

Prince's Trust Team Programme Example

Please note, this is an example programme and some content may vary

Week 1. Get to know your team

Don't worry about turning up on your own, there will be up to 14 other people in the same situation. It will be very informal and our excellent staff will help you to feel comfortable and part of the group. This week is all about getting to know each other. Activities include team building and problem-solving tasks.



Week 2. Try something new

This is often a highlight of the course where you'll get to try activities such as canoeing, climbing, mountain biking, search and rescue, gorge walking and more. This week normally takes place in Dartmoor as a 4-day residential.





Weeks 3 – 6. Something to be proud of

As a Team, you will complete a project to benefit your local community. This not only gives you something to be proud of, but also builds your skills and gives you a new experience to talk about in interviews.

Some examples of previous community projects include redecorating youth centres, installing boardwalks on heathlands and improving community gardens and parks.

As a team you will raise funds for the project and this is often achieved through events such as car washes, cake sales or bag packing.



Weeks 7 – 8. Work experience

Need some experience or a reference to put on your CV?

Want to try out a role you've been thinking of applying for?

These two weeks give you the opportunity to go on work placement in a job you are interested in. We already have some great links with employers who are keen to provide placements in many sectors including retail, childcare, construction, hospitality and catering.



Week 9. Plan for your future

In week 9 you'll get help to write a fantastic CV, practice your interview skills and complete applications. Staff will support you to find opportunities for when you finish Team based on your interests and skills.



Weeks 10 – 11. Team challenge

You and your team will get the chance to help others in the community. As a group you'll decide on which community groups you want to help and how. Some previous examples include; creating food parcels for people who are homeless, planning and delivering activity days for children and care home residents and giving Christmas presents to patients and staff in hospitals.

Week 12. Have your say

In your final week, you'll deliver a presentation which gives you the chance to show off the talents you've discovered over the past 12 weeks.

This may sound scary now, but after 12 weeks you'll be surprised how far you'll have come. You can invite family, friends and carers along to celebrate you being presented with your completion certificate.



Additional activities

Throughout the course extra activities are built in to further develop your skills, build your self-esteem and give you that extra edge when applying for jobs.

These often include:

- Level 3 Emergency First Aid in the Workplace
- Level 2 Food Hygiene and Safety
- 2 day practical firefighting activities
- Health and wellbeing sessions
- Level 1 Money Management

