



**achieving
for children**

Vocational options post-16

Supported internships

Supported internships is a study programme put together to give each student exactly the training, support and work skills they need to help them get a job. Most of the learning is done in the workplace. Your employer gives you work experience, trains you to do a job role and learn the skills needed for work. You also have the chance to study for qualifications and other training or learning as part of a personalised study programme that helps you to be ready to take up a job.

Internships are unpaid and last for at least six months. They're all about working towards getting a paid job, and wherever possible doing a supported internship will enable you to move into a paid job at the end of the programme.

Essential criteria

Aged 16 to 24

A current education, health and care plan that remains in place throughout the programme

Would benefit from long term, structured work experience with the support of a job coach

Willing to also work on maths and English at the appropriate level
Please note, some providers may require a specific level to join their programme

Also willing to complete a study programme with qualifications tailored to the needs and interests of the young person

Able to commit to a programme of at least six months

Keen to gain paid employment, but requires more support than a traineeship or apprenticeship can provide

Traineeships

Traineeships are a great way to help you build your CV. This is because traineeships help you learn the essential skills that every employer wants. And they'll set you on the right path to compete for intermediate and advanced apprenticeships.

In short, they're an amazing stepping stone to full time paid work if you don't have many qualifications or experience. Traineeships may be part of full time and will last between six weeks and six months depending on the young person and provider.

Essential criteria	Desirable criteria (exceptions can be made)
Aged 16 to 24	Able to take part in small group workshops
Able to complete work experience without one-to-one supervision	Able to work towards Level 1 in maths and English
Able to travel independently in the local area	
Motivated to work or gain an apprenticeship	
No Level 3 qualification (such as A Levels)	Little to no prior work experience in the sector they wish to work in
Does not need a programme of longer than six months maximum	
Willing to undertake unpaid work experience	

Apprenticeships

Apprenticeships are real jobs, with hands-on experience, a salary and the chance to train while you work. You're treated just like all the other employees, with a contract of employment and holiday leave.

When you're an apprentice, you get paid and train at the same time, with at least 20% of your time spent in off the job training, often at a college, university or with a training provider whilst you train to be fully competent in your chosen occupation

Your apprenticeship can take between one and six years to complete, depending on which apprenticeship you choose, what level it's at, and your previous experience.

Apprenticeships are available in a wide range of sectors, but there needs to be a vacancy and a local training provider offering training that sector, so there are limitations in what can be provided.

Essential criteria	Desired criteria
Able to work towards a minimum Level 2 qualification in the chosen field	Able to work towards and achieve a minimum of Level 1 in maths and English by the end of the programme
Able to work independently under minimal supervision, after training and with initial support	Able to work full time (some exceptions can be made if the employer is willing to reduce hours and extend the length of the apprenticeship)
Able to commit to a minimum of a one year contract	For information on local provision, please refer to AfC's Next Steps booklet available on the Local Offer website: www.afcinfo.org.uk
Able to complete an endpoint exam and discussion on completion of the apprenticeship	