

WHAT IS...

A TRAINEESHIP

What is a traineeship?

A traineeship is a skills development programme that includes an unpaid work placement. It can last from 6 weeks up to 1 year (although most will last for less than 6 months).

Traineeships help 16 to 24 year olds - or 25 year olds with an education, health and care (EHC) plan - get ready for an apprenticeship or job if they don't have the appropriate skills or experience.

Who are they for?

They are aimed at young people who:

- > aren't currently in a job and have little work experience, but who are focused on work or the prospect of it;
- > are 16-24 and are qualified below a full Level 3 qualification
- > providers and employers believe have a reasonable chance of being ready for employment or an apprenticeship within six months of engaging in a Traineeship.

Search for Traineeships:

[Find a traineeship - GOV.UK](https://www.gov.uk/find-a-traineeship)
(www.gov.uk)



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What traineeship could you apply for?

Please write in the box below any traineeships you would be interested in. You can then research local providers to see what traineeships are available.

