

# The benefits of a traineeship

Key points you need to know about a traineeship

## What is a traineeship?

A traineeship is a fully-funded education and training programme that supports young people aged 16-24 or 25 year olds who have a current Education, Health and Care Plan (EHCP), in learning new skills and gaining work experience that will help them to become 'work ready'. The aim of a traineeship is to assist the individual in progressing onto either further learning, an apprenticeship or employment.

The programme can last anywhere between 6 weeks to 12 months and typically will consist of the following:

- A minimum of 70 hours working with an employer
- An exit interview with written feedback
- Learning work-based skills
- English and Maths support, if needed

The employer and the training provider will work together to create an individual plan for the trainee. It has also recently been announced that the employer may also be eligible to claim £1000 from the Government towards the cost of the placement.

## Why should your child do a traineeship?

A traineeship can be a useful step for an enthusiastic individual who is keen to move onto an apprenticeship or work. They offer an opportunity for anyone who has little, or no work experience, plus it can enhance their employability skills, by offering guidance with skills that are required to work in a chosen field. They will also gain:

- Techniques in writing a current C.V, including the traineeship
- Understanding what it is like to work for an employer
- Transferable skills and knowledge from other employees already working in the sector
- Increased confidence

## Where to find a traineeship

Traineeships can start at any time during the year, so it is important that together you and your child know where to spot the best opportunities for them.

There are a few options for finding a traineeship:

- Asking a local college or training provider if they have opportunities
- For a list of organisations providing traineeships, visit: [www.gov.uk/government/publications/traineeship-providers](http://www.gov.uk/government/publications/traineeship-providers)
- Some vacancies are advertised on: [www.gov.uk/find-traineeship](http://www.gov.uk/find-traineeship)
- If your child is between 16-18, they can get in touch with their school or college careers adviser for personalised advice



## Can you offer a traineeship?

To find out more about how your business could support students in preparing for their future by offering them a traineeship, please visit: <https://www.gov.uk/employ-trainees>