

# CASE STUDY: MY Step into Work - Work Experience Program for Multicultural Youth

*Multicultural Youth Tasmania*

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MY Step into Work is delivered by Multicultural Youth Tasmania (MYT), a program of Migrant Resource Centre Tasmania (MRC Tas). It offers work experience<sup>1</sup> opportunities, career advice, and training that support young people from refugee and migrant backgrounds to develop skills in their chosen career.

MY Step into Work aims to increase practical workplace knowledge, skills and abilities of young people aged 17-25 years, building their work readiness through strengthening networks, work experience and personal employment pathway planning.

The program offers internal work experience opportunities within MRC Tas and external work experiences within local businesses. Internal work experience opportunities are provided within different MRC Tas programs for a period of 6 weeks, such as in Settlement Services, Mental Health and Wellbeing service, Corporate Services (reception, media & communication, finance) and the Aged Care program. External work experience opportunities are provided through various local businesses such as resource shops, construction firms and private corporations which provide 1 or 2 days per week of placement for MY Step into Work participants. Some of these external opportunities resulted in apprenticeships in local businesses.

Under the MY Step into Work program, various workshops are delivered to support young people. Networking workshops with potential employers introduce young people to professionals from different sectors. Employment skills workshops are also held to support young people with resume writing, improving interview techniques, job preparation and job-hunting skills. Some of the participants of these workshops secured employment in MRC Tas and other local businesses.

This work experience program is also complemented by sports and recreational programs of MYT to expand young people's employment opportunities. Young people are offered a 16 week-long swimming training program through MYT delivered by a professional swimming instructor. Some of the young people who went through the program now hope to be lifeguards.

<sup>1</sup>A work experience in the Australian context refers to a type of volunteer work that is commonly intended for young people to experience professional working environments, as part of their studies or following graduation.