

# Alternative Ambitions

## Promoting alternatives to university

June 2015, edition 3

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uni's not for me

intelligent | articulate | ambitious

# Hello!



## THE TIMES

### Letters to the Editor

#### University factory

Sir, I couldn't agree more with Libby Purves (Opinion, Feb 23, and letters,

Feb 24). When I left school early and set up a resource to provide guidance and support for ambitious young people exploring alternatives to university, I was challenged by my peers, who had been spoon-fed the university dream. Now they are starting to graduate and sending letters applying for work, telling me why experience with me would be "good for their careers".

Few seem to see the irony.  
HATTIE WRIXON  
Founder, Uni's Not For Me  
London SW12

I can't believe it's already June and we're at the end of our three month trial. We've really enjoyed putting together the e-magazine and hope you have found it useful and informative. This month has been very exciting for the UNFM team as we begin to plan and organise our first event in September. We are planning a school leavers' networking drinks and will also be working with The Times on a debate discussing how we can measure success for those without a degree. This month, I also had the pleasure of speaking to BBC Sheffield and Switch FM about school leavers and their options.

As we come to the end of our trial, we still believe it's incredibly important to help students find out all their options before making big decisions. Over the summer, we will be launching special edition magazines for students only! If you have any students who would like to sign up to our two special editions, please send their email addresses to [hattie@unisnotforme.com](mailto:hattie@unisnotforme.com)

Thank you for taking part in our trial, we would love you to continue subscribing with us. We really appreciate all the generous feedback and hope that those students who are unsure of university will want to be part of our growing community of ambitious school leavers. If you are interested in subscribing with UNFM, please feel free to email me directly, [hattie@unisnotforme.com](mailto:hattie@unisnotforme.com) or call – **020 8675 4779**

**Hattie Wrixon**

# uni's not for me

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## Competition time ... in partnership with News Academy

### Summer School

The News Academy Summer School is a free week-long intensive training programme for students aged 16 to 18 from across the UK and Ireland.

Based at the state-of-the-art London headquarters of The Times, The Sunday Times and The Sun, students will get the opportunity to learn the tricks of the trade from the very best in the business – from hunting out stories and writing them, to editing and publishing their own newspaper.

To see a copy of the paper produced by last year's students, click [here](#).

The deadline for Summer School entries is midnight on **Sunday 19th July**.

The 2015 Summer School will take place from **Sunday 23rd to Friday 28th August**.

Just 15 talented students will get the opportunity to attend this week, which is completely free and an invaluable experience to anyone considering a career in journalism. Accommodation and food in London is included.

To apply click [here](#).

**News Academy**  
Investing in the  
future of journalism

### The Great British Sound-Off

The News Academy has joined with Britain's best-selling title, The Sun, in a brand new competition for aspiring writers aged 18-24.

Do you have something that's worth saying? Are you a talented writer? What do you think Britain needs to be told?

Don't miss your opportunity to shine in The Sun.

There will be five finalists who will win a place on the News Academy Summer School and be assigned a Sun mentor.

Simply visit [here](#) to apply, where you will need to submit 200 words on something you are passionate about.

The closing date is midnight on **Sunday, July 5, 2015**.

Good luck!



# Traineeships



Traineeships launched across England in 2013 to help improve the chances of young people being employed. Since launching, more than 10,000 young people have completed a traineeship.

But what does a traineeship actually involve and how do you go about getting one? Our step by step guide can tell you everything you need to know.

## What is a traineeship?

Traineeships can prepare you for your future career, helping you to get ready for the world of work and improving your chances of getting an apprenticeship or other employment.

Traineeships last anywhere from six weeks to a maximum of six months with the content tailored to your individual needs, including:

Meaningful, high quality work experience of at least 100 hours over the duration of the traineeship programme which provides insight and experience of the world of work and helps you develop the skills employers want.

Work preparation training which ensures you are ready and have confidence to take the first step in your career, such as an apprenticeship;

Maths and English support, if required, to help give you the literacy and numeracy skills that are highly valued by employers;

## What are the benefits of a traineeship?

A traineeship will put you in a better position to compete for an apprenticeship or other employment.

Traineeships give you the opportunity to build your CV and get vital work experience with local and national employers. 74% of employers say work experience is critical or significant when recruiting, so it's hugely important to get some under your belt;

Improving your English and maths skills will boost your chances of getting a job, as well as improve your long term prospects and earning potential over your lifetime;

Employers are at the heart of the traineeships programme to ensure it provides you with the skills you need to secure a job and succeed in employment;

At the end of the work experience placement you will receive either, an exit interview providing meaningful written feedback of your performance during your work experience time with the employer and/or the opportunity to have a job interview if there are job/apprenticeships vacancies available with the employer at that time.

## Will I be paid?

Work placements are unpaid, but employers are encouraged to support expenses such as transport and meals. Depending on your circumstances you may be able to access financial support from your training organisation, and if you are not already in receipt of financial support from your local job centre. All training costs are funded by the Government.

