



HM Government

Traineeships



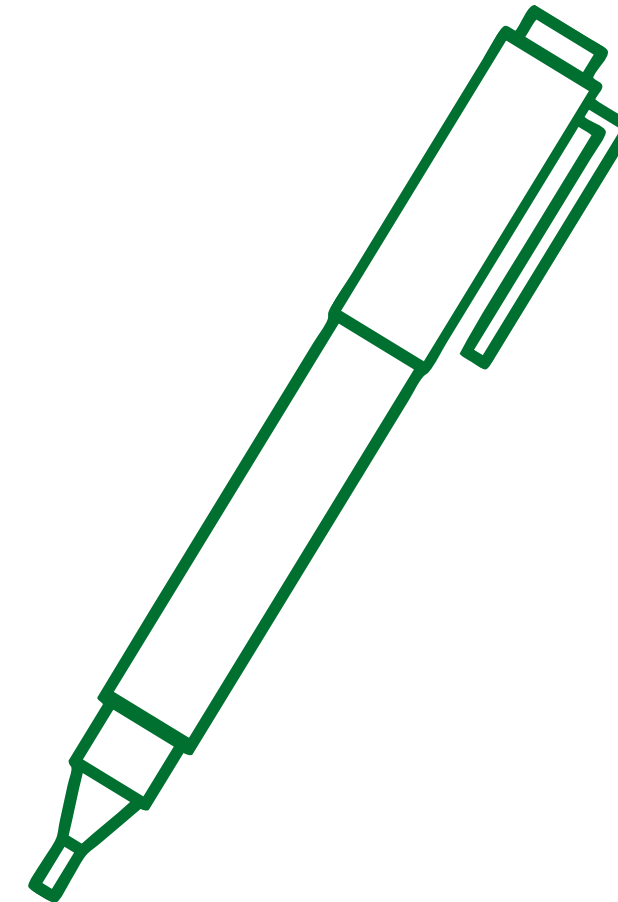
Traineeships

Information for young people, schools' referral agencies and stakeholders

Find out more: [gov.uk/skills for life](https://www.gov.uk/skills-for-life)

**SKILLS
FOR LIFE**

- Why doing a Traineeship is an option
- The impact of Traineeships
- What is a Traineeship?
- How does a Traineeship work?
- What are the entry requirements?
- Money matters
- What qualifications could be achieved?
- A case study – Specsavers
- Occupational Traineeships
- How to find a Traineeship?
- How to apply



Why doing a Traineeship is an option



“

I have no work experience and I have no idea about what is expected of me in a workplace

”

“

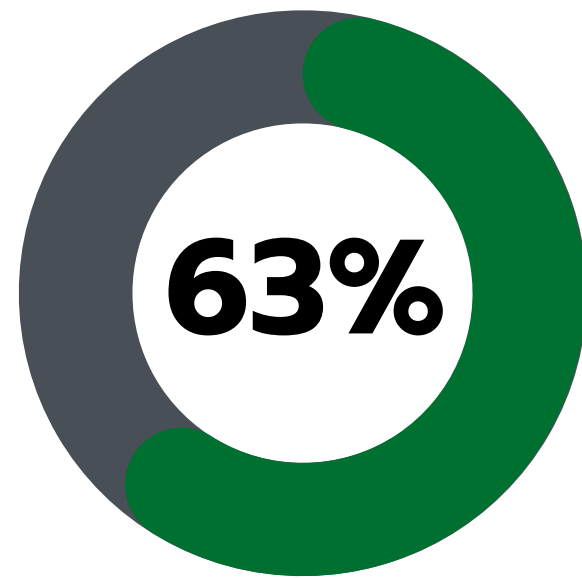
I don't have the right qualifications to get a job, an apprenticeship or to start my career

”

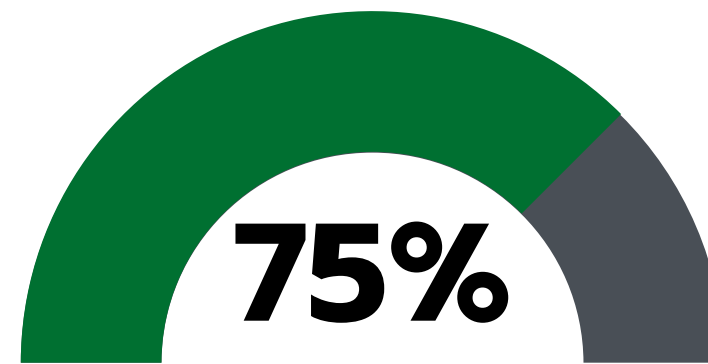
There is another path to take ... **A Traineeship**



