



Information for staff

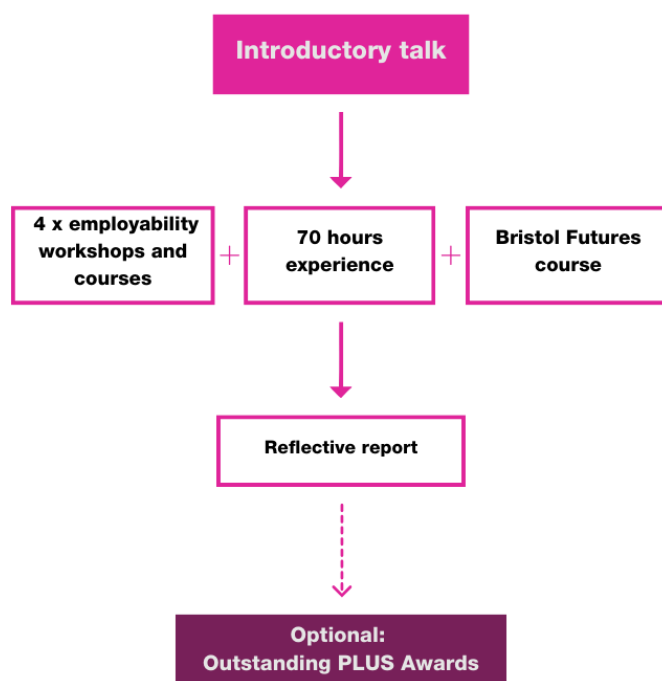
The [Bristol PLUS Award](#) is University of Bristol's **employability award** that is open to all students and researchers. The Award framework formally recognises and rewards students who gain professional and life skills through extra-curricular experiences, outside their degree.

To achieve the Award, students must complete **70 hours of activity** (such as internships or volunteering), take part in **4 skill development workshops**, undertake a **Bristol Futures online course** and reflect on the skills developed.

The Bristol PLUS Award is **endorsed by a range of employers and organisations**, in recognition of students' commitment to developing their skills and knowledge above and beyond their degree.

The process

1. **Attend a PLUS Award Introductory Talk** to find out all they need to know about the Award. Introductory Talks start from welcome week and run until the registration deadline in February. They can book into an Introductory Talk via the [PLUS Award webpage](#).
2. Once registered, **document their progress through their PLUS Award evidence log**. The central elements are listed on the PLUS Award flowchart.
3. Complete a **500-word reflective report**, reflecting on the employability skills gained and how it will benefit their future career.
4. Optional: Bristol PLUS Award achievers can take their PLUS Award achievement further by nominating themselves for the [Outstanding PLUS Awards \(OPA\)](#). There are just eight OPA winners every year, one winner per category.



Have an additional question or opportunity to collaborate?

We may be able to help promote an opportunity if it is eligible for the PLUS Award.

For more information, please contact the Bristol PLUS Award Team by emailing: careers-plusaward@bristol.ac.uk.