



<https://www.gov.uk/find-traineeship>

A traineeship is a course with work experience that gets you ready for work or an apprenticeship. It can last up to 6 months.

You can apply if you're:

- eligible to work in England
- unemployed and have little or no work experience
- aged 16 to 24 and qualified below Level 3

You'll get:

- a work experience placement
- help with English and maths (if you need it)

You won't be paid, but you may be given expenses for things like travel and meals.

Use the website above to find the nearest ones to you.