

Traineeships



What is a traineeship?

An education and training programme that combines work experience and study, designed to prepare young people for employment or an apprenticeship.

Who can do a traineeship?

Anyone aged 16-24 with academic qualifications below Level 3, or 16-25 with a learning difficulty.

What types of traineeships are available?

Traineeships are available in 170 industries with 1400 different job roles.

How many hours will I spend studying?

All traineeships are individually tailored and flexible and may be part or full time.

What experience do I need?

If you're a school leaver who hasn't achieved GCSE grade C or equivalent in Maths and English, finding it hard to get an apprenticeship or out of work with little work experience you may be eligible.

How much will I get paid?

You will not be paid for a traineeship but your travel and food may be paid for.

How long does a traineeship last?

Six weeks to six months.

Will I get any holidays?

Traineeships are flexible so hours will be agreed to suit your needs.

What are the advantages of traineeships?

They provide academic assistance and quality training, can lead to a paid employment or an apprenticeship and look great on your CV.

How can I find an traineeship?

You can register online to find vacancies here: <https://www.gov.uk/find-traineeship>

Where can I find out more?

Contact a National Careers Service adviser on 0800 100 900.

