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careermag

FOR SCHOOL LEAVERS

Get inspired!

Sector Spotlights

Engineering

Finance

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Automotive

Online Retail

**NATIONAL
APPRENTICESHIP
WEEK**
8-14 FEBRUARY
2021

In this issue

**Calendar of LIVE
#NAW2021 events**

**Apprentices tell
their stories**

Journey to work

**Help making
the next steps
after school**

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National Careers Week

NCW PiXL

Partners in Excellence

February 2021

Issue 17



CHOOSE AN APPRENTICESHIP IN THE ENERGY & UTILITIES SECTOR

The UK aims to cut carbon emissions and reach net zero by 2050. The energy and utilities sector will play a major part, but we'll have to build our green workforce. **277,000 new recruits are needed in the sector in the next 10 years** to help the UK transition to a more sustainable future. Through an apprenticeship, you can learn the vital skills to help us build a greener, cleaner future.



- Average salaries while in training for those in an energy and utilities apprenticeship were higher than the average of all apprentices
- It is a genuine job, with training, meaning you can earn while you learn and gain a nationally recognised qualification
- Find an apprenticeship in the energy and utilities sector with excellent retention and progression opportunities
- Skip the student debt. With an apprenticeship, there are no fees to pay.



Find your role at careers.energyutilitiesjobs.co.uk



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During National Apprenticeship Week 2021, **Cindy Rampersaud**, Senior Vice President at Pearson for BTEC and Apprenticeships gives a view of the future for apprenticeships.

Foreword

Employers want technology, transferable skills to be built into apprenticeships to ensure they will endure

I've seen first-hand the positive impact apprenticeships can have in developing the career aspirations, confidence and skills of many of our colleagues across all areas of the business. As well as providing Apprenticeship Frameworks and Standards for other organisations, since 2017 Pearson UK has been accessing the apprenticeship levy to support our own talent pipeline – with over 200 colleagues taking up courses at Advanced, Higher or Degree/Master Levels.

Apprenticeships have always provided access to a diverse number of learners in our economy – providing both young people and adults opportunities to careers in key industries where there are significant skills gaps, such as healthcare, construction, infrastructure and engineering, to name but a few.

We all have to learn as job roles change and adapt to technological developments. The October 2020 CBI and McKinsey Report tells us that nine in ten workers will need some form of reskilling by 2030. Virtually every job will change – some incrementally, some radically. Apprenticeships have a crucial role to play in the post-covid environment, where we've seen many shifts which are likely to remain – working patterns, industries contracting and growing, the shift on-line and the greater use of digital across many aspects of our lives. Apprenticeships offer a unique opportunity to reskill and upskill, in a changing world of work.

Going forward we need to ensure that apprenticeships continue to develop our talent to meet the needs of existing and emerging sectors where there are employment and career opportunities. I believe the key to this is flexibility – flexibility around learning and assessment, and around design and content.

In terms of learning and assessment, technology can, and increasingly is, being used to meet changing needs of apprentices and it can help increase access and progression. We all know this is an area where innovation has been hugely accelerated since March, and we need to continue to explore how we encompass on-line teaching and learning and digital assessment and proctoring solutions for apprenticeships.

We also need to future proof the content and design of apprenticeship courses. They need to get the balance right between what employers want now and in the future – technology, transferable skills, all need to be built into apprenticeships to ensure they will endure. At Pearson we are partnering with employers and sector bodies to get this balance right and help them develop apprenticeships that work.

National Apprenticeship Week is a unique moment each year to celebrate the success of apprenticeships and hear from many businesses and apprentices who share their journeys.

It's a pleasure to support this issue of Careermap.



To find out more, visit www.pearson.com



Opportunities at IBM

Whether you're about to leave school, still at university or just graduated, IBM has opportunities for you. From Apprenticeships to graduate scheme IBM has everything you need to embark on a successful career.

