At UVic, you can experience your education through many types of hands-on learning—in the classroom, community, research settings and workplace. Stay on campus or explore local, national, and international opportunities. Get involved and enrich your UVic experience!

Learn about these opportunities and more at uvic.ca/coopandcareer/hands-on.

+ **Clinic** – Volunteer in the community to integrate course theory with experience and personal reflection
+ **Community Service Learning** – Volunteer in the community to integrate course theory with experience and personal reflection
+ **Consulting project** – Work with a client to identify issues or opportunities and develop solutions/strategies
+ **Co-op** – Alternate academic study with paid work terms to gain relevant workplace experience
+ **Course-based** – Engage in the classroom with hands-on activities such as simulations or archival work
+ **Creative or physical practice** – Develop artistic or physical skills through intensive practice-based experiences
+ **Creative performance or exhibit** – Produce a dramatic, artistic or musical performance or exhibit for an audience
+ **Creative or design project** – Identify problems and prototype/test solutions to create a final artistic, engineering or other project
+ **Field experience** – Explore course content outside the classroom through short-term field trips and fieldwork
+ **Field placement** – Gain intensive work experience in a workplace setting relevant to a specific field of study
+ **Field school** – Spend intensive and immersive time in the field (usually 3 weeks) to study and apply course concepts
+ **Internship** – Participate in a discipline-specific, supervised, full-time work experience (usually 4+ months)
+ **Lab** – Apply course concepts in a controlled environment by observing, measuring, testing, etc.
+ **Practicum** – Gain supervised, practice-based work experience required for professional licensure or certification
+ **Professional or technical skill development** – Develop discipline-specific professional or technical skills through intensive hands-on practice
+ **Publication or conference presentation** – Present or publish an original work or contribute to a publication in an editorial capacity
+ **Research project** – Discover, synthesize and/or apply information to solve a problem in an original way
+ **Study abroad or exchange** – Study internationally for at least one academic term
+ **Work experience** – Participate in a modified co-op program requiring one or two work experiences