

**Work Experience (unpaid)  
and  
Training**

# Apprenticeships



- 8/10 apprentices believe that their apprenticeship has improved their ability to get a job, and provided them with new skills and knowledge.
- Apprenticeships also equip people with the confidence they need to fulfil their aspirations, and that they are more confident about their own abilities as a result of undertaking a apprenticeship.
- The course had improved their overall quality of life.

(Source African School of Business)

# Apprenticeships

- What apprenticeships Schemes exist in Your area?
- Do an Internet Search or Use local Knowledge

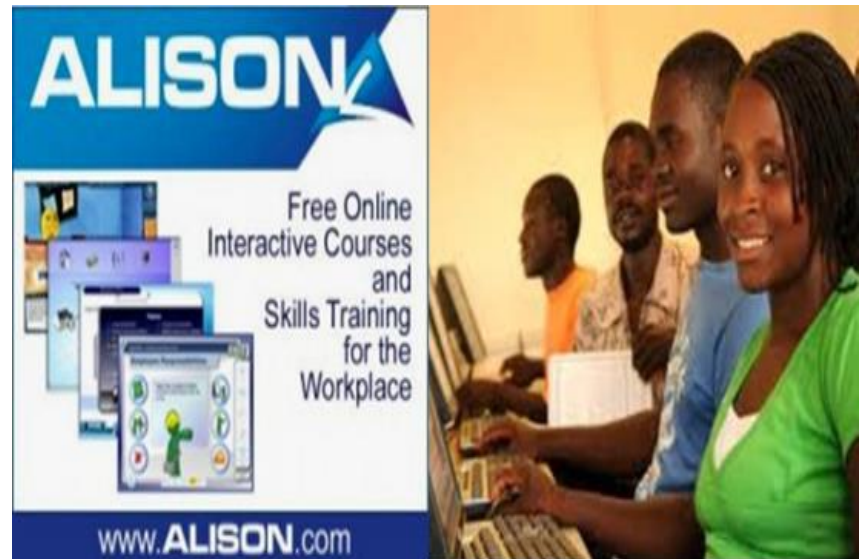


# Volunteering



# Online Training

Take a free or very low cost online training course [www.alison.com](http://www.alison.com) at an internet café that will help prepare you for the work you want to do in the future



## Local Job Clubs

- Discuss with participants about either joining or Starting an informal group to provide local practical help in the community, free or a small charge for work done.
- You might set this up as a voluntary Workstart Group so you have training together and possibly start a savings and loan association.



## What I Can Do?

- Lets work together to complete the questions in the Workbook.
- Be completely honest about this, as it will give you a real help towards your work experience chances.

