

# Your Next Steps To...

# TRAINEESHIPS



Create your own opportunities

**Confused on what a traineeship is?**

**Do you want to know what it would involve?**

A traineeship is an Education and Training opportunity that allows you to prepare yourself for Employment or Apprenticeship by combining experience in the workplace and study. Anyone aged between 16 to 24 with academic qualifications below Level 3, or if they are 16 to 25 with a learning difficulty can do a traineeship.

Traineeships are not paid however you may be paid for travel and food. They are often Six weeks to Six months long giving you the extra knowledge within an area. If you have a Grade 4 or equivalent in Maths and English you may be eligible.

An advantage to Traineeship is that they provide you with studies and quality training which can lead to paid Employment or an Apprenticeship and it looks great on your CV. Traineeships are available in 170 sectors with currently 1400 different Job roles. There are no set hours of studying, they are individually tailored and flexible so they may be part time or full time study hours in terms of experience.

**Useful websites for you to gain more information:**

- Traineeships: [gov.uk/government/collections/traineeships--2](https://www.gov.uk/government/collections/traineeships--2)  
(Information on Traineeships, where you can find them and your next steps once completed)
- All about: [allaboutschoollleavers.co.uk/articles/article/204/what-is-a-traineeship](https://allaboutschoollleavers.co.uk/articles/article/204/what-is-a-traineeship)  
(Everything you need to know about a traineeship and where they can lead)
- City & Guides: [cityandguides.com/what-we-offer/centres/work-ready/traineeships](https://cityandguides.com/what-we-offer/centres/work-ready/traineeships)  
(E-learning and qualifications to help along side your traineeship)

## Contact Us

Call our Customer Service Team: 01202 262300 | 01305 819059

Call our Learner Support Team: 01202 262325 or 01202 262371

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