

Springpod Big Work Experience Challenge

 Earn Rockets as you go!

 Choose what interests you most

 Your progress will be celebrated

Key Links

 Create your Springpod account here:

<https://space.springpod.com/sign-up>

 Sign in to your Springpod account here:





<https://space.springpod.com/sign-in>

 If you need help, email hello@springpod.com



SESSION 1: Getting Started

Learn about Springpod


-  Watch the animation [here](#) for a short introduction to Springpod
-  Watch the video presentation [here](#) to guide you through creating an account
-  Create your account - <https://space.springpod.com/sign-up>
-  Explore the platform

SESSION 2: Future Pathways

Explore your options

 Visit [Skills for Life](#) to browse education and training choices


 Sign in to your Springpod account:
<https://space.springpod.com/sign-in>

 Choose short 1-hour programmes - click start and complete the programme:

-  [Apprenticeships](#)
-  [T Levels](#)
-  [Higher Technical Qualifications](#)



SESSION 3: Building Skills

 Sign in to your Springpod account:
<https://space.springpod.com/sign-in>

Choose A or B (or both)

A Option A


-  [Barclays Lifeskills \(6–8 hours\)](#)

B Option B

-  [Rolls-Royce short courses \(1 hour each\)](#)




SESSION 4: Employer Focus & Digital Skills

Explore a workplace

 Sign in to your Springpod account:
<https://space.springpod.com/sign-in>

-  Choose an [Amazon Career Tour](#) (1 hour)

Choose digital skills

-  [AI and AI Literacy](#)
-  [Data Analysis and Storytelling](#)
-  [Research](#)
-  [Digital Communication](#)
-  [Cyber Security](#)



 **SESSION 5: Building Experience** **Keep going**

 Sign in to your Springpod account:





<https://space.springpod.com/sign-in>

 Continue your programmes

 Try something new and search here -

<https://www.springpod.com/virtual-work-experience/search>

 **SESSION 6: Reflection & Next Steps** **Think about your future**

-  Write a letter from your future self
-  What has changed?
-  One action for next month
-  Confidence score (1–10)

 **REMEMBER**

- ✓ Take your time
- ✓ Try your best
- ✓ Choose what you enjoy
- ✓ Have fun learning