## Who will I be working for?

Hundreds of companies, small and large and from across a wide range of sectors and industries are offering traineeships to help more young people become work-ready. This includes Barclays, BBC, BT, Jaguar Land Rover and Virgin Media, as well as a number of small local employers.

## How do I find a traineeship?

Now that you've decided that a traineeship could be the right route for you, there are three options available:

Contact your local college or training organisation to see if they are offering traineeship opportunities. A list of organisations which are eligible to deliver traineeships is available [here](#);

Some traineeship opportunities, particularly with large national employers, will be advertised regularly on the Find a Traineeship website;  
If you are in receipt of unemployment benefits you should speak to your Jobcentre Plus adviser.

## Is it right for me?

Search online for 'National Careers Service' or call **08000 150 400** for more information about Traineeships, and to discuss whether or not it could be to you.

Traineeships are a stepping stone to future success. Search for traineeships on **GOV.UK** or call **08000 150 600** to find out how traineeships can help you get ready for work.



GOV.UK

## somewhereto\_



somewhereto\_ is a UK-wide programme supporting young creatives to find space to work, run exhibitions and workshops and develop their enterprises. This is all made possible through the Big Lottery Fund. We spoke to them to find out what they've been up to recently.

We're really excited to be opening a creative space in Poplar, East London. It's your space to unlock whatever you like. It could be a business idea or creative project. If you're 16-25, it's your space and it's free for you to use. If you don't have an idea that's ready to roll yet, you can come for workshops and training here too, and you can get involved with a range of somewhereto\_ events to gain skills and experience and reach your potential. Watch out for the programme of events [here](#).

We are keen to bring creative projects and entrepreneurs to the space. We're right in the heart of this east London market that is, itself full of energy and flair created by you.

Workshops, talks and training will be part of the space with opportunities popping up for you to get involved with and learn new skills. Watch our social media for regular updates on what is happening in the space.

## some-where to \_

You can book and run your own projects; from using a desk, to rehearsals, creative events and holding a stall. Please feel free to drop in and meet like-minded people. Get in touch with Max and Ella who are running the space, along with unlocking spaces within Tower Hamlets to help you make the most out of your ideas. Book ahead to ensure your space is guaranteed.

somewhereto\_ unlocks space throughout the UK, so if your ideas involve a different space in mind then get in touch and we can do the best to connect you with the perfect space to suit your needs. Check out all the current spaces we have access to [here](#).

Sign up to somewhereto\_ [here](#) and get in touch if you want to get involved. You can also check out these [success stories](#) for inspiration or come and have a chat!

**Come and explore with us!**

[www.somewhereto.com](http://www.somewhereto.com) [@somewhereto\\_LDN](https://twitter.com/somewhereto_LDN) [#somewhereto\\_popla](https://twitter.com/somewhereto_popla)



# EVERTON FC

To find out more about traineeships, we spoke to Everton Football Club about what their programme offers. For young people looking for an alternative route into their career, the Everton FC traineeship scheme is perfect for gaining work experience, vocational skills, and an impressive addition to their CV. Here's what they told us...

## Everton Football Club

Everton in the Community is revitalising Merseyside by tackling youth unemployment with traineeships.

Everton Football Club's official charity, Everton in the Community, began offering traineeships as part of a multi-million pound initiative to help boost youth employment in Merseyside. It currently has over 100 trainees, with the first cohort graduating in November 2014.

A traineeship is a training programme with work experience that gives young people the skills and experience that employers are looking for. At its core are work preparation training, English and maths skills for those who need it, and a high quality work experience placement.

## Unique programme

Everton in the Community helps to promote equality of opportunity throughout Merseyside and in April 2014, partnered with training provider Ingeus to offer traineeships. *"We wanted to improve the employability of local young people and sustainability for the region,"* explains Andy Jackson, Programme Manager.

Everton in the Community recruits trainees by using a team of youth engagement officers, alongside resources from the National Apprenticeship Service. The traineeship lasts between 12 and 14 weeks and begins with a four-week pre-employability course culminating in a Level 1 Work Skills qualification, plus maths and English if required.

*"We work on speaking and listening, time management and teamwork; we help our learners develop their CVs, overcome any behavioural issues as well as conducting mock interviews,"* says Andy.



## Work experience

The next phase is an 8-week work placement with a member of Everton Traineeships' consortium, a group of local businesses across Merseyside. The businesses, which include the Richmond Hotel and engineering firm Sovex, came on board through various channels, including existing contacts, corporate sponsors and advertisement on match days.

Everton works with these employers to ensure a high quality placement, as Amanda Chatterton, Employer Consortium Manager, explains: *"We do a job spec and give this to the employer and the learner's assessor. We then have regular meetings with the employer and learner to check they're doing what's been agreed. We also train a member of the employers' team in mentoring."*

Whilst on placement, the learner works with an assessor and gains a vocational qualification in their field of interest. Once they finish their work placement the trainee works with a career coach to secure a progression into an apprenticeship, job or training. At the end of the programme, they can take part in a prestigious graduation ceremony at Everton's Goodison Park.

