Welcome to our new site.

We hope you like our fresh new look but please bear with us as we are still working on some areas.



[Choices at 13/14](https://helpyouchoose.org/information/decisions-choices/choices-at-13-14)

In Year 9? Deciding which options to take? Take a look at this helpful guide.



[Choices at 16](https://helpyouchoose.org/information/decisions-choices/choices-16)

All of your choices after Year 11 explained.



[Choices at 18](https://helpyouchoose.org/information/decisions-choices/choices-18)

This section explores all of your options after leaving year 13



[Latest apprenticeship vacancies](https://helpyouchoose.org/courses/employer-apprenticeship-search)

Search for an apprenticeship vacancy in Norfolk and surrounding counties



[Careers Information](https://helpyouchoose.org/information/careers-information)

Websites, videos and fun quizzes to help you research different jobs and careers that you might be suited to



[Work experience and virtual work experience](https://www.helpyouchoose.org/information/work-experience)

Build your confidence and experience through work experience opportunities



National Careers Service

 Call: [0800 100 900](tel:0800%20100%20900)

*Calls from landlines are free*

[**nationalcareersservice.direct.gov.uk**](mailto:nationalcareersservice.direct.gov.uk)



Helpline

 Call: [0344 800 80 22](tel:0344%20800%2080%2022)

For young people who are not in further education, training or employment.



Advisers & Teachers

Resources designed to support the delivery of Help You Choose and IAG.

[Read moreabout Advisors and Teachers](https://www.helpyouchoose.org/advisers)

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