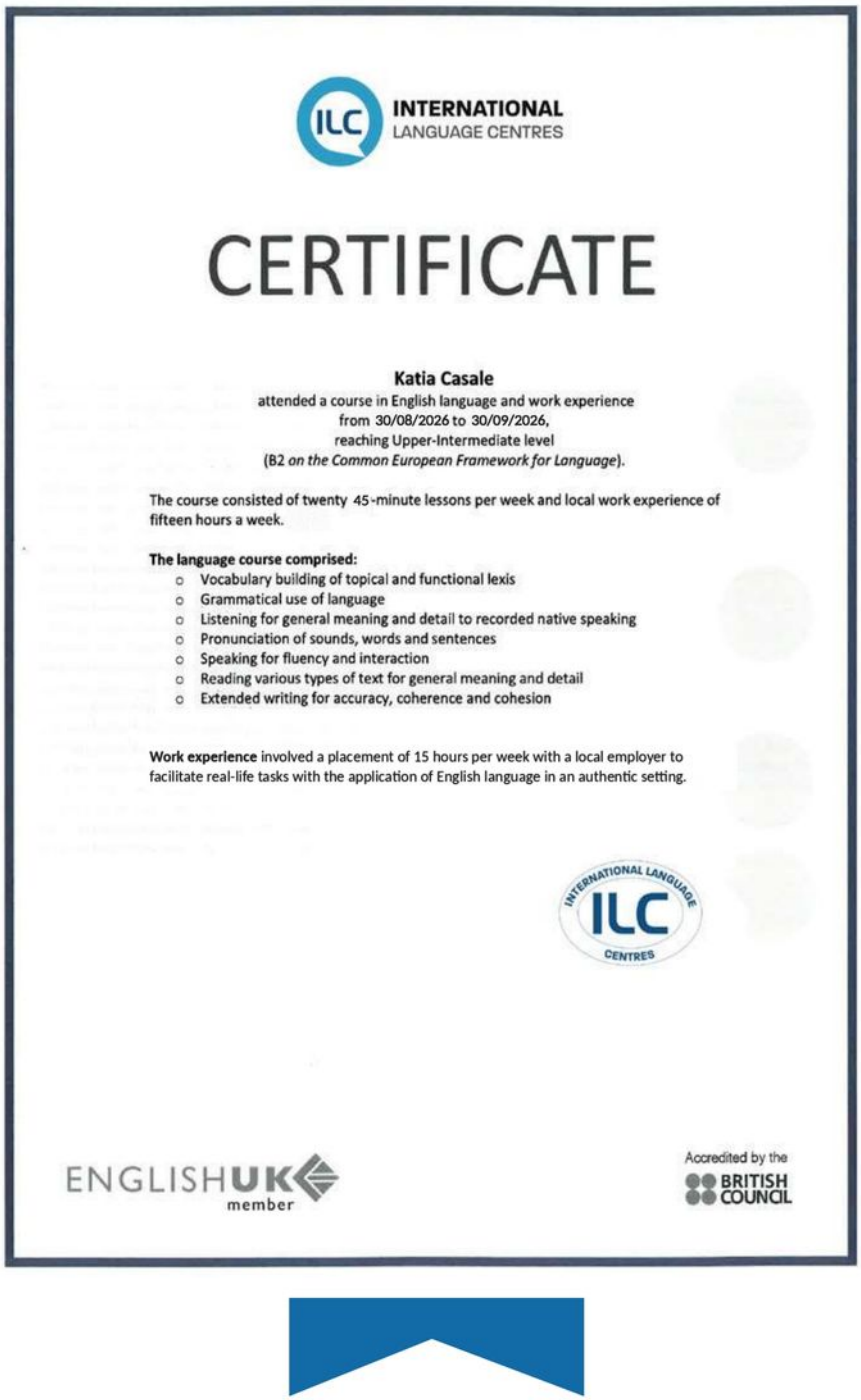
	Main Course + Work Experience	Work Experience & Immersion	ILH Junior + Work Experience	Volunteering Language Holiday
Age	16+	16+	16–17	16–17
Dates	Any dates	Any dates	July only	July only
English	15 hrs / week	Week 1: 15 hrs	15 hrs / week	15 hrs / week
Volunteering	15 hrs / week (afternoons)	1–6 weeks, full time	12 hrs / week (4 afternoons)	15 hrs / week
Accommodation	Homestay or residence	Homestay or residence	Homestay, full board	Residential, full board
Supervision	Partly supervised (lessons)	Partly supervised (lessons)	Fully supervised	Fully supervised
Locations	5 ILC cities	5 ILC cities	4 cities	Ipswich
Group or individual	Individuals	Individuals	Groups only	Individuals