The charity has already expanded its traineeships to towns throughout Merseyside, and the plan is to keep reaching out to more young people. Amanda says *"Everton is the people's club and we believe in training, giving young people a chance and putting back into the community."*



Employers and young people interested in the traineeships programme should visit [greatbusiness.gov.uk/traineeships](http://greatbusiness.gov.uk/traineeships) for more information or call 08000 150 600



# PiTS Football

**“700 players facing the scrapheap after being released from their clubs”**

The headline above highlights the social pandemic within professional football clubs as hundreds of boys are released every year with little or nothing to fall back on. The figure is drawn from players within the professional game; the professional game being classified as those players over the age of 16 who commit to a scholarship or apprenticeship on a full time basis with a club. This however doesn't begin to account for the thousands more not within the professional game, who have the talent to reach the required level but lack access to the nurturing environment and guidance to do so. These boys face the daunting and uncertain prospect of what to do when that journey seemingly comes to an end.

This became a harsh reality for Renaldo Sutherland, co-founder of PiTS, when he was suddenly released from AFC Wimbledon. Still harbouring aspirations to play professionally, local parks became the only place he could train. But this just didn't replicate the professional standard of training, expert coaching and support system he had grown accustomed to or would need in order to progress and attain his goal. This is where the concept of the Canada Water-based performance centre was born.

PiTS performance centre is a purpose built environment for released and aspiring professional players aged 11-21 to gain high quality holistic training. This is the type needed to get back into the professional game, while also offering alternative training, exit strategies and career solutions for those of school leaving age. We focus on extensive player development with the boys working under the tutelage of UEFA licenced coaches where we incorporate the use of sports psychology, strength & conditioning and sports analysis to recreate an elite training environment.

One aspect of our service is to help recently released and aspiring players who otherwise would have to compromise the standard of their training. Players often resort to training by themselves at grassroots level or with semi-professional clubs where there's a lack of infrastructure, resources or time to focus on development. We aim to solve that problem by providing a hub for aspiring players to increase the standard, regularity and duration of expert training they are currently receiving. It's argued it takes 10,000 hours of deliberate and purposeful training in a specialised environment to achieve mastery in your craft and refine talent into skill.



We provide that environment with our performance programs that take into consideration the specific practices needed for optimum performance:

- Holistic training environment; replicates the environment the professionals train in. We include strength and conditioning, prehab and yoga to make for peak physical state.
- Guidance from UEFA coaches with over 50 years' expertise between them and experience working in professional academies like AC Milan and AS Monaco.
- Sports psychology sessions; the principles of sports psychology which have been adopted by top premiership clubs and are now recognised as a vital component to building an elite player. Ultimately it helps players gain the mental strength needed to bring out their best results on and off the field.
- Sports analysis; used for gathering key match stats to measure and monitor performance of players, creating detailed feedback profiles over time.

Our primary focus is to get the boys into the professional game, however we recognise the need for options and a safety net for these boys to fall back on if they are not part of the top percentage who go on to play football professionally. We'll operate as a recruitment service finding players alternative career routes which are either sports related or within other well paid sectors.

In an industry that's often very cut-throat, PiTS football wants to be the win-win alternative. Whether that be a route back into the game with a professional, semi-professional or American scholarship with one of our affiliate organisations, we'll assist with that. Alternatively, players can begin to explore other career options with various workshops, seminars, apprenticeships and employer-led traineeships introduced to supplement and support their training. Regardless of the exit strategy opted for, when they leave PiTS football, players are better off than when they arrived.

**Our next performance programme will begin on 27th July and will be formatted as follows;**

**Week 1 beginning 27th July:** The first week will focus solely on getting players back to speed and regaining fitness for preseason and beyond. This means we will dedicate a whole week to strength, conditioning and incorporating endurance runs, specialised equipment, and power work.

**Week 2 beginning 3rd August:** The second week sees the footballs come out and the UEFA coaches begin to deliver their expert coaching; working on technical, tactical and positional phases of play.

**Week 3 beginning 10th August:** This sees a combination of both the previous weeks. Incorporating the specialised fitness and conditioning exercises with ball mastery and technical drills from UEFA coaches.

**Week 4 beginning 17th August:** The final week will be known as the PiTS platform, where we have arranged matches against a mix of local and professional academies for unsigned players to showcase their skills.

Find more information on our website; [www.Pitsfootball.com](http://www.Pitsfootball.com)



Find the source for the article [here](#)

## 5 tips for online study success

Neil Harvey is Head of Marketing at FutureLearn - a startup that works with top universities and specialist organisations, to offer free online courses to anyone, anywhere. In this article, he offers five tips for online study success.

### 1. Take notes

Online courses offer many different ways to learn - by watching videos, reading articles or joining discussions, for example. But don't just be passive. Take notes as you would in the classroom and reflect on them a day or a week later, to remember and build on what you've learnt.

