

# Post 16 Options

## Full-time study programmes (typically 3-5 days a week)



Explore the differences between further education providers, their courses and the support offer in place. Location is also important.

Visiting as many places as possible can help inform decision-making.

Think about the level you are working at, and what is the achievable next level. Further education destinations are completely personalised according to the individual.

If there is a job you would like to do in the future, research what options are best linked to that career and which further education providers offer suitable courses.

<https://careerswales.gov.wales/course-s-and-training/college-and-6th-form>

<https://nationalcareers.service.gov.uk/> is a useful resource to explore career ideas.

## Apprenticeships



You would be employed to do a job and also study towards a related qualification. You may be working 4 days a week and go to college 1 day a week.

Apprenticeships are competitive and not all applicants will be offered a place. It is useful to have a backup plan such as applying for full-time study programmes (such as through a college).

Speaking with training providers/colleges will give support and understanding of what takes place through an apprenticeship journey. But please be aware that you may be required to find your own employer.

Work experience can support your apprenticeship applications. You may also be required to submit a CV when applying for an apprenticeship.

Useful websites to explore apprenticeships:

<https://careerswales.gov.wales/apprenticeships>  
<https://amazingapprenticeships.com/>  
[www.findapprenticeship.service.gov.uk](http://www.findapprenticeship.service.gov.uk)

## Employment with accredited training



Going into paid employment, self-employment or volunteering is another option, but you must work for a minimum of 20 hours each week. If you are under 18, this must also include accredited training. The training aspect must equate to 280 hours and be a nationally recognized qualification.

You can explore vacancies on company websites, via social media or through people you know. Recommended websites:

<https://careerswales.gov.wales/plan-your-career/options-at-16>  
[www.jobsinwales.com](http://www.jobsinwales.com)  
<https://careerswales.gov.wales/getting-a-job>  
<https://uk.indeed.com/>

To research regulated qualifications that you could take alongside your full-time employment or volunteering look at:

<https://register.ofqual.gov.uk/>

## Supported internships



Supported internships are short work experience programmes, typically lasting between 6 months and 1 year.

They are for 16- to 24-year-olds with SEND, who have an education, health and care (EHC) plan.

They are designed for people who may be looking for a job or who feel that they do not yet have the skills, qualifications and/or experience to progress straight away into work.

They are unpaid but may lead to an apprenticeship, employment or other work opportunity.

Supported internship guidance:  
<https://careerswales.gov.wales/my-future/find-out-about-your-options/be-a-trainee>

Supported internships:  
[www.right2work.org.uk/supported-internships](http://www.right2work.org.uk/supported-internships)