



What is a Traineeship?

A Traineeship is a free government skills development programme that includes a work placement. If you're aged 19-24 it can give you the skills and experience needed to get you ready for an Apprenticeship, job or further training. You can have up to a level 3 qualification. It is a 10-week programme that is flexible and tailored around you.

What does it include?

- High quality work experience
- Work preparation training including a Level 1 Award in Skills for Employment, Training & Personal Development
- An essential digital skills qualification
- Sector specific qualification
- English and maths support, if needed

What's in it for you?

- Valuable work preparation and work experience
- An opportunity to develop skills and gain knowledge relevant to your employment
- Help to increase your confidence around employment
- A greater understanding of what employers are looking for

What's at the end?

- A job interview with the employer to develop your interview skills and receive written constructive feedback
- A possible Apprenticeship, job or further training

Is it right for me?

- If you're motivated to work - YES
- If you lack the skills and experience to get a job - YES
- If you've been unsuccessfully applying for Apprenticeships or jobs - YES

Traineeships are unpaid and shouldn't affect your ability to claim benefits however this should be confirmed with your Jobcentre Plus.

For further information please contact
Debbie Taylor McDonald, 07554 430571
debbietaylor@northerntrainingacademy.com

www.northerntrainingacademy.com