Visit our website at ibm.com/jobs/uk to find out more

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Defined by you



Issue 17 February 2021

Publisher Careermap Ltd

Editor Sharon Walpole

Contributors

Pearson, Engineering UK, Department for Education,
National Careers Week, Youth Employment UK,
PiXL and Andrew Woodcock from Careermap

Production Assistant Jodie Hill

Design Richard Berry

www.studiobellytimber.co.uk

Contact

info@careermap.co.uk
www.careermap.co.uk

[@CareerMapNews](https://twitter.com/CareerMapNews)

[@careermap.uk](https://facebook.com/careermap)

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About careermap

Careermap is designed to provide quality information about careers and qualifications. Careers are not a linear path and you cannot know what you don't know. We aim to inspire and inform about all sorts of careers and opportunities, now and in the future. We look at all the pathways you can take, be that vocational, academic and/or professional.

Careermap also publishes Careermap for Parents and Careermap for Graduates.

To find our blogs via social media, use
#Careermap.

We welcome your input! Please get in touch if you have any questions or something to contribute.

Contact the Editor at info@careermap.co.uk

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Choosing the right path for you

OK - but I don't know what I want to do...

Deciding what you want to do after finishing school or college can be scary. You may even feel it is out of your control. The important thing you can do is to explore and see what is out there.

You don't know what you don't know.

It is easy to search online for information. That is, if you know what you are looking for. You may be very surprised at the range of careers and qualifications there are. Take the time to read through this month's Sector Spotlights. Don't skip any because you think you have no interest in them. Many have a range of jobs that might surprise you.

Let's say you love computers and shopping, online retail may be the choice for you!

National Apprenticeship Week is the 8 - 14 February. This issue has lots of stories from apprentices that may inspire you to think differently about what your future could hold. Join us on www.nationalapprenticeshipweek.co.uk for live events hosted by employers and organisations like UK Music to hear more about what an apprenticeship looks like and ask questions.

Whatever you decide to do, there are no right or wrong answers. Knowing your passions and matching them to exciting careers will lead to a happier life.

Wishing you all the very best and hope that you enjoy this issue of Careermap for School Leavers.

Sharon Walpole

Editor



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NATIONAL APPRENTICESHIP WEEK 8-14 FEBRUARY 2021

CAREERMAP IS PROUD TO SUPPORT NATIONAL APPRENTICESHIP WEEK 2021 WITH A WHOLE WEEK OF LIVE EVENTS. THESE ARE FREE FOR YOUNG PEOPLE, PARENTS, TEACHERS AND CAREERS ADVISERS. SIGN UP FOR AS MANY AS YOU LIKE AND ASK EMPLOYERS AND SECTOR LEADERS ANY QUESTIONS YOU MIGHT HAVE.



MONDAY 8TH

9:00 AM - 10:00 AM
HOW WE CAN HELP YOU
TO BUILD YOUR CAREER



BOOK NOW bit.ly/3cyxqCL

11:00 AM - 12:00 PM
APPLICATION HINTS & TIPS



BOOK NOW bit.ly/3j3N4rb

1:00 PM - 2:00 PM
GET A DEGREE WHILE
WORKING AND EARNING



BOOK NOW bit.ly/3j4jzFw

3:00 PM - 4:00 PM
APPRENTICESHIPS — CHALLENGING
PERCEPTIONS AND CREATING
OPPORTUNITIES FOR ALL



BOOK NOW bit.ly/39D2gs2

4:00 PM - 5:00 PM
EMPOWERED — APPRENTICESHIPS
FOR THE GIRLS IN THE
WATER INDUSTRY



BOOK NOW bit.ly/3j3PIND

TUESDAY 9TH

9:00 AM - 10:00 AM
TOP TIPS FOR JOINING OUR
APPRENTICESHIP SCHEME



BOOK NOW bit.ly/3oCc2it

11:00 AM - 12:00 PM
BUILD FOR A BETTER FUTURE
WITH A JTL APPRENTICESHIP



BOOK NOW bit.ly/3teT9pl

1:00 PM - 2:00 PM
350 CAREERS. ONE NHS.
YOUR FUTURE.



