

*You want to work in Formula 1 ?
Here's what you need to know
04.08.2025, Zurich*

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YOU WANT TO WORK IN FORMULA 1? HERE'S WHAT YOU NEED TO KNOW



I get this question a lot: “How do I get into F1?”

And honestly, I love that people are asking. It means there's real passion out there. Real curiosity. Real ambition. But here's the tricky part - I've been there. And when you're outside of the sport, it can feel like a mystery. Like there's a locked door somewhere and everyone inside got a secret key you weren't told about.

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Let me tell you straight: it's not just you. I get so many messages and DMs about this, I literally can't answer them all. Not because I don't care, but because there's no one-size-fits-all answer - and no magic ladder that guarantees you a spot.

I also know how frustrating it is when you ask for advice or send a message and don't get a reply. I've felt that frustration myself, back when I was trying to find my way in. And now, being on the other side, I understand why it happens - because it's not just one message. It's a lot. And as much as I'd love to answer every single one, it's just not possible to dedicate the time they all deserve.

So, instead of leaving you in the dark, I want to offer something more useful: this. A real answer. Something honest. Some insights and advice I wish I had when I was just starting out.



First of all: F1 is a workplace - not a fantasy world

Yes, Formula 1 is extraordinary. It's high-performance, high-stakes, and high-speed - there's no denying that. The people in this sport are incredibly talented, hardworking, and driven. But here's the thing that's easy to forget from the outside: it's also a workplace.

Behind the cars and cameras is a massive operation full of professionals doing their jobs - from engineers and data analysts to social media managers, logistics coordinators, hospitality staff, and more. Teams are made up of hundreds (sometimes thousands) of people, and everyone plays a role. Every single job matters - and every job had a first day.

That means there's space for people like you - with the right skills, attitude, and drive - to find your place too.

So when I say, "F1 is just a job," what I really mean is: don't put it so high on a pedestal that it starts to feel out of reach. It's special, yes. But the people in it are human. They got there through studying, applying, working, failing, trying again - just like you will.

Believe in yourself (even when it feels ridiculous and sounds so cliché)

You know that voice in your head that says you're not ready? That your CV doesn't match? That you're not "Formula 1 enough"? Tell it to go have a seat.

The truth is: you have to believe in yourself long before anyone else does.

That means applying to jobs even if you think you're not 100% qualified. It means emailing that engineer whose work you admire. It means introducing yourself at networking events even when you feel awkward. Because if you wait until you feel totally "ready", you'll never start.

Okay, but how do I get in F1?

There are a few practical tips I can share - because as much as belief matters, action matters too:

- Start where you are: You don't need to leap into a race team straight away. Local motorsport events, national series, karting teams, internships at automotive companies - they're all stepping stones. Get stuck in. Build experience. Learn by doing.
- Network (authentically): F1 is small. People talk. And people remember those who are respectful, proactive, and curious. Connect with people. Ask questions. Show up.
- Follow your skillset: Are you a great communicator? A logistics wizard? A designer with an eye for speed? There are so many paths into the sport. You don't have to become an engineer to matter in F1.
- Look outside the teams: F1 isn't just about the 10 teams. Think about the FIA, FOM, broadcasters, sponsors, suppliers, agencies, data companies... they're all part of the F1 ecosystem and can be a great starting point.

A Note to the Women Reading This

To all the women - especially young girls - dreaming of a role in motorsport: you belong here.

This space hasn't always made us feel welcome. But that's changing, because people like you are showing up. You don't need to become "one of the boys." You don't need to prove you're tough enough, smart enough, cool enough.

You already are.

When I spoke to the amazing girls from the Girls on Track program in Melbourne earlier this year, I told them something I'll repeat here:

Never think someone else is automatically better than you - and never think F1 is reserved for some elite group you're not part of.

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That mindset? Throw it out. It doesn't belong in your story.

It's hard, yes - but not impossible

I won't lie to you: getting into F1 can be tough. It's competitive. It can take years. There are sacrifices. Long hours. Uncertainty.

But if you love it - like, really love it - it's worth it.

And remember: people like me have been in your shoes. I didn't come from a famous family or walk into a dream job. I hustled. I learned. I doubted myself a thousand times - and kept going anyway.

Final Thought

There's no map to Formula 1. But if there was, it would look something like this:

Passion → Self Believe → Persistence → Practice → People → Patience.

And if you're already asking the question, "How do I get in?" - you're further along than you think.

So go for it. Apply. Email. Volunteer. Build. Study. Travel. Show up. Be seen. And never - never - assume it's not for you.

Because it is. ✨

PS: And if you've been on this journey - or you're just getting started - feel free to share your thoughts, questions, or experiences in the comments. Others might be wondering the same thing, and your insight could help more people than you think. Let's make this a space where we learn from each other and grow together 💬✨

