

Traineeships - gain meaningful work experience you need for your future career

Why do a Traineeship?

If you want to work, but need extra help before you get an apprenticeship or a job, a Traineeship is perfect for you. This government training programme consists of work experience and work skills training combined with study in English and maths.

Is a Traineeship for me?

You could be suitable for a Traineeship if you are aged 16-23:

- ▶ with little or no work experience, but motivated to work
- ▶ a need to improve your skills to boost your confidence and experience

What will I do as a Trainee?

- ▶ Study Employability Skills to help you settle in at work environment, English and maths to GCSE Level at Uxbridge College
- ▶ Attend a work placement arranged by Uxbridge College
- ▶ Carry out duties and activities specified at your workplace
- ▶ If you are in receipt of Job Seekers Allowance (JSA) or other benefits, you can train for up to 30 hours a week as a part of a Traineeship and still claim your benefits. Your placement should last between 100 – 240 hours.

What are the benefits of a Traineeship?

- 1/ Gain the right skills to help you get an apprenticeship or employment
- 2/ Get valuable work experience and build your CV
- 3/ Improve your English and maths to boost your chances of employment
- 4/ Gain interview experience through an exit interview (or job/ apprenticeship if available) and a reference.

Want to find out more?

If you would like to find out more or want to start a Traineeship, please contact:

Harpal Lehal
Head of Employers
01895 853605

es Uxbridge College
employer
services

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