



What is a Traineeship?

A Traineeship is a learning programme that gives you the skills needed to get a job or progress to further learning or an apprenticeship in the future. A Traineeship gives you the opportunity to have a taste of a job you might be interested in before you commit to a course or apprenticeship. You'll be paid for doing a Traineeship and you'll receive support from your employer to develop your skills and knowledge further. Traineeships have three different levels to make sure you get the right support:

Engagement This may be an option for you if you are not sure what you want to do as a career, or you need some support to take part in employment or education.

Level 1 This level is for you if you know what career you want to do and have the ability to start learning at level 1.

Level 2 This level is for you if you have finished Level 1 and are ready for full-time employment or you are currently unemployed and have an employer who is prepared to give you a job.

Am I eligible?

A Traineeship is for young people aged 16-17 in Wales who are not in full-time education and who are not employed. Although if you are aged 18 and have left school or college, you can also apply.

How can I access a Traineeship?

If you are still in school, speak to your Careers Adviser.

If you have left school, call Working Wales FREE on **0800 028 4844** or visit **www.workingwales.gov.wales**

Stella's story

Stella Vasiliou, 19, from Barry, is crafting a promising career as a carpenter with The Vale of Glamorgan Council having initially explored other learning avenues. Leaving school with Cooking and 3D Art qualifications, Stella was encouraged to study art and design at Cardiff and Vale College but, after a year of study, decided the course was not for her.

Through training provider ACT Limited, she discovered a range of career options that she previously didn't know existed, as well as a passion for construction which stemmed from helping her father, an electrician, during school holidays. Determined to succeed in a male dominated sector, Stella completed a Level 1 Traineeship in Construction within just seven months. She made such a good impression during a work placement at The Vale of Glamorgan Council that she was offered an Apprenticeship in Carpentry, delivered by Cardiff and Vale College.

Stella said: "I have worked extremely hard to get to where I am. Yes, I have taken a bit of a diversion to get here, but I wouldn't change it. I have finally found something that I enjoy and I'm good at and I would like to prove to others who are leaving school that grades aren't everything. You can be successful in other ways."