



## Thinking about an apprenticeship but unsure about the first step?

Then a traineeship could be the right option for you.

## WHAT IS A TRAINEESHIP?

A traineeship is a flexible education and training programme that includes a work placement. While they are unpaid, traineeships help you feel ready for an apprenticeship or a job through free training, qualifications and support.

## WHAT'S INVOLVED?



A high quality work placement lasting 70-240 hours with a local employer to give you meaningful work experience.



Help from a local training provider with a plan tailored to you so you feel ready for an apprenticeship or job.



Help from the training provider with your English and Maths qualifications and digital training, if needed.



Optional technical qualifications in your chosen area of work that will help prepare you for an apprenticeship.



An exit interview or, where available, an interview for an apprenticeship or job post.



## HOW CAN I APPLY?

Scan the QR code or visit the site below and click the '**Search Traineeships**' link on the page. This link takes you to the GOV.UK website where you can search for traineeships near you by typing in your postcode.

GMACS also supplies further information on exciting traineeship opportunities in Greater Manchester which updates as and when programmes launch, so keep your eyes peeled!

Visit [www.gmacs.co.uk/traineeships](http://www.gmacs.co.uk/traineeships)



  
Traineeships

 **GMACS**  
Inspire. Explore. Apply.

## WHO CAN APPLY?

You can apply if you're 16-24 (or 25 with an EHCP). You can be qualified up to and including Level 3 (A Level equivalent).

## WHY APPLY?

Traineeships are a fantastic way to bridge the gap between education and an apprenticeship. They provide the stepping-stone and support to help you confidently make the first move towards your chosen career.

*"Doing a traineeship gave me a taste of what an apprenticeship is really like, so when it came to starting my apprenticeship, I was confident and ready for the workplace." Joshua, Bolton traineeship learner with NLTG.*