BOOK NOW bit.ly/3tgsYyx

3:00 PM - 4:00 PM
DISCOVER FINTECH WITH
BLOOMBERG. LEVEL 3-6
APPRENTICESHIPS AVAILABLE



BOOK NOW bit.ly/2MMdK3j

4:00 PM - 5:00 PM
LIFE IN THE
DEFENCE SECTOR



BOOK NOW bit.ly/36tkYAf

WEDNESDAY 10TH

9:00 AM - 10:00 AM
A WIDE RANGE OF CAREERS



BOOK NOW bit.ly/36zbFix

11:00 AM - 12:00 PM
AN INTRODUCTION
TO APPRENTICESHIPS



BOOK NOW bit.ly/36x3bZ2

1:00 PM - 2:00 PM
RECRUITMENT TIPS TO GET YOUR
APPRENTICESHIP CAREER ON-TRACK



BOOK NOW bit.ly/3aublXk

3:00 PM - 4:00 PM
WHY VOCATIONAL SKILLS ARE VITAL
TO THE NEXT GENERATION



BOOK NOW bit.ly/3tgDhSj

4:00 PM - 5:00 PM
INTERVIEW
SKILLS WORKSHOP



BOOK NOW bit.ly/3cxiUuV

THURSDAY 11TH

9:00 AM - 10:00 PM
WHY SHOULD YOU CONSIDER
AN APPRENTICESHIP?



Department
for Education

BOOK NOW bit.ly/3tp63ky

11:00 AM - 12:00 PM
DEGREE LEVEL APPRENTICESHIPS



BOOK NOW bit.ly/3pJSiux

1:00 PM - 2:00 PM
WHY CHOOSE US FOR YOUR CAREER
JOURNEY?



BOOK NOW bit.ly/3tkwGXR

4:00 PM - 5:00 PM
DRIVE YOUR DIGITAL CAREER
FORWARD



BENTLEY

BOOK NOW bit.ly/3tjFIUW

FRIDAY 12TH

9:00 AM - 10:00 AM
ROUTES INTO RAIL: RAIL NEEDS YOU
TO KEEP THE COUNTRY MOVING



BOOK NOW bit.ly/2MilwBl

11:00 AM - 12:00 PM
WHO WE ARE & WHAT WE DO



BOOK NOW bit.ly/3oL3HZM

1:00 PM - 2:00 PM
AN APPRENTICESHIP
WITH A DIFFERENCE



BOOK NOW bit.ly/3tmo2rO

4:00 PM - 5:00 PM
"THINK UNIVERSITY IS THE ONLY
WAY? THINK AGAIN."



BANK OF ENGLAND

BOOK NOW bit.ly/3rpJo5R

Apprenticeships
WEBINAR LIVE

Check out all the events during the week. They are all free
and you can sign up to as many as you like:

www.nationalapprenticeshipweek.co.uk/events/



Kris Atkinson-Hines, Account Manager Apprentice

What subjects did you study?

Sociology, Economics and Physical Education with an AS level in Math's.

What do you do on a day-to-day basis?

The main goal of my role is to grow existing accounts and build relationships to a point where they see Experian as an extension of their own company. It's face paced and very varied which I like.

Why did you choose to do an apprenticeship?

An apprenticeship was never something which I was told about during school - I was always pushed to go to university. It was only during my gap year I discovered how to get into higher education whilst earning at the same time. It was a no brainer for me! I could use my A-levels towards a degree in something, whilst also earning money.

What advice do you have for others?

Opportunities are not going to fall into your lap, you need to go out and grab them! Show an eagerness to learn and give it a try. After all, what have you got to lose?

