

## Traineeships

### What is a traineeship?

Traineeships give young people aged 16-24 the opportunity to gain real work experience, job skills and to improve their maths and English if needed.

A traineeship can last up to six months and will help you to improve your skills and put you in a better position to get an apprenticeship or other employment. The core elements that make up a traineeship are:

- A high quality work experience placement
- Work preparation training
- English and maths (if needed).

Although traineeships are unpaid, some employers may support you with expenses such as transport and meals.

### What are the benefits of a traineeship?

- It enables you to build your CV
- You will learn valuable employability skills
- Work preparation training will help to put you in a better position to compete for apprenticeships and other employment.
- You will get the chance to learn about a particular business and the industry within which it operates

### Is a traineeship right for me?

You could be suitable for a traineeship if you are:

- Motivated to work
- Unemployed or work fewer than 16 hours per week and have little work experience
- Aged between 16-24 and qualified below level 3

### How do I find a traineeship?

For more information about traineeships and to search for vacancies, please visit the Find a Traineeship website <https://www.gov.uk/find-traineeship>