



*Written for apprentices, by apprentices*

## Highlights:

**Introduction**

**Feature – Shadow Games**

**Bungee!**

## Welcome to the IAS Newsletter!

The IAS newsletter has been put forward as a new venture to initiate an up to date documentation of apprentice's experiences in their placements. Each week will feature new stories, and up and coming events which may be of great use to an apprentice's development.

The contribution of all apprentices is essential to the future production of this newsletter, so please, contribute in any way you can by sending in your stories and personal experiences.

### Shadowing Mr. Oliver – by Ryan Adams

A week on from the IDEA induction in January, I was yet to be placed, so on the last Friday of the induction I asked Adam if I could make my way down to London to shadow him for the day and to take a look around the BT Centre. Setting off from Ipswich station at 9am, looking really out of place with all the middle aged business men on the platform, I headed to London Liverpool Street

and got the tube to St. Paul's Cathedral, where I met Adam at the BT Centre.

The day started off with a tour around the whole centre, beginning with the auditorium where I was practicing giving presentations much like Howard Smith's infamous table topics game during the IDEA induction. For the table topics game you have

to choose a random topic and talk about it for as long as you can, I gave my presentation solely to Adam in a room that holds around 200. Next on the to-do list was a trip down to the BT Studio. This is where I found out that I would be an absolutely shocking TV presenter, I am sure that Adam will show you the clip proving my point.

The next activity of the day was no surprise to me at all, a trip to Adams favourite office, also known as Starbucks. Coffees at the ready we arrived back at BT to take a tour around the customer showcase, much similar to Home 2.0, BT Pulse and the Agile Development Centre located at Adastral Park. During this tour I met former BT

Apprentice, Haroon Nasir. IDEA apprentices may remember Haroon from Adam's induction presentation.

It was then time for lunch where we discussed the possible chance of IDEA Apprentices being able to take part in Sport Relief by answering the phones at BT Tower in North London, something I hope myself and other IDEA



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Ryan's first ever Starbucks

Apprentices can be a part of. The afternoon gave me an opportunity to find out a little bit more about Adam's role within BT. I was able to sit in on a telephone conference about a new project being developed for individuals with disabilities. At the end of the conference, we caught up with Chris

to a close and that I would be heading back home, instead Adam and I took a trip to the heart of London, Westminster, where we met BT Apprentice Nick Barnes who had been lucky enough to spend the day in the House of Lords shadowing Lord Young (A former BT Apprentice I might add.) All three of us then walked from the Houses of Parliament down Embankment

day and to meet many interesting people in the process.

I would like to take this chance to thank Adam Oliver for putting up with me for the day and showing me a great day around the BT Centre and Central London. I learned so much and I intend to apply this over the next coming months through the duration of my apprenticeship.

Jones and Shaun (aka Matchmaker) Stebbings who spent the day promoting IDEA at St. Albans High School. It was good to hear that the scheme had been well promoted, despite Chris and Shaun being sandwiched between the Army and Navy, we both liked the fact that Shaun was giving career advice to people older than him.

where we would hear about Nick's day out in the House of Lords over dinner.

The day then came to end and all three of us went our separate ways in London, Adam headed back to Seven Oaks, Nick headed to a swanky hotel and I headed back to Ipswich, after I almost stepped onto the wrong tube line and may have ended up in Wimbledon.

Good on you Shaun.

After the conference it was time to return to Adam's favourite Starbucks to meet a BT graduate from Southend, where we discussed the possibility of finding more placements for IDEA Apprentices in the Eastern region. Foolishly I then thought the day would be coming

It was a fantastic day out in London. I had many stories to tell once I arrived back home in Ipswich. The next day involved a lunch with BT Apprentices at Adastral Park, with Managing Director Phil Dance. Shane Allum was still trying to explain his "Pen Incident" to all the other apprentices. It was a great experience for me to go to the capital to shadow Adam for the



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## **Bungee!!!**     *Jump at the chance*

As you are all aware, BT are running their yearly charity trip to help underprivileged countries by offering trips to apprentices to spend some time helping the locals by improving their way of life. Last year, BT graduates and apprentices (including our old friend Shane Allum) built a medical centre and water collection facility in Lima, Peru. This year, Shane and Lizzie Wold are going to Nairobi and Tanzania to do much of the same great work. You might also be aware that the attendees of these trips also have to fund their own way, a whopping £3500! This money goes towards their travel, insurance, and the materials and time needed for their building projects over there.

It goes without saying that these heroic efforts are something we should all be supporting. Things that we take for granted in this country, like running water and medical care, are few and far between.

To help raise money for their trip, Shane and Lizzie have organised a sponsored Bungee Jump! This will take place in Windsor, and requires a £50 deposit. Please get in touch with Shane or Lizzie for details if you are interested. We are proud to release that our very own Ben Fosh and Andrew Goodchild have signed up for this event, so if you want to join them, get in touch. If you need any help in getting sponsorship, get in touch with Shane, Lizzie, ben or Andy, or if you don't fancy a 160ft drop and a sudden stop, you could always show your support by donating some money towards the cause. All proceeds are going to Lizzie and Shane's funds for the trip. This is a worthwhile cause, and working together, we can help change lives

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### *Editors' Comment*

Our hunt still continues for some new blood in the IAS Newsletter team, so please take the survey (link on the Facebook Forum) and get in touch!

We hope this issue's stories show how networking can benefit you as apprentices, after only a few weeks as an apprentice, Ryan has already experienced the wonders of networking and how it can help apprentices develop.

Keep Reading ☺

*Special thanks to: Ryan Adams, Adam Oliver, Shane Allum, Lizzie Wold*

