

## WORK EXPERIENCE (UNPAID) and TRAINING

### WORKBOOK

If you cannot find paid work, anything you do that is useful in your community or which gives you work experience or training will be good additions to your cv (See Module 3) and will also help your confidence and ability to find paid work in the future.



Consider the type of work you really want to do – perhaps your dream job (See Module 1 and 3) and consider the following possible options:

1. Explore whether there are any 'apprenticeship' schemes available that you could join, which provide work experience and planned training



2. Offer to work without pay for local employers or farmers in return for 'on the job' learning or training. Build a good reputation as a reliable worker and you could get a good reference, or even the offer of paid work.



3. Take a free or very low cost online training course [www.alison.com](http://www.alison.com) (See Module 3) at an internet café that will help prepare you for the work you want to do in the future

Another on line training website is

[www.socialcare.tv](http://www.socialcare.tv)



4. Start 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 (See [www.aidfortrade.info](http://www.aidfortrade.info) )



Think about these options and which you feel you could do best – or add your own idea and put a tick in the best fitting boxes below for each option

I CAN/CAN'T DO	I can do this very well	Can do this well	Can do this but not very well	Can't do this
1. Find an Apprenticeship	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Find unpaid work and training	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Take an Online training course	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Start a Community Help Group	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Which of these option will you try?

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