

Traineeships at Footstars



Footstars



Delivered in
partnership with

Virtual Learning uk

Further education training programmes with VLUK

Established in 2007, VLUK provides a range of educational training programmes, composed of both government approved theory and practical industry experience. Our aim is to equip our learners, aged 16-24, with the knowledge and skills to achieve their goals, whether that be into further or higher education or seeking employment.

With just over 1500 learners across our range of Level 2 - 5 vocational programmes, we ensure we review our provision regularly, with the main objective being to improve the experiences of our education partners and students.

Our Traineeship Programmes have been developed to offer unique learning environments in the heart of industry, where students feel motivated to succeed and where aspirations are raised.

This booklet is designed to provide further information and details about our Traineeship Programme and to answer any questions you may have.

**If you require any further information please contact the VLUK Partnerships Director, Allan Smart:
Tel: 07878 397455
Email: allan.smart@vluk.org
or visit www.vluk.org/traineeships**

Traineeships prepare young people for their future careers by providing experiences that help them to become ‘work ready.’

A traineeship is a government funded flexible education and training programme with work experience, that unlocks the great potential of young people, aged 16 to 24.

It provides high quality work experience with an employer, with work preparation training. This gives young people the skills and experience that employers are looking for, helping them secure an apprenticeship, further education or job in the future.

Traineeships have been developed in response to research showing that young people frequently lack the knowledge and experience employers expect in the workplace.

VLUK work closely with learners, businesses and sports clubs to design high quality traineeship programmes that are beneficial for all.

At the core of a traineeship

- A high-quality work experience placement
- Work preparation training
- English and Maths if needed.



Programme Structure

The programme is structured over a 10-12 week period made up of 30 hours per week consisting of the following:

- 1st 4 Sport Level 2 Certificate in the Principles of Coaching Sport
- Functional Skills English
- Functional Skills Mathematics
- Work Experience

Entry requirements

- Aged 16-24 and qualified below level 3.
- Not currently in a job.
- Limited work experience.
- Focused on work or the prospect of it.

Exit routes

- Employment
- Level 2 or 3 Study Programme
- Level 2 or 3 Apprenticeship

Course delivery

	Programme Hours Total	Weeks 1 - 8 (hours)	Weeks 9 - 12 (hours)
Work experience	236	15	29
Principles of Coaching	96 (93 GLH)	12	0
Functional Skills	28	3	1
Total	360	30	30

Are there any financial costs to doing a traineeship?

No - the costs of the training costs are met by government funding.

Will I get paid?

No, employers are not required to pay the trainee taking part in the traineeship, but may support them with expenses such as transport and meals. Undertaking a traineeship does not impact on benefit entitlements where applicable.

What happens at the end of the traineeship?

Onward study

Upon the successful completion of the Traineeship Programme, candidates are qualified to apply for the Level 2 or Level 3 Study Programme or the Level 2 or Level 3 Apprenticeship Programme.

Work

Employers are not required to provide a job at the end of the traineeship. However once the traineeship has finished, you are entitled to an interview for a position within the club/ business if one is available.



80%
of trainees

said that the support they received during their work preparation training had helped to improve their job search.

Learning with VLUK

We passionately believe in and expect a hard-work ethic with a commitment from staff and students to continually develop. Our aim is that students will be better prepared for the working world, even if their next steps taken are into higher education or further training.

The Sport Brain™



Our bespoke online learning system the **The Sport Brain™** is designed to help improve learner engagement and academic success, by making learning more accessible. To get onto the 'The Sport Brain' learning platform, you will be given a unique login, which allows you to easily download work files, complete assignments and share information.

You will have access to everything you need at the click of a button, so that you can study at a time and place that suits you.

To find out more about 'The Brain,' visit www.vesystems.org

Virtual Learning uk

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