### 2. Go mobile (or stay at home)

You can do online courses anywhere with an internet connection on your mobile or tablet. This is great for some people - they thrive in the hustle and bustle of a coffee shop or train, say - but others favour peace and quiet. Try both environments and see which you prefer. Or use your mobile to have a quick read of your notes.

### 3. Be sociable

In online courses, there's often the opportunity to join discussions with other learners, or submit an assignment and get feedback. Go ahead and do it. Explaining what you've learnt to someone else is a powerful way to remember it and check your understanding. And you'll also learn by reading and commenting on other learners' assignments.

### 4. Plan ahead

When you take an online course, you won't have a fixed timetable or a teacher setting you deadlines. To keep yourself motivated, make sure you plan ahead, manage your time and set goals. Figure out when you'll fit studying into your routine and make it a habit.

### 5. Remove distractions

Once you've carved out some time in your day to study online, make sure you remove all other distractions. Shutdown Facebook and turn off your email or WhatsApp alerts. These will distract you from the task at hand and you'll lose hours to procrastination. At first, you'll find it hard to work without distractions, but keep at it, then reward yourself at the end.

These tips were inspired by Your Learning Guide - a crowdsourced guide made by learners around the world and curated by FutureLearn. For more advice, visit [learning-guide.futurelearn.com](https://learning-guide.futurelearn.com).



# Future Learn



## Spotting brain tumour symptoms in young adults: the HeadSmart campaign

Brain tumours kill more children and young adults in the UK than any other type of cancer.

They can also cause long-term, life-altering disabilities – particularly if a diagnosis is delayed because symptoms are not recognised or investigated properly.

The Brain Tumour Charity's HeadSmart campaign raises awareness of the key symptoms in young people, via a mobile information guide and through the distribution of pocket-sized cards which list the signs to watch out for. Since HeadSmart was launched four years ago, the average time it takes to diagnose a childhood brain tumour in the UK has fallen from more than nine weeks to less than seven.

But we need to go further. Our aim is to bring down the average to below five weeks, in line with the best-performing countries including the USA and Poland.

That will help to save lives as well as sparing children and families some of the devastating effects of late diagnosis and aggressive treatment. Young people and their teachers can help us to achieve this, simply by being aware of the signs and symptoms to look out for.

The disease can sometimes cause obvious and dramatic problems such as seizures.

However, a brain tumour can also lead to symptoms such as persistent or recurrent headaches, which might be written off as stress or the effect of hormonal changes during puberty.

Behavioural changes may also signal the presence of a brain tumour – or nothing more than normal teenage development.

**So how do you know when to see a doctor?**  
Take a look at our HeadSmart card below



### Brain tumours happen...

Symptoms include:

- ⚡ Persistent / recurrent headache
- ⚡ Persistent / recurrent vomiting
- ⚡ Balance / co-ordination / walking problems
- ⚡ Abnormal eye movements
- ⚡ Blurred or double vision
- ⚡ Behaviour change
- ⚡ Fits or seizures
- ⚡ Delayed or arrested puberty, slow growth

**If your child has one of these, see your doctor**  
**If two or more, ask for an "urgent referral"**  
**Especially if growth or puberty is slow**

If you have any one of the following symptoms, you should seek advice from your GP. If you have two or more, you or your parent or carer should ask for an urgent referral:

- persistent/recurrent headache
- persistent/recurrent vomiting
- balance/co-ordination/walking problems
- abnormal eye movements
- blurred or double vision
- behaviour change
- fits or seizures
- delayed or arrested puberty; slow growth

If you're a young person and you're worried that you may have a brain tumour, say so to your doctor.

If you're a teacher and you notice any of these signs, it's worth trying to find out whether other problems are cropping up outside school.

Some brain tumour symptoms can occur regularly at a particular time of day – for example, a child may experience head pain during the night or vomit on waking because lying down for a long period has caused an increase in pressure in the brain.

You may not see those specific symptoms if your contact with a young person occurs only during the school day – but you may know that he or she is behaving differently.

By putting together the pieces of the jigsaw with a child or a parent or carer, you are more likely to identify those children who should see a GP for either reassurance or further investigations.

Using a HeadSmart card at that stage can make the conversation more straightforward as the guidance is based on clear scientific evidence. Order a HeadSmart guide on your mobile phone by texting SMART to 81400 (charged at your standard rate)

To find out more, visit [www.headsmart.org.uk](http://www.headsmart.org.uk)





## Lattitude Global Volunteering

A gap year is full of possibilities and opportunities – one of which is volunteering. We wanted to know all about the different types of gap year volunteering on offer, so we got in touch with Lattitude Global Volunteering - an international youth development charity.

Their mission is to educate and develop young people worldwide, by providing opportunities to volunteer abroad and to make a positive difference. They tell us how you could be a part of it:

Gain invaluable work experience and have the adventure of a lifetime!

