

Apprenticeships & Traineeships

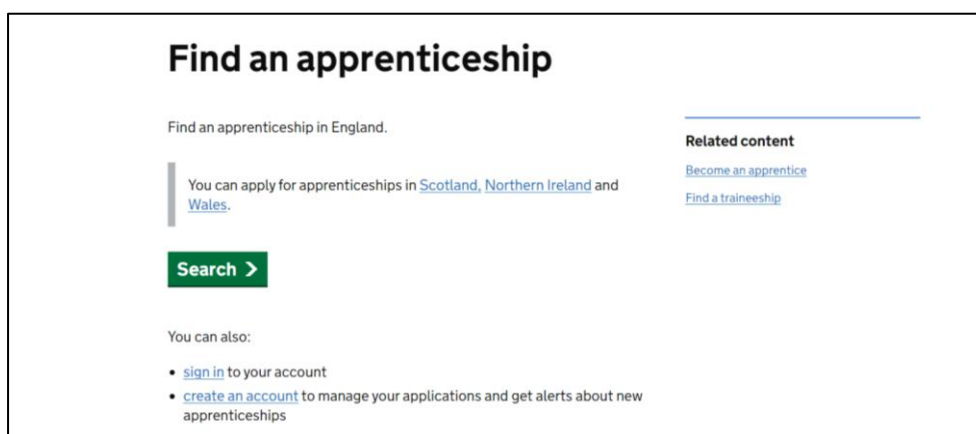
Link to [Find an Apprenticeship](#) website

Apprenticeships combine practical training in a job with study.

As an apprentice you will:

- be an employee [earning a wage and getting holiday pay](#)
- work alongside experienced staff
- gain job-specific skills
- get time for training and study related to your role (at least 20% of your normal working hours)

Apprenticeships take 1 to 5 years to complete depending on their level.



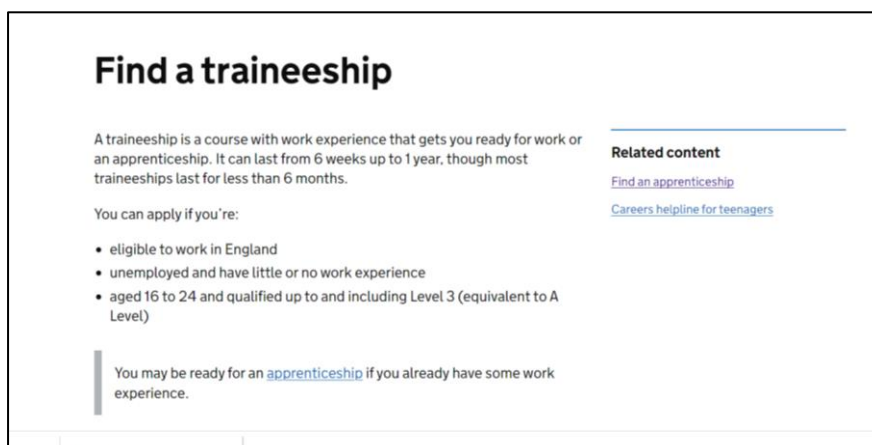
The screenshot shows the 'Find an apprenticeship' website. The main heading is 'Find an apprenticeship'. Below it, the text reads 'Find an apprenticeship in England.' There is a search bar with a green 'Search >' button. To the right, under 'Related content', there are links for 'Become an apprentice' and 'Find a traineeship'. Below the search bar, there is a note: 'You can apply for apprenticeships in [Scotland](#), [Northern Ireland](#) and [Wales](#).' At the bottom, there is a section 'You can also:' with links for 'sign in to your account' and 'create an account to manage your applications and get alerts about new apprenticeships'.

Link to [Find a Traineeship](#) website

A traineeship is a course with work experience that gets you ready for work or an apprenticeship. It can last from 6 weeks up to 1 year, though most traineeships last for less than 6 months.

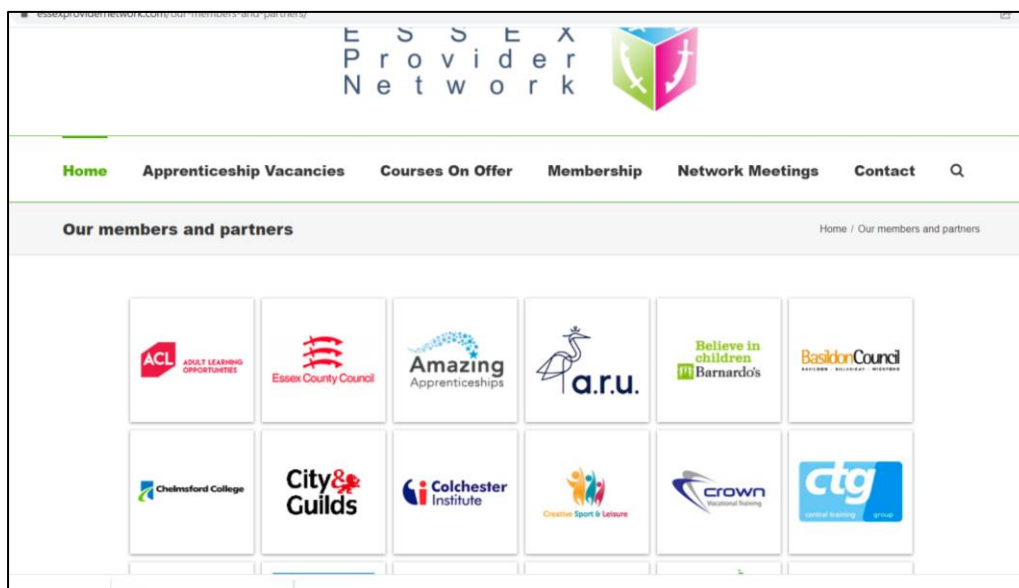
You can apply if you're:

- eligible to work in England
- unemployed and have little or no work experience
- aged 16 to 24 and qualified up to and including Level 3 (equivalent to A Level)



The screenshot shows the 'Find a traineeship' website. The main heading is 'Find a traineeship'. Below it, the text reads 'A traineeship is a course with work experience that gets you ready for work or an apprenticeship. It can last from 6 weeks up to 1 year, though most traineeships last for less than 6 months.' To the right, under 'Related content', there are links for 'Find an apprenticeship' and 'Careers helpline for teenagers'. Below the heading, there is a section 'You can apply if you're:' with a list of criteria: 'eligible to work in England', 'unemployed and have little or no work experience', and 'aged 16 to 24 and qualified up to and including Level 3 (equivalent to A Level)'. At the bottom, there is a note: 'You may be ready for an [apprenticeship](#) if you already have some work experience.'

Link to [Essex Provider Network](#)



Link to South Essex College [Supported Internship](#) webpage

A supported internship is a structured study programme based primarily at an employer. The internships enable young people aged 16-24 who hold an Education, Health and Care plan with a learning disability and/or Autism to make it easier for them to enter the job market by equipping them with the skills they need for work, through learning in the workplace.

Supported internships are unpaid and last for a minimum of six months. The main goal is for the young person to move into paid employment. During their time at the employer, young people complete a personalised study programme which includes English, maths and employability skills.