Full details of each programme are on **pages 4–5**. Under-18s stay in homestay accommodation on ILC courses.



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LANGUAGE CENTRES

CERTIFICATE

Katia Casale
attended a course in English language and work experience
from 30/08/2026 to 30/09/2026,
reaching Upper-Intermediate level
(B2 *on the Common European Framework for Language*).

The course consisted of twenty 45-minute lessons per week and local work experience of fifteen hours a week.

The language course comprised:

- Vocabulary building of topical and functional lexis
- Grammatical use of language
- Listening for general meaning and detail to recorded native speaking
- Pronunciation of sounds, words and sentences
- Speaking for fluency and interaction
- Reading various types of text for general meaning and detail
- Extended writing for accuracy, coherence and cohesion

Work experience involved a placement of 15 hours per week with a local employer to facilitate real-life tasks with the application of English language in an authentic setting.

INTERNATIONAL LANGUAGE ILC CENTRES

ENGLISHUK member

Accredited by the BRITISH COUNCIL

All students will receive a personalised certificate with details of their course content.

MEMBER ENGLISH UK

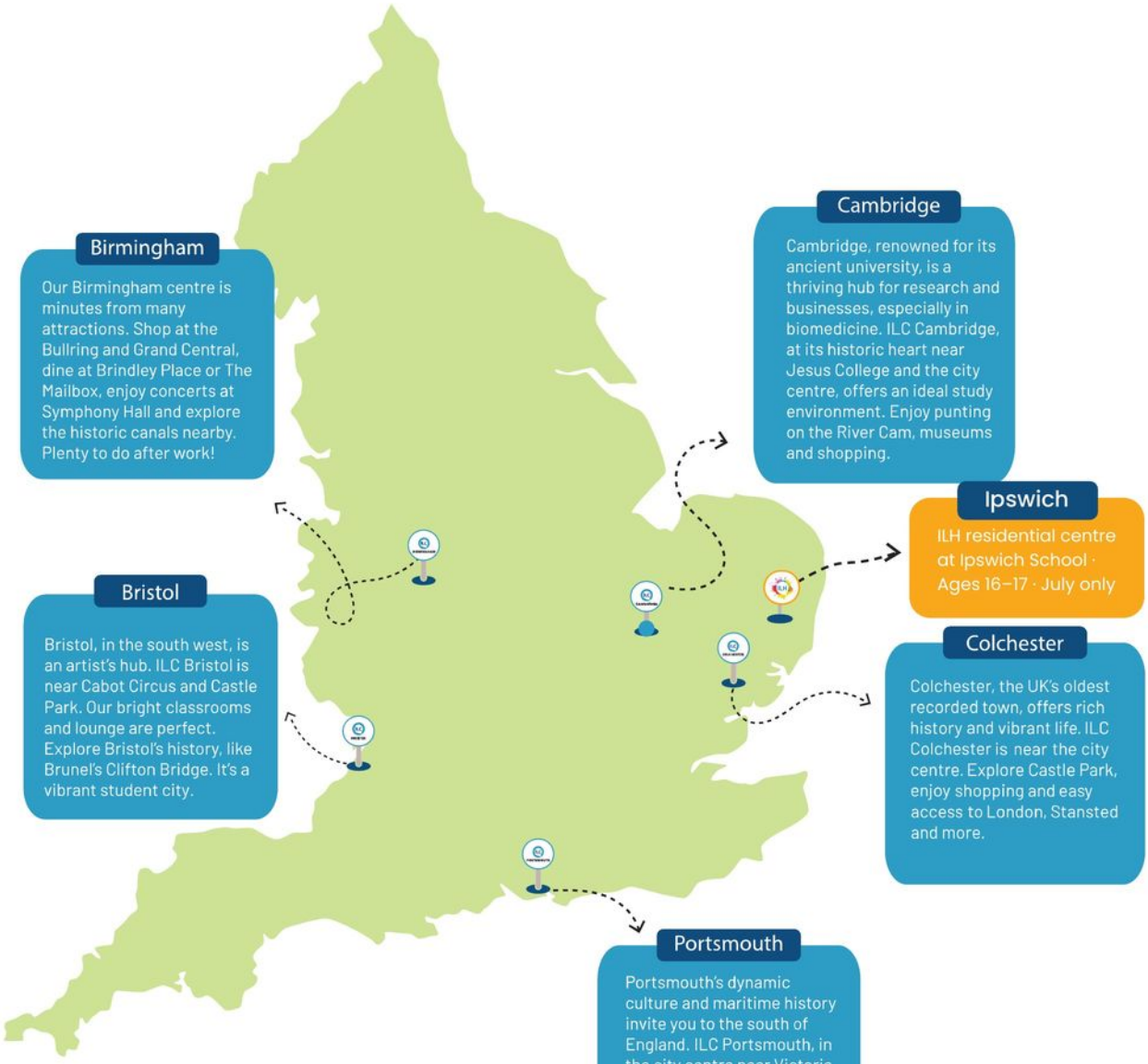
Accredited by the BRITISH COUNCIL for the teaching of English in the UK

