



## Post 16 Options

Information on Post-16 options: <https://nationalcareers.service.gov.uk/careers-advice/career-choices-at-16>

### Further Education, Progression into Independence, Work and Life Courses

Lots of young people continue in education as a Post-16 option, on supported courses. Many colleges offer courses with lots of support in the classrooms but also during breaks and lunchtimes:

[Ellen Tinkham](#)

[Bidwell Brook](#)

[National Star](#)

[Lifeworks](#)

[Oakwood College](#)

[Aurora Foxes](#)

[The Deaf Academy](#)

[Young Devon](#)

[Petroc College](#)

[Exeter College](#)

[Bicton College](#)

[South Devon College](#)

[City College Plymouth](#)

Further schools/colleges can be explored via: [www.devon.gov.uk/schools/school](http://www.devon.gov.uk/schools/school)

### Apprenticeships

Apprenticeships are real jobs where you learn, gain experience and get paid. An apprenticeship should give you the skills, knowledge and experience for a chosen career. Apprenticeship vacancies specify entry requirements and any qualities the employer is looking for. You can search for live vacancies and also set up alerts for upcoming apprenticeships opportunities via:

[Find an Apprenticeship.gov.uk](http://Find an Apprenticeship.gov.uk)

[Get My First Job](#)

[Student Apprenticeships](#)

[Amazing Apprenticeships](#)

Please also check for local vacancies on college websites, such as [Exeter College](#) and [PGL](#).

The following resource shares some useful information on getting into apprenticeships:

<https://tinyurl.com/59hycmuw>



## Supported Internships

Another option is a supported internship, where you would spend most of your time in the workplace usually for at least 6 months, and you have support from a qualified job coach. You also have a personalised study programme, including the chance to study a relevant qualification, if suitable, and English and Maths to an appropriate level. You need to have an Educational, Health and Care Plan and you may also be eligible for Access to Work Funding: <https://www.gov.uk/access-to-work>

Further information on supported internships can be found via:

<https://nationalcareers.service.gov.uk/careers-advice/career-choices-at-16#supported-internships>

Other opportunities can be explored through:

[Petroc College](#)

[Exeter College](#)

[Bicton College](#)

[South Devon College](#)

[Plymouth City College](#)

[Mencap Supported Internships](#)

[BOSS Supported Internships](#)

[Care and Support in Cornwall](#)

[Shaw Trust Supported Internships](#)

## Traineeships

Another option that might interest you is a traineeship. These are created to meet your needs and prepare you for what employers are looking for. You also get support to improve your English, Maths and digital skills.

To start a traineeship, you'll need to have an Education, Health and Care plan. You should receive support with expenses for travel and meals. You should still continue to receive any benefits you currently receive. Traineeships are designed to prepare you to do an apprenticeship.

<https://nationalcareers.service.gov.uk/explore-your-education-and-training-choices/traineeship>

More individual **job-coaching** support is available through organisations such as [Ready Devon](#) and **travel support** can be explored through [Devon Services](#).