

# TRAINEESHIPS, A ROUTE INTO AN APPRENTICESHIP OR A JOB

If you would like to develop your confidence or experience before applying for an apprenticeship, a traineeship could be the perfect opportunity for you.

## WHAT ARE THEY?

Traineeships help to develop skills and confidence in a real workplace, whilst being supported by a training provider

## HOW LONG ARE THEY?

Traineeships last from a minimum of 6 weeks to a maximum of 6 months, with the content tailored to your individual career needs

## HOW DO THEY HELP?

Typically, more than 50% of trainees progress to an apprenticeship or job and 4 out of 5 say they are satisfied with their traineeship

## WHAT DO I GET?

Traineeships can give you: Employability skills; High quality work experience; English and Maths support if needed

# WHAT NEXT?

**1** Hear from trainees. Search for GREAT Traineeships on: [www.youtube.com](http://www.youtube.com) or visit: <http://amazingapprenticeships.com/need-to-know/traineeships/>

**2** Read the Traineeship fact sheet: [www.gov.uk/government/publications/traineeships-are-they-for-me](http://www.gov.uk/government/publications/traineeships-are-they-for-me)

**3** Speak to your Work Coach. They will be able to advise you about local programmes and opportunities.

**4** Register on Find a Traineeship and start applying for opportunities today: [www.gov.uk/find-traineeship](http://www.gov.uk/find-traineeship)

**5** Speak to a local training provider and search the course directory: <https://nationalcareersservice.direct.gov.uk/course-directory/home>

**6** Get some advice:

- webchat
- phone
- email
- call back
- face to face
- text
- textphone
- other languages
- post

Visit: [www.nationalcareersservice.direct.gov.uk/contact-us/home](http://www.nationalcareersservice.direct.gov.uk/contact-us/home)