Young people often face the infuriating challenge of not being able to get a job due to lack of experience. But how can you possibly gain the experience if no one is willing to take you on?

One word.

**Volunteering.**

Volunteering offers a fantastic opportunity to gain invaluable work experience and provides some key transferable skills. These attributes include communication skills, time management, team working and working with limited resources. These can be applied to any job role and are key features future employers look for.

Volunteering overseas gives you all of the above and more. Not only do you gain all of those transferable skills, which are so widely sought for jobs in the UK, but you gain a huge amount of additional ones. Becoming culturally aware and being able to think about things in a wider context is an invaluable skill, which is something that is gained from being overseas. Employers are always looking for future employees that are able to approach tasks and projects with the ability to see how it sits in a wider context, and this ability to see the bigger picture is a characteristic that will set you apart from others.

Independence is another key element to volunteering overseas. Travelling to another country, adapting to a new culture and working in somewhere new is an incredible achievement. It demonstrates strength of character, independence, perseverance, resilience and adaptability. Another great skill you gain is leadership. Whether you are teaching English, helping in a school, care worker or medical assistant, you are required to lead and not only to lead but to do so with confidence. Leadership and confidence are great attributes to offer and you will be able to give some great examples of demonstrating these from your experiences of volunteering overseas.



## Alternative Ambitions

Volunteering overseas can also provide you with specific skills to help build a specific career, for example in the medical and caring sectors. Youth development charity Lattitude Global Volunteering offers a huge range of placements, including ones in the medical sector. Medical placements in Japan provide a fantastic opportunity to experience working in a busy hospital, whilst living in one of the world's most culturally fascinating countries. Volunteers are usually placed in Red Cross Hospitals and have the opportunity to witness the daily inner-workings of a hospital. Duties often include transporting patients around the hospital, preparing bandages and dressings, collecting prescriptions and working hands on with the medical team.

The medical placements that Lattitude Global Volunteering offers in Malawi are very different to those in Japan. As a medical volunteer you will act as an assistant to the local 'Health Officer,' who is in charge of taking care of the medical needs of the local community. The Health Officer is the equivalent to a UK GP and offers frontline medical services to the local community. As a result, volunteers in Malawi get to experience working and treating a range of medical issues and have the opportunity to totally immerse themselves and live and work within a very tight-knit community. Resources, equipment and even basic facilities are very limited, so volunteers need to be intuitive and hardworking. These placements offer a fantastic opportunity to get some great experience in a medical setting in addition to demonstrating adaptability to future employers.

For more information on volunteering overseas and the wide range of placements Lattitude Global Volunteering offer please visit [www.lattitude.org.uk](http://www.lattitude.org.uk)



**LATTITUDE**  
GLOBAL VOLUNTEERING

## Virgin media - case studies

### Lauren Rees, Virgin Media Systems Engineer

*"Be prepared for a pretty steep learning curve – and a great opportunity to learn from the experts,"* says Lauren Rees, 27, from Stoke-on-Trent, talking about her time as a Virgin Media apprentice.

Lauren, who is currently completing her Level 4 Data Services Qualification to become a fully qualified Virgin Media Systems Engineer, decided to take some time off four years ago after completing her BSc in Web Development from Manchester Metropolitan University.

Following a brief stint in retail, she craved a new challenge and decided to swap HTML5\* for a job as a Virgin Media apprentice.

Talking about her apprenticeship scheme, Lauren says, *"I really enjoyed the variety of work. I like the fact that you can get some great qualifications through vocational courses, which would have cost me a lot of money to do myself."*

And would Lauren recommend an apprenticeship to others? *"Absolutely, apprenticeships provide a great opportunity for people who don't feel comfortable in the classroom. Having completed both an apprenticeship and a degree, I would definitely recommend an apprenticeship. It prepares you for real life, whereas for me, a degree was all theory and no practice."*

Lauren concluded, *"An apprenticeship provides hands-on experience and a great opportunity to work with experts. My advice to anyone thinking of joining the scheme is to prepare yourself for a pretty steep learning curve, put all of your effort into it and grab any opportunity you are given with both hands!"*

\*HTML5 is the latest version of Hypertext Markup Language, the code that describes web pages.



[twitter.com/virginmedia](https://twitter.com/virginmedia) [www.facebook.com/virginmedia](https://www.facebook.com/virginmedia)



## Eve Welton, Virgin Media Regional Trainer

*"Getting to know new people is what I enjoy most about my job,"* says Eve Welton, 22, from Hucknall, Nottingham, "the cold winter mornings aren't so much fun, but you soon get used to that!"

Eve completed an apprenticeship with Virgin Media as a Service Technician in 2013 and has since gone on to become a Regional Apprentice Trainer, supporting the company's new recruits.

In 2011, Eve, who at the time worked as a manager at McDonalds, received a knock at the door from two technicians who were visiting to install Virgin Media services at her home. Eve had the chance to question them about their roles and what it's like to work for the business.