ILC is a member of English UK and accredited by the British Council.

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Our Locations

We offer volunteering opportunities at all of our locations for students aged 16 and over, allowing them to experience English culture in a variety of local cultures and improve their English.



Birmingham

Our Birmingham centre is minutes from many attractions. Shop at the Bullring and Grand Central, dine at Brindley Place or The Mailbox, enjoy concerts at Symphony Hall and explore the historic canals nearby. Plenty to do after work!

Cambridge

Cambridge, renowned for its ancient university, is a thriving hub for research and businesses, especially in biomedicine. ILC Cambridge, at its historic heart near Jesus College and the city centre, offers an ideal study environment. Enjoy punting on the River Cam, museums and shopping.

Ipswich

ILH residential centre at Ipswich School · Ages 16–17 · July only

Bristol

Bristol, in the south west, is an artist's hub. ILC Bristol is near Cabot Circus and Castle Park. Our bright classrooms and lounge are perfect. Explore Bristol's history, like Brunel's Clifton Bridge. It's a vibrant student city.

Colchester

Colchester, the UK's oldest recorded town, offers rich history and vibrant life. ILC Colchester is near the city centre. Explore Castle Park, enjoy shopping and easy access to London, Stansted and more.

Portsmouth

Portsmouth's dynamic culture and maritime history invite you to the south of England. ILC Portsmouth, in the city centre near Victoria Park, offers friendly staff, bright classrooms and a cosy student area for relaxation and preparation.

INTERNATIONAL LANGUAGE CENTRES

Work Experience & Volunteering

Some of our example charities (volunteering placements depend on availability)

Examples from our Colchester centre – similar placements are available at all our locations.

Refugee Action

Supports refugees and asylum seekers as they settle into a new town, language and culture.

Dogs Trust

The UK's largest dog welfare charity, caring for over 15,000 dogs a year across 20 rehoming centres.

Emmaus

Helps people out of homelessness with meaningful work and a stable home, through shops and cafés across the UK.

