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Plymouth High School for Girls

"For life, not school, we learn"

Work Experience Information

All students in Year 10 will complete a week of work experience from Monday 6th July 2026 to Friday 10th July 2026.

Work experience gives students the chance to learn more about the world of work and about the type of job or career they might enjoy, as well as helping develop their CV. It can be a transformational experience for our young people.

We are using the online platform called **Unifrog** to manage all the administration relating to work experience. This includes collecting information from employers about risk assessments and health and safety policies and getting parents' agreement for their child's placement to go ahead.

The address for the Unifrog website is [Unifrog.org](https://www.unifrog.org) and all students have a login for this website.

How the process works

1. The student identifies a suitable placement and agrees it with the employer.
2. The student adds the placement to their Unifrog account (the Placements tool is on their Unifrog homepage).
3. Using the details provided by the student, Unifrog emails the employer, the parent/carer and the school to collect the necessary information and permissions. Please note that, for this process to work, **it is essential that your child adds the initial information about the placement accurately.**

Finding out more

Unifrog have created a set of guides about placements, which you can find [by clicking here](#). We suggest that [this guide is the best one to start with](#) (it includes a short animation about how the whole process works).

[This video link includes detailed steps on how to upload your placement to Unifrog](#) (please note that a student will need to be logged in to watch it)

Next steps

Read the placement guides on Unifrog with your child and then start contacting possible hosts to agree a suitable placement.

Once you have found your placement, please complete the form using [this link](#).

Please do get in touch with your child's tutor if you have any further questions.