Eve explained: *"I have always been a hands-on, technical person and after speaking to the technicians I was really inspired to take on the challenge of an apprenticeship myself."*

*"My apprenticeship enabled me to learn on the job while earning a good wage and the support I received from colleagues was amazing. It helped me to progress quickly and confidently in my role."*

To anybody thinking of making a change in their career or looking for a new challenge, Eve says: *"Do it! It's the best thing I ever did. I worked hard but there are so many opportunities available to you. I'm so glad I chose this path."*

Talking about her current position, Eve adds: *"Every day is different and I love having the opportunity to meet so many new people and support them while they grow in their role. Not only am I training apprentices but I'm also engaging with major stakeholders which has greatly improved my confidence."*



## Frances Clark, Virgin Media Field Logistics Operations Manager

After completing her first year of an English degree at Newcastle University, Frances Clark, 26 from Nottingham, made the brave decision to leave her course and chase after a different challenge. Her dad was the first to spot an ad in the local paper for Virgin Media's apprenticeship scheme and Frances hasn't looked back since.

Speaking of when she saw the ad, Frances said: *"I was a bit nervous at first, as I thought that an apprenticeship programme might be a bit male orientated. I was so glad that I went for it, and when I started the apprenticeship I realised that there was no need to worry!"*

When asked what advice she would give to other apprentices, Frances added: *"Be yourself. You'll meet so many people, but there's no need to put up a front. Don't be afraid to be yourself and approach the apprenticeship with an open mind. I would also encourage people to network and create their own opportunities. Being enthusiastic can open so many doors."*

*"I've had some fantastic opportunities such as attending careers fairs to give advice to aspiring technicians just leaving school, along with meeting the Prime Minister at an apprenticeship workshop. I never thought I would experience that!"* Frances explained.

Frances completed her apprenticeship as a Service Install Technician in 2010 and is now a fully-fledged Field Logistics Operations Manager for Virgin Media.



## 7 celebrities you didn't know were apprentices

Milkround and UNFM are firm believers in the greatness and potential of apprenticeships - and we aren't alone. Throughout modern history, there are many celebrities that have made use of one of these great schemes where you earn while you learn and have the opportunity to gain qualifications. Milkround share with us some of the familiar faces that started out as apprentices:

### Jamie Oliver

The culinary mastermind Jamie Oliver left school at 16 with two GCSEs and immediately started working as an apprentice in restaurants all over London. After many years and some very hard work, he is now an international household name with a huge net worth.

### Sir Alex Ferguson

The legendary Manchester United manager started out as an apprentice toolmaker and used his humble beginnings as inspiration for supporting the growth of apprenticeships today. He stayed as an apprentice for five years whilst continuing to play as a promising striker for Queen's Park first team.

### Elvis Presley

Back in the 50s, even the King of Rock 'n' Roll was an apprentice. Elvis joined an electrician apprenticeship in order to finance his attempts to break into the music industry. We would say he didn't do too badly...

### Ross Brawn

The F1 legend Ross Brawn began his professional life as a machinist apprentice in Oxfordshire. He used this job as the first step into F1, moving from the bottom and reaching the top as owner of an F1 team.

### Michael Caine

The cockney movie star Michael Caine was juggling a number of jobs before he was accepted for a plumbing apprenticeship. He continued as an apprentice for two years before landing his first paid acting jobs.

### John Frieda

A perfect example of working your way up the career ladder is John Frieda. Having started as a hairdressing apprentice, he moved on to celebrity hair styling, and now has his own haircare product line as well as being a well-known figure in the industry.

### Henry Ford

Founder of the Ford Motor Company, Henry Ford started out as a machine shop apprentice. This allowed him to learn the basics of the automotive industry and to go on to produce the first mass-owned automobile.

All of these extraordinary people found the beginnings of their success in apprenticeships. If you want to have the same opportunity, please go to [schoolleavers.milkround.com](https://schoolleavers.milkround.com) and find your first step into the career of your dreams.

## Jobs Board

Smith & Williamson

### Smith & Williamson - Higher Apprenticeship Programme

If you're looking for an opportunity where you will be doing real work, for real clients with real responsibility from an early stage, look no further.



### BDO

Why not consider an opportunity with BDO on our School Leaver Programme. Not only will you be able to gain a prestigious professional qualification and have a permanent salaried job without the expense of funding a university degree, you'll be gaining commercial work experience alongside leading professionals, working on real business projects.

brightfuture

### Bright Future - Software/IT Apprenticeship

This is your chance to get paid while you get a debt-free, work-based degree and build a fast-moving, high-earning career in software development.

ACCA

Think Ahead

### The ACCA Qualification

See what a career in accounting and finance can offer you with the ACCA Qualification.

Atos

### ATOS

At Atos, people power our progress, so you can be sure we'll give you the knowledge and skills that will really give you an edge in your career.