The impact of Traineeships



of trainees
progressed to
positive
destinations within
6 months



of trainees started
further learning,
employment or an
apprenticeship within
12 months of starting
a traineeship



of trainees found
the programme
helped improve
their chances for
the future

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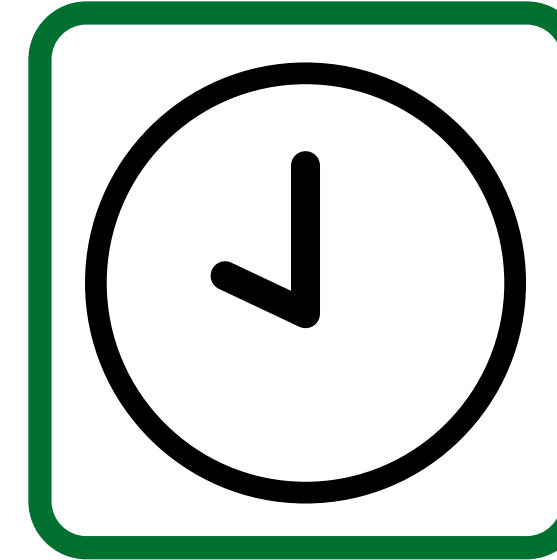
What is a Traineeship?



Short & flexible
programme



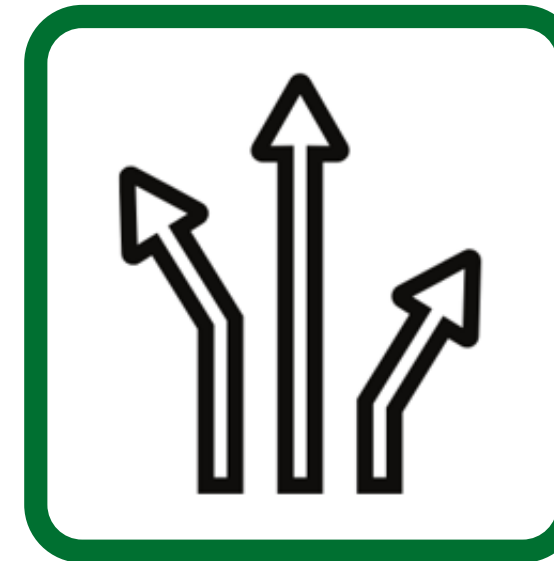
Develop skills &
gains qualifications



At least 70 hours of
work experience



Last between 6 weeks
to 12 months



Lead to employment, an
apprenticeship or further
education

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How does a Traineeship work?



It's a flexible programme which provides:

- Work preparation training
- Interview preparation and CV writing
- Job searching support
- Development of interpersonal skills
- Meaningful work experience in local area
- Development of workplace skills
- English, Maths and Digital Skills tutoring
- Employability skills
- On completion - a written reference and possibly an interview
- Confidence building



What are the entry requirements?



Motivated to work



Eligibility to work in
the UK



Little or no work
experience

16-25

Aged 16-24 or 25 on
an EHCP

**Level
3**

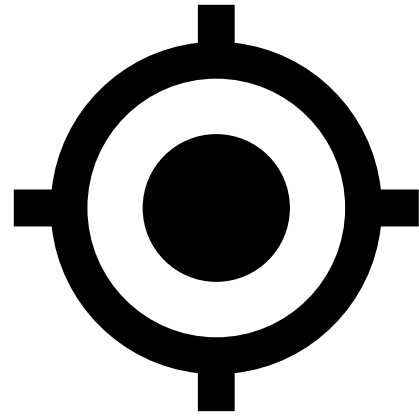
No qualifications above GCSE
level (Level 3 or equivalent)

Money matters

- The training is free
- May still receive benefits
- Work placements are usually unpaid
- Employers may cover transport & meal expenses
- Training providers may offer financial support



What qualifications could be achieved?



