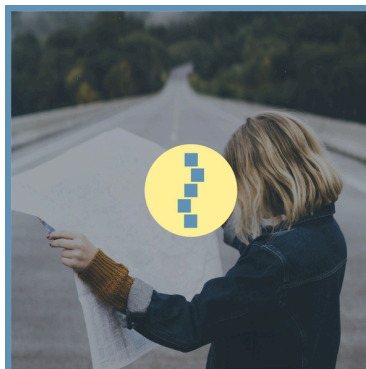




My Journey Back to Work

Credits

Series 01 Episode 01

Part One: A Career That We Love...?

Originally published: Wednesday, May 20th 2026 at 10:45am BST

CREDITS:

www.freesound.org is an incredible resource and the majority of SFX and Music tracks can be found there. All files used are CC 0 Creative Commons Licence (i.e. publicly available/free to use) or are the producer's own.

Specific links for this episode can be found below.

A special shout out to [seth_makes_sounds](#) whose wide variety of music perfectly captured the different atmospheres across the series. More of their work can also be found on www.freesound.org

COVER ARTWORK IMAGE	
Main series image	https://unsplash.com/photos/woman-looking-at-map-while-standing-on-road-KeiUIl9Lzo4
MUSIC	
Where used:	Link to original sound file
Intro music	https://freesound.org/people/Seth_Makes_Sounds/sounds/725420/
Space steps bed music	https://freesound.org/people/Romariogrande/sounds/495389/
breakfast scene	https://freesound.org/people/Drakensson/sounds/529601/
rhythm music bed	https://freesound.org/people/afleetingspeck/sounds/166263/
Outro music	https://freesound.org/people/Seth_Makes_Sounds/sounds/696111/
SFX	
Commuter train	https://freesound.org/people/cognito%20perceptu/sounds/84744/

WHAT NEXT?

Add your story at www.myjourneybacktowork.com

Share with parents you know who might appreciate finding out more about the project.

Thank you!