

**Submission
No 19**

**VOLUNTEERING AND UNPAID WORK PLACEMENTS
AMONG CHILDREN AND YOUNG PEOPLE IN NSW**

Name: Ms Sally Barker
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So far my internship experience in the media industry has been incredibly beneficial. As a difficult industry to crack into and pretty much every paid job calling for a minimum of 12 months experience, it goes without saying that they expect you to work for free. This may not necessarily be a bad thing though. Yes, there is a line between getting experience and a company exploiting your abilities, but it is a price that must be paid in order to gain paid work in the industry. During my time at my internship, I have done some pretty mindless jobs (the kind of ones it's clear no one else in the office wants to do) like data entry and filing, but I've also gained priceless knowledge, experience and exposure. I have had the opportunity to be published, and will be published again before my internship is finished.

I think internships also provide a commitment free trial of an industry or job, enabling people to get a taste of their chosen career path and decide if it's really for them without feeling guilt or any obligation to the company if they decide otherwise. Yes, payment for it would have been very helpful, because it has put a lot of pressure on my paid job which has meant a very hectic past few months, causing my attention to my studies to decrease. While internships are an incredibly valuable opportunity in any industry, it does put a lot of extra stress on the intern when they have to work elsewhere and often longer hours in order to make up the difference, impacting many other areas of their lives.