



## What is a Traineeship?

A Traineeship is a free government skills development programme that includes a work placement. If you're aged 19-24 it can give you the skills and experience needed to get you ready for an Apprenticeship, job or further training. You can have up to a level 3 qualification. It is a 10-week programme that is flexible and tailored around you.

## What does it include?

- Work preparation training, including cv writing and interview preparation
- English, maths and digital skills support, for those who need it
- High quality work experience for at least 70 hours

## What's in it for you?

- Valuable work preparation and work experience
- An opportunity to develop skills and gain knowledge relevant to your employment
- Help to increase your confidence around employment
- A greater understanding of what employers are looking for

## What's at the end?

- A job interview with the employer to develop your interview skills and receive written constructive feedback
- A possible Apprenticeship, job or further training

## Is it right for me?

- If you're motivated to work - YES
- If you lack the skills and experience to get a job - YES
- If you've been unsuccessfully applying for Apprenticeships or jobs - YES

Traineeships are unpaid but we will help towards the costs of travel, subsistence and uniform.

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