

What is a Traineeship?

Key points you need to know about traineeships

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A traineeship is a fully-funded education and training programme that supports young people aged 16-24 in learning new skills and gaining work experience that will help them to become 'work ready', with the aim of assisting them in progressing onto either further learning, an apprenticeship or employment.

How does it work?

There are 3 core elements of the traineeship:

- High-quality work placement
- Work preparation training
- English and maths training

The training provider and the employer work together to tailor a positive and beneficial programme based on your child's needs.

The training provider will usually arrange a high-quality work placement of 100+ hours with an employer, whilst providing additional work preparation training to prepare them for employment.

Alongside this, they will continue with gaining their English and maths qualifications, if required. The programme can last anywhere between 6 weeks and 6 months.

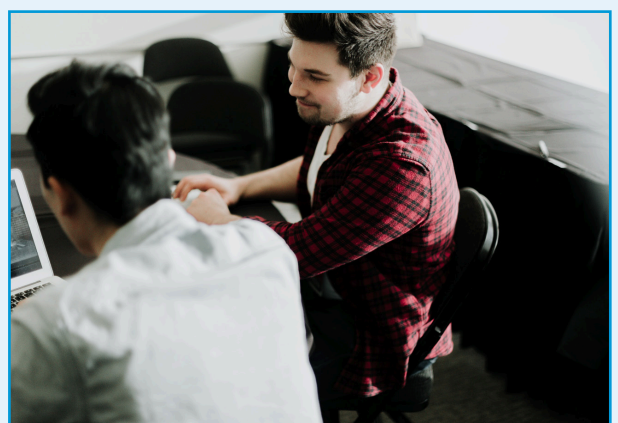
Covid-19 impact

With the current situation of the pandemic however, the Government has introduced flexibilities to Traineeships to allow for learners to continue in their training where possible. This includes an increase in the duration of the programme to 12 months and a decrease in the number of work experience hours from 100 to 70 for those who are near completion.

Who are traineeships for?

Traineeships can be suitable for:

- Individuals aged 16 – 24 years old (or up to 25 years old if they have an Education, Health and Care Plan (EHCP))
- Individuals who are looking for employment, but may have had little or no work experience
- Individuals who are qualified below Level 3 (A-Levels or equivalent), but would like to progress to this level



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Benefits of doing a traineeship

- Flexible delivery based on the individual's needs
- Building confidence and self-esteem
- Work experience in a supportive environment
- Help with building CV
- Interview with the company (if a vacancy is available), or an exit interview with meaningful, written feedback provided to prepare the learner for future recruitment

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: <https://www.gov.uk/government/publications/traineeshipproviders>
- Some vacancies are advertised on: 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



More information

For more information on traineeships, visit:

<https://www.gov.uk/guidance/traineeship-information-for-trainees>

Call 08000 150 400 for more information on traineeships

Get career advice from the National Careers Service on 0800 100 900