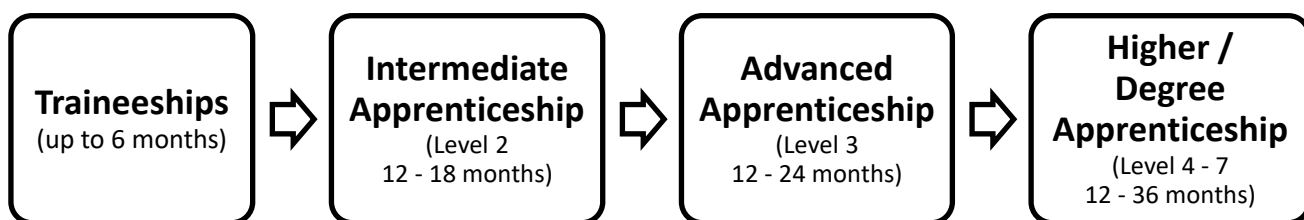


Preparing for work: Traineeships and Apprenticeships



Traineeships

Traineeships prepare you for an Apprenticeship. They are run throughout the year.

You must be:

- 16-24 years old
- Unemployed or working less than 16 hours with little or no work experience
- Eligible to live and work in the UK

What you can expect on a Traineeship:

- A work placement that can last between 6 weeks and 6 months. There are lots of different industries to choose from.
- Time to study and improve your English and Maths skills (if you didn't get these at GCSE grade 4/C)
- Learn about the skills needed in the job market
- Potentially help with travel costs and/or lunch costs (check with provider)
- Support from your tutor to move on to your next option

For more information about Traineeships

www.gov.uk/find-traineeship

Apprenticeships

You will spend time working and some time (usually about 20% of your working week, which is about 1 day) studying for your job related qualification.

You must:

- Be 16+ by the end of the summer holidays
- Not be studying full-time
- Be eligible to live and work in the UK

What to expect as an apprentice

- You will be treated as an employee
- You will get paid at least the National Minimum Wage for Apprentices.

For more information about Apprenticeships

www.gov.uk/apprenticeships-guide

www.gov.uk/apply-apprenticeship

Find out about local Traineeship and Apprenticeship opportunities at:

www.Oxme.info/opportunities