



Australian Government



Job shadowing

What is job shadowing?

- Job shadowing is a kind of work experience.
- While job shadowing, you watch someone do their job. You might get to watch a number of people in the business doing different jobs.
- Job shadowing shows you what it's like to work in the job.

Will I be paid?

- When job shadowing, you are only there to watch someone do their job.
- If the employer asks you to do productive work they may need to pay you. Productive work includes things like administrative work or serving customers without supervision.
- If you have questions about pay visit [fairwork.gov.au/pay/unpaid-work](https://www.fairwork.gov.au/pay/unpaid-work). You can also contact the Fair Work Infoline on 13 13 94.

How do I find a job shadowing placement?

- Your school, TAFE, university or jobactive provider can help you find a placement.
- You can organise a job shadowing placement yourself. Try talking to local employers.



Why should I job shadow?

- Job shadowing shows you the technical and people skills needed in a job.
- If you are at school, job shadowing may help you decide if this kind of job is right for you.
- At university or in training? Job shadowing can show how your studies, interests and abilities can lead to lots of different jobs.

When would I do it?

- Some schools set up a specific time for work experience. Other schools are flexible about the timing.
- You can do a job shadowing placement at any time that suits you and the employer. Ask your careers office or employment services provider about any paperwork you need to complete.
- Ask them to check your insurance cover in case you are hurt on the job.

Where can I find more information?

- Visit Job Jumpstart (jobjumpstart.gov.au) for more information on work experience.
- The Job Jumpstart workbook 'Understanding the different types of work experience' can help you see if job shadowing is a good option for you.
- The Job Jumpstart workbook 'Organising work experience' can help you to find your own job shadowing activity.

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