Atos are currently recruiting for the following roles:

**Business Administration & Customer Care – Advanced Level Scheme**

**Project Management – Higher Level Scheme**

**IT Software and Web Development – IT Advanced Level Scheme – IT Higher Level Scheme**

**IT Systems and Networking – IT Advanced Level Scheme**

**Cyber Security IT – IT Higher Level Scheme**



Mercedes-Benz

### Mercedes

Working at one of our Truck, Van or Car retailers you could be part of one of the best apprenticeship training schemes in the UK, training at the state-of-the-art Mercedes-Benz Apprentice Academy.

*Mercedes are currently recruiting for the following roles:*

### Heavy Vehicle Technician Apprentice:

This will be an excellent opportunity for an outgoing, enthusiastic and proactive individual who is looking to start a career in the Motor Trade.

### Parts Operation Apprentice:

This position will offer the right candidate the chance to work for one of the world's most prestigious car companies.

### Light Vehicle Apprentice Technician:

In this role you will be constantly representing the brand and its values by exceeding our customer's expectations and delivering an unparalleled level of service and quality.

milkround SCHOOL LEADERS

**FIND OUT ABOUT ALL YOUR POST A-LEVEL OPTIONS HERE!**

**SIGN UP FOR THE BEST JOBS AND CAREER ADVICE**



## FTA

Flying a plane might seem like something that requires years of university, but the reality is very different. The FTA is a world class flight training academy that helps its students develop the skills, experience and confidence they need to achieve their dreams of becoming airline pilots – without degrees! They tell us how you could take to the skies and become a pilot:

### So, you want to be a pilot?

If you've ever dreamed of becoming a pilot, flying a commercial aircraft is one of the most rewarding, exhilarating jobs you can do. But how do you become a pilot? To qualify as a first officer for an airline, you'll need to take a commercial pilot training course with a reputable flight school. How do you find the right flight school for you? Decide which course you want to do, research and ask lots of questions – then visit the school. Before you do, here are some things to consider.

### Location

Think carefully about where you'll learn to fly. While it's appealing to learn overseas, with perfect weather and empty airspace, if you're looking to fly in the most crowded airspace in the world and in the highly varied weather conditions that the UK offers, then you may want to think about training in the environment that you'll ultimately work in.

### Career Development

It's important to look for a school that offers additional support, CV development and interview practice. Good flight instructors help students to be the best pilot possible. Check out the stories of former students. You may want to become a bush or barefoot pilot; it's not always about flying for the major airlines. Research airlines that appeal; see how many first officer cadets they actually take. It might surprise you to know that Ryanair will recruit around 500 pilots in 2015, where other airlines will only take a handful of pilot cadets this year.

### Best Equipment

It's important to look for a modern fleet of training aircraft and an excellent safety record. Students need to train on similar systems to those found in modern commercial airliners.

Simulators are invaluable for training, enabling flight instructors to replicate extremes of weather and emergencies at the touch of a button.



## Post Course Support

Look for dedicated instructors who are knowledgeable, approachable and who create the best environment to help students succeed. Many people choose pilot training as an alternative to university; if gaining a degree is important to you, some schools offer degree-based opportunities for students.

## Safety and Efficiency

Student safety should be the priority at your chosen school. Check that the school applies strict operational procedures to ensure their aircraft and simulators are managed efficiently without compromising on quality or safety. Good schools work hard to make their courses accessible to people with different budgets and time commitments, offer payment in installments or finance options.

## Integrated versus modular

Integrated training takes cadets with zero flying experience through to 'frozen ATPL' (the air transport licence required to act as a first officer with an airline), in 16-18 months. You'll wear a uniform and be taught to operate the aircraft in a similar manner to that of a commercial airliner. With standard entry requirements of 5 GCSEs (including Maths and English) and preferably two A-Levels, students can usually join an integrated course from 17 and will need to obtain an EASA class 1 medical certificate to join the course.

Modular training allows students to obtain the flying licences and theory examinations required, at the students own pace and with various training organisations, if required.

The advantages of modular training can mean training is cheaper; costs can be spread. It can be conducted at a pace to suit the student and alongside working in another job.

## Prospects

With competitive starting salary prospects, it's possible to make a good return on your pilot training investment and take a shorter route into employment. The Office of National Statistics annual survey of Hours and Earnings for 2013, lists 'airline pilot' at number two on the list of highest paid jobs in the UK.

Forecasts show that 235,000 more pilots will be required worldwide over the next seven years to meet the growing demand for air travel and fill the gap caused by a generation of retiring pilots. If you've always wanted to be a commercial pilot, it's great to plan your dream career but think carefully about the school that you learn with and make sure that it's the right one for you.





# The solution to the UK's 3m apprentice gap

The UK has set a target of employing three million apprentices over the next five years, which means a whopping 600,000 learners need to start a programme each year.

The government recognises the value that on-the-job training brings to both the learner and to business, and so actively encourage young people to consider an apprenticeship as an alternative to university.