★ RATEMYPLACEMENT

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Schemes**

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Wage**
Employer

top
EMPLOYER

UNITED
KINGDOM
2021

CERTIFIED EXCELLENCE IN EMPLOYEE CONDITIONS

I don't know what I want to do

Feeling overwhelmed and not sure what you want to do?
Here are some helpful things to help you decide what is best for you

So many aspects of the world of work have changed and will continue to do so in the aftermath of the pandemic. Without underplaying the immediate challenges, these bring exciting new opportunities as different sectors adapt and grounds for hope and optimism. Using great resources like the Careermap website and Careermap magazine will show you all kinds of exciting routes you may not even know about.

Here are some key questions to consider:

Which is better? Going to a university or doing an apprenticeship?

There is no right answer to this question. It really depends on the individual. However it is really important to understand that apprenticeships are a genuine alternative to university. You can do apprenticeships at lots of different levels all the way up to ones at degree level where you achieve the same qualification as at university but while employed. This means you learn on the job, do not have student debt, but still get great qualifications, even a degree in some cases.

When do I have to decide?

Though there are specific deadlines for university applications, apprenticeships can be advertised at different times. You do not need to apply for one route only so keep your options open for as long as possible.

What should I be doing now?

1. The first thing is to reflect on your own interests, skill sets and passions. What really interests you? What kinds of jobs might you want to do? We want to help you find a career that you will enjoy and find fulfilling. Everyone has different strengths and there is certainly no one size fits all route.
2. The second step is to do as much research as possible. Watch online videos such as those on the CareermapLive of people talking about their jobs, explore websites of different companies and universities and look at what they have to offer and what the entrance requirements are. Look beyond the traditional job titles we know about so, for example, lots of people interested in Science or health think immediately of medicine or nursing but there are also thousands of different careers using scientific knowledge and skills. Employers love people who show their initiative, so don't be afraid to ask them questions. It costs nothing to ask.
3. Third, keep a record of what you find out about all of this as you begin to get towards a shortlist of possible choices.

This will be an exciting journey. We hope you all enjoy it.



Brian Lightman

is a former headteacher and General Secretary of the Association of School and College Leaders and now leads the work for PiXL on careers education. PiXL is a network

of some 3000 schools which work together to give young people a better future and brighter hope.

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Grow your talent with Apprenticeships

Apprenticeships offer a unique opportunity to reskill and upskill, as well as allow individuals to start a new career, progress or change to a new one.

With a shift to online working and learning, our Apprenticeship solutions focuses on standards, using qualifications and digital learning resources to create structured and engaging learning experiences for apprentices.

Our Apprenticeship Offer

We offer a range of products and services for every step of the apprenticeship journey:

- An expanding range of qualifications
- Digital learning resources via Pearson Learning Hub
- End-point Assessments (EPAs) and services to support the delivery of Apprenticeship Standards, including EPA customer support webinars for trainers and assessors
- Up-to-date advice and guidance to support effective delivery

Our apprenticeship solutions are designed to give your apprentices the best opportunity to achieve their full potential and to progress in their chosen career path.

We offer apprenticeship solutions in a range of key sectors such as Health and Social Care, Engineering, Construction and IT.

Learn more about all our current Apprenticeship offers:
quals.pearson.com/apprenticeships





Lifetime Skills Guarantee

If you're looking to start your career, progress further in your chosen role or change career direction, there are a number of funding options that you may find helpful.

The Lifetime Skills Guarantee is one of the Government's latest initiatives, aimed at boosting productivity and helping the country build back better from coronavirus.

Part of the guarantee is to fully fund any adult aged 24 and over who wants to achieve their first full Level 3 qualification. Courses will be available in a variety of lengths, to support adults to get the skills they need to boost their careers. This will be funded under the National Skills Fund. Pearson have 80 qualifications, covering a range of the identified sectors, that are eligible for this funding.

For more
information visit:
go.pearson.com/lsg



An apprentice on the Covid front-line

Managing patient care
in a pandemic

Elizabeth Cardwell has just completed an apprenticeship and works as part of the non-medical admin team at University Hospitals of Leicester NHS Trust. She has been in her role for 18 years and understandably has a strong and long-standing relationship with many of the people who attend the hospital for medical care.

