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!

- **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