At River Cottage, we believe that vocational qualifications are a great way to enter the hospitality industry – absorbing wisdom from experienced chefs, while acclimatising to the professional kitchen environment. So we set out to design a new approach to apprenticeships to make it accessible to both learners and businesses in even the most rural areas.

Just like our dishes, we started from scratch in writing modules that we believe give learners the best start to their careers in hospitality. We don't just teach cookery skills; we explain the importance of sourcing great produce, and how to respect these ingredients with considerate cookery.

We don't expect hundreds of budding chefs to travel to Park Farm every day, so instead we work with over 70 restaurants, pubs and hotels within the South West to find the perfect work place for our learners on a full-time basis.



# River Cottage

They come to Park Farm twice a month to train with our Chef Tutors, and our team will assess them in their work place in between these visits.

This way, we give hundreds of young people an opportunity to learn all the things River Cottage is known for, while being able to live at home with minimal travel.

At the same time, this scheme benefits businesses who might not consider taking on an apprentice without the support and regular contact from our Chefs' School.

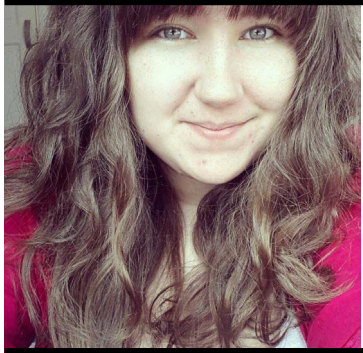
We believe that apprentices should be paid a fair wage as they study, as they are contributing too. All of our business partners pay learners at least £3.75 per hour, more than the national minimum wage.

Martin Doel, Association of College Chief Executive said, *"An increase to the minimum wage for apprentices is very welcome in recognising the value that apprentices provide to employers and in recognising the costs that many apprentices have in transport and living costs."*

This remote yet supported learning model is a great alternative to university and could be rolled out in every industry.

River Cottage have just opened up their apprenticeship scheme to start in September. [Register today](#) and our team will be in touch with more details.





## How a Saturday job will improve your CV

**When I started college, I also started a weekend job. My parents insisted upon it, saying it would be good for me to experience the work place and I could put it on my CV. Naturally – I was more focused on the payslip I'd be getting every month.**

**Now I'm older I can see how that weekend work improved my job prospects, and I also know what employers see when they receive a CV that includes a weekend job. Here's how your first job could help you:**

### Experience the workplace

Being in a professional work environment is much different from being at school. It's important that you understand how a workplace functions before you dive into your future career. Understanding how to dress, how to address colleagues, what it's like to do a full day of working in a paid job.

Experiencing these things can be scary the first week or so, but by the time it comes to applying for your first full time job you'll be confident and ready. When an employer sees that you've already spent time in a work environment, they know that they won't have to spend long settling you in.

### Building your professionalism

When you go for an interview, your potential employer is looking to see how you conduct yourself in professional situations. Do you know when it's appropriate to make a joke? Do you know what makes an appropriate work outfit? Weekend jobs are the time to find out about work etiquette and standards before unleashing your new found professionalism into the world of work.

### Discipline

Having spent so many years in school, you'll be used to having a timetable. However, when it comes to work, it's up to you to remember what time and where you need to be. It's also up to you to get yourself there looking presentable and ideally not like you've just rolled out of bed.

Learning what time you need to be up in the morning to get ready and be there with plenty of time to spare is a skill you absolutely need to have under your belt when you start your career. The sooner you start, the sooner those early mornings will stop feeling like such a shock.

## Building confidence

For most people, a first job is something along the lines of customer services. Whether it's working behind a bar, in a restaurant, stacking shelves or working the Tesco's tills – you're most likely going to be dealing with people on a regular basis.

Going into your first 'proper' job after school will be much more daunting if you haven't got the confidence to speak to your potential employers and colleagues. Employers will be looking for someone who isn't nervous and can hold their own in a conversation. Get the practice in early!

Although Saturday jobs can seem like a drag after a full week of school or college, just think what employers will see when they read it on your CV. They'll see experience, confidence, discipline and knowledge of the work place. You're officially a contender.

If stacking shelves and serving drinks doesn't sound like the job for you, here are some slightly more unusual and interesting weekend jobs that just might be something you could see yourself doing:

## Usher at a theatre

Checking tickets, looking after the audience, watching the shows for free...

## Cinema worker

Free movies and discounted popcorn. Just saying.

## Dog walker

Get active, get paid, get slobbered on. It's a win-win.

## Retail

Not only a good job for the weekend but also a great start if you want to get into the fashion industry.

## Babysitting

Pays very well and hours can be flexible, if you become a regular for a family you'll end up getting paid a decent wage. Also an excuse to watch the kid's TV channels without judgement.

So why not apply for something? You never know. It could be the start of your future career!

## Bekah, UNFM, Apprentice Journalist

## Our partners



eden project



GOV.UK



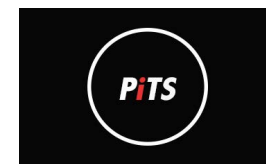
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