We asked Elizabeth how the current pandemic has affected those relationships. "Our patients are so wonderful that they make my job not really a job to me - it is a way of life. As a Trust we have adapted our working practices, as much as we can, to keep both staff and patients safe. It means I have missed seeing them in 'real life', as many of our services are being carried out remotely, wherever possible."

"My key role has been to ensure that the continuity of service, care and support is there," Elizabeth adds. "With many people feeling anxious about the Covid situation I feel more of a sense of responsibility to ensure I can do as much as I can to support both colleagues and patients through this time."

Balancing work & family commitments

Like many of the key workers who have kept the country going through the pandemic, Elizabeth has faced some personal challenges. She is a mum of two boys who themselves had routines turned upside down. Her husband working from home has been different to the norm and her youngest son has felt anxious about his mum at times because she works in a hospital.

"Sometimes I found the juggling of all these elements a challenge," says Elizabeth. "It was hard to say to my children that there is nothing to fear, when inside I was feeling apprehensive and nervous myself," she adds. Ensuring elderly relatives were cared for at the same time added to her family responsibilities. But she has found great support from her colleagues at work, her employer and the public too. The overwhelming support and generosity touched her a lot. She hopes the coming together of communities will continue beyond the current crisis.

Completing her apprenticeship

The Apprenticeship and Development Centre at Leicester's Hospitals have been a great support to Elizabeth while she completed her apprenticeship studies. "The Learning and Development team has been the absolute pinnacle of fantastic!" says Elizabeth. The team there adapted learning methods to suit her circumstances, were always contactable and, she says, they gave her the strength to know that despite Covid, with their support, they would get to the end of the apprenticeship together.

"Getting results during lockdown has been a welcome distraction from the Covid climate," says Elizabeth. "And the motivation of achieving and passing was something to aim for when the days were hard, knowing I was doing this to not only improve myself but to also demonstrate to my children that despite Covid anything was possible - even Mummy passing her course!"

"Doing an apprenticeship in my 40's was always going to push my boundaries of confidence and self-belief. However the skills I have picked up through study days and learning has made me stronger and resilient"

As an adult learner, Elizabeth has experienced a unique set of challenges: "Doing an apprenticeship in my 40's was always going to push my boundaries of confidence and self-belief. However the skills I have picked up through study days and learning has made me stronger and resilient. Since the results day I know that I can do anything I put my mind to, nothing is impossible with teamwork and a positive mental attitude."

Beyond Covid-19

Despite testing times over the past few months Elizabeth feels she has really developed in her practice. "I believe having to adapt to the pandemic has developed my interpersonal skills, such as flexibility in thinking and working patterns, as well as responding to unexpected situations," Elizabeth says. "Most of all, from the empathy I received from my colleagues and course facilitator, I have learnt that having empathy for others is paramount. It means I can carry out my role in a way that embodies compassion, care and commitment to others."

Ultimately Elizabeth has come through this unprecedented situation with one overwhelming emotion – pride. "I felt at a crossroads making the apprenticeship such a journey for me, one that included family, patients and colleagues through the experience." She adds, "It has been almost 30 years since I left school, going back into education was a huge step for me. Now my apprenticeship is complete I am left with a passion for learning and a thirst for knowledge."

And what about her future post Covid-19 plans? "I would like to move into a role in which I can provide the mentorship, coaching and support I have received from others," says Elizabeth. "Even though I have completed my apprenticeship the Learning and Development team are still there to advise on next steps and give me wonderful career guidance and signposting".

Many thanks to Elizabeth Cardwell and the Apprenticeship team from Leicester's Hospitals.



Elizabeth Cardwell has just completed a Customer Service Level 2 apprenticeship with the Apprenticeship and Development Centre at University Hospitals of Leicester NHS Trust (Leicester's Hospitals), where she also works.



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Meet Anjalee and Oli

You may be surprised at the range of apprenticeships available.
Here just two working for Amazon.

