

## What is a Supported Internship?

A Supported Internship is a work-based study programme that helps you get a job and live independently. It's all about learning in a real workplace, with training and support from staff who really care about your success. And don't worry you won't be doing this alone.

You'll have:

- A dedicated member of our team to help guide you
- A tailored study programme (including Maths and English)
- Workplace training that matches your interests and goals
- Lots of support to build your confidence and independence.

Unlike a traditional college course:

- You spend most of your time in a real job, not in a classroom.
- You focus on developing the skills employers actually want.
- You'll leave with real experience on your CV - and maybe even a paid job offer!

## Who is it for?

This programme is perfect for you if:

- You're aged 16 - 24
- You have an EHCP
- You want to get a job in the future but need a bit of help getting started
- You're ready to learn, grow and take that next step.

## FAQs

### Do I get paid?

No, this is an unpaid training programme - but you gain something even more valuable: experience, skills and the confidence to get a job in the future.

### What kind of jobs can I try?

We work with lots of different employers - from retail and hospitality to admin and childcare. We'll match you with something that suits you.

### What if I'm nervous or not sure I'm ready?

Our team is here to support you every step of the way. You'll never be pushed - just supported to grow at your own pace.

### Do I need any qualifications to apply?

No - you just need to be willing to learn and give it a go.

### Ready to take the next step?

Speak to your teacher or contact our Enrolment Centre:

**Call 0300 123 2344**

**Or use the Live Chat on our website!**

[enquiries@northamptoncollege.ac.uk](mailto:enquiries@northamptoncollege.ac.uk)



## Supported Internship Programme at Northampton College

Our Supported Internship Programme is designed for young people aged 16 - 24 with an Education, Health and Care Plan (EHCP) who want to get real job experience while building skills and confidence for the future.

This leaflet will provide all the necessary information that you will need to help you to decide if this course is the right one for you.

### What's involved?

The programme usually runs for one academic year and includes:

- A work placement with a local employer (around three to four days a week)
- One day a week in college for skills building including: English, maths and employability skills
- Regular support from college staff
- Progress reviews to make sure you're on track.

### What are the benefits?

- Gain real work experience in a field that interests you
- Learn how to handle interviews, CVs, teamwork and more
- Build independence, confidence and communication skills
- Increase your chances of getting a paid job
- Meet new people and try new things in a supported, friendly environment.