Qualifications
focused on
employment and
individual goals
and capabilities

Level 2 +

A minimum of
Level 2 in
English, Maths
and Level 1
Digital Skill



Other vocational
qualifications
may be
recommended
based on needs

Organisational support for Traineeships



“

We began offering Traineeships in September to provide an opportunity for young people to experience a real working environment and for our store partners to recognise the young talent available. So far, we have had 16 trainees and 10 out of those have now been offered a job with 9 about to start their Apprenticeship. We have a further 24 vacancies and we have been amazed at the continuing quality of candidates presented by our partner Qube throughout

”

Louise Powell, Head of Apprenticeships,
Specsavers

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Occupational Traineeships


Traineeships



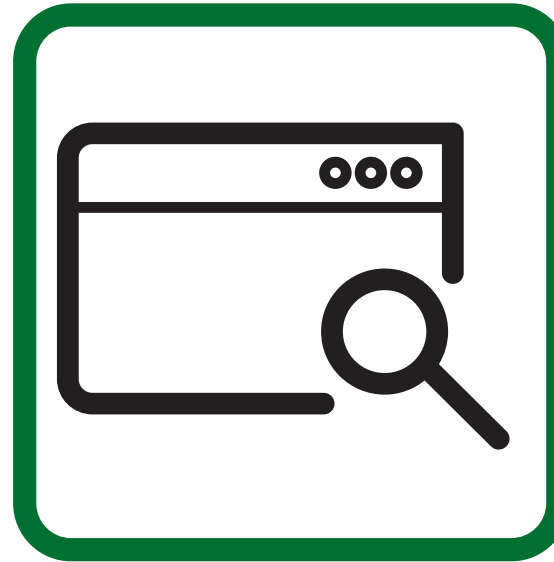
[Click here to play](#)

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How to find a Traineeship?



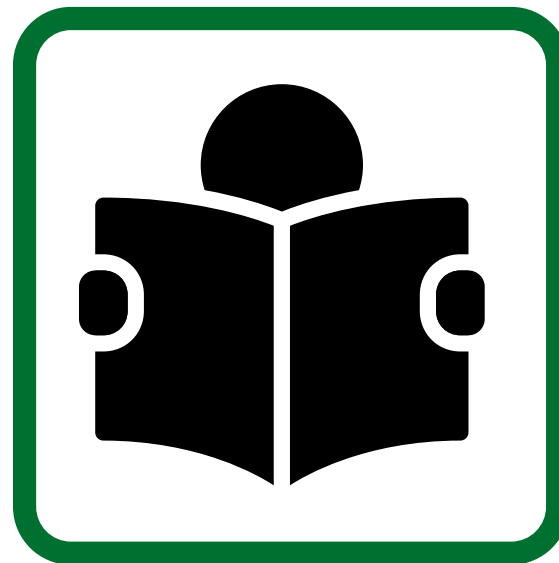
[Collection
Traineeships](#)



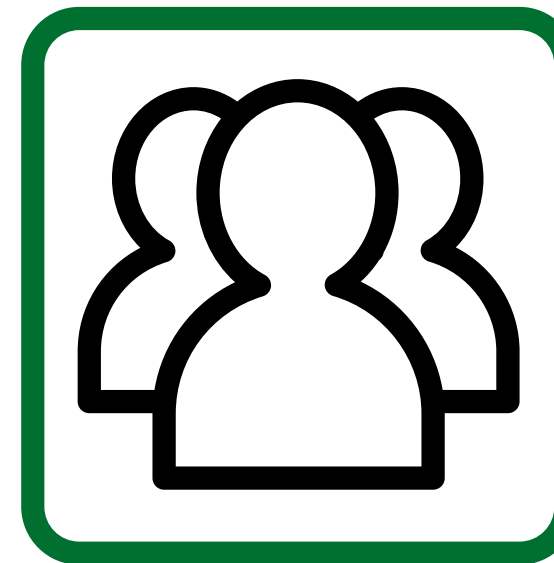
[Find a traineeship](#)



[Guidance overview:
Traineeship providers list](#)



[National Careers Service](#)



[Contact the National
Apprenticeship Service](#)

Any Questions?


Traineeships



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Further information/contacts



Inspiring contact aimed at young people

<https://www.apprenticeships.gov.uk/apprentices/apprenticeships-alternatives#Traineeships>



Useful resources to support young people

[Traineeship resources \(apprenticeships.gov.uk\)](#)



Schools/Colleges

<https://www.apprenticeships.gov.uk/influencers/ask-programme-resources>