PDSA

The UK's leading vet charity, providing 2.7 million treatments a year at 48 Pet Hospitals.

British Heart Foundation

Funds life-saving research into heart attacks, strokes and heart conditions across the UK.

Sense

A friendly charity shop in Colchester city centre, helping people with complex disabilities to communicate and experience the world.







Group bookings

ILC can accommodate group bookings for the Work Experience programme in both Colchester and Cambridge. Course timetables are flexible and can be customised to meet specific requests. For larger groups, a split timetable may be needed to ensure effective learning and participation.

EXAMPLE PLACEMENT

A day at St Helena Hospice charity shop

Colchester city centre · 14:00 – 17:00

Full training provided · smart casual dress

- Serving customers on the till
- Preparing, sorting & pricing donated goods
- Creating window and shop displays
- Stock control and keeping the shop tidy

INTERNATIONAL LANGUAGE CENTRES

What Our Students Say

Real feedback from our work experience students

98% of our work experience students would recommend ILC to their family and friends

89% of 2026 students rated their volunteering experience as good or excellent

> *I learned English by talking with natives. The volunteering really helps, since you have to speak English with customers.*
>
> **Gaia**, Italy · Sense charity shop

> *It was an amazing experience! I loved the school, my host family and my charity shop. If I have the chance one day, I'd love to come back!*
>
> **Eléa**, France · Havens Hospices

> *I loved this experience, it was all great: the lessons, the people, the host family, the work experience... I would definitely recommend it.*
>
> **Garazi**, Spain · St Helena Hospice

> *It was a growing experience. Since I was alone and in another country, I was able to live a real-life experience.*
>
> **Anita**, Italy · East Anglia's Children's Hospices

> *I had so much fun. I would do it all over again. This experience was formative and fun.*
>
> **Sofia**, Italy · Havens Hospices

> *It's an experience that everyone should do once in a lifetime.*
>
> **Alessio**, Italy · St Helena Hospice

Based on end-of-course questionnaires from ILC Colchester work experience students: recommendation 2022–2026 (196 responses); volunteering rating 2026 (44 responses). Quotes used with students' permission.

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Accommodation

Comfortable, affordable places to stay, all within easy reach of the school. **Accommodation gets busy in the summer, so book early.**



ILC ADULT 16+ · ILH JUNIOR 16–17

Homestay

Live with a local host, enjoy home-cooked meals and practise your English every day.

- Single room with a desk for studying
- All meals at weekends
- Self-catering or B&B for 18+
- Breakfast and evening meal Mon–Fri
- 10–25 minutes from school
- Bed linen and towels provided



ILC ADULT 18+

Halls of Residence

For more independent students: modern rooms and great on-site facilities.

- En-suite rooms with private bathroom
- Secure key-fob access
- Shared kitchens, lounges and study areas
- Close to shops and transport



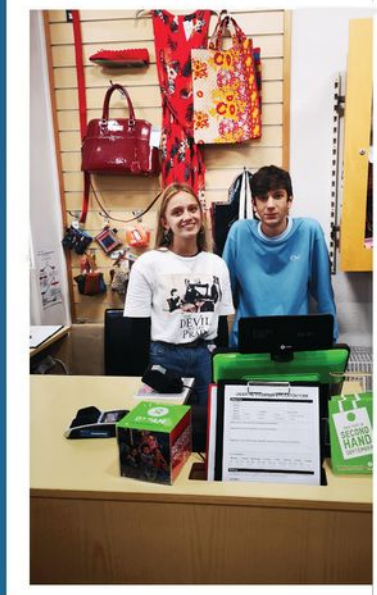
ILH JUNIOR 16–17 YRS

Residential – Ipswich School

For the Volunteering Language Holiday: a well-equipped boarding house on the school grounds.

- Full-board accommodation
- Fully supervised by ILH staff
- Free laundry and Wi-Fi
- Separate boys' and girls' facilities
- Welfare staff on site
- Transfers on request

INTERNATIONAL LANGUAGE CENTRES







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