Anjalee Vichhi

Digital Marketing Apprentice

I sit within the EU Brand team working on UK social to raise awareness for Amazon Music. If there's one thing for sure, no day is ever the same in my role. One day, I could be brainstorming ideas and briefing in an exciting new team project and the next day I could be promoting content through paid media. Amazon Music is very fast paced so you can learn so much in a short amount of time.



Going down the apprenticeship route was an easy choice for me. The opportunity to gain a qualification and work experience from professionals in the industry was something that I couldn't pass up. I chose an apprenticeship over university because I wanted to learn transferable skills that could be used across the digital marketing department. The combination of learning both practically and theoretically has developed my digital marketing skills all round.

I would recommend the apprenticeship because, not only will you gain relevant hands on work experience and a recognised qualification, but you are given guidance and support throughout the programme. Amazonians are incredibly helpful and friendly and you can easily build a great network for yourself which can set you up for a bright future ahead.

Oli Wheatly

Software Development Engineer Apprentice

I knew I wanted to get a degree upon leaving college, so I had the choice between University or a Degree Apprenticeship. I didn't feel that university was right for me as I didn't want the debt and would prefer to be in a working environment since I learn better with hands-on experience. It will give me a leg up in my career after I have finished, having four years of industry experience at such a successful company, and a degree at the age of 22.



My day includes attending team meetings, designing and writing high quality code, testing code and coming up with new ideas for my team's products. I work on customer facing features which is awesome because I can see my effect on the business and so can millions of customers!

A degree apprenticeship provides experience in the workplace coupled with a phenomenal foundation for a career in software development. The skills I have learned will allow me to adapt to new jobs throughout my career. I plan on climbing the software engineering ranks in hope of one day becoming a Principle Engineer.

Amazon's Software Engineering Apprenticeship puts you in a great position for a future career in software development and Amazon is extremely supportive the entire way.

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To find out more visit www.amazonapprenticeships.co.uk



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Get started in your career in tech.

Over the last 10 years, QA have jump-started over 30,000 careers through our apprenticeships and degree apprenticeships – and yours could be next. An apprenticeship is a modern, hands-on way to get started in your dream career. You'll be working with an employer and earning a competitive salary whilst also developing your digital skills in one of our forward-thinking disciplines. You'll even gain a qualification along the way.

We offer apprenticeship programmes in:

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- Cyber Security
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- Or degree apprenticeship programmes in Cyber Security or Digital Solutions

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We have vacancies available throughout the year in locations all across the country. You could work with a super-savvy start-up, an innovative medium-sized business or even a large scale household brand. Some of our apprentices have gone on to work at Royal Mail, O2 and Visa.

[Click here to find out more and apply](#)

THE DIGITAL REVOLUTION'S ONLY JUST BEGINNING, AND PEOPLE WHO USE TECHNOLOGY WELL ARE IN HIGH DEMAND.



What do you want to do next?

Our friends at National Careers Week give direction when when you don't know what you want to do

As much as we tell ourselves education is about learning for learning's sake there comes a point where the question starts to pop up in conversation: "What do you want to do after university / college / sixth form / you've finished messing about?"

The question is the one which sums up what everyone is thinking about: how you're going to use your skills, where you're going to get your income from and how you're going to get to that point? The pressure starts to build from parents, friends and relatives but what if you don't know yet?

One thing seems to be certain, young people often rely on their parents for opinions or guidance on their careers, but however well-intentioned this guidance is, it will be based on their own experiences (and is quite likely to be out of date).

Luckily there is hope at hand in a variety of places, help that doesn't come with generations of expectations, the pressure to impress Mrs Nesbitt at number 36 or feeling restricted by 'that's not for the likes of us'.

Having helpful and inspiring information to hand will help for those exciting and sometimes difficult conversations.

Remember, life is long and working takes up a lot of it, so it pays to get all the information you can and then decide. Use these free resources to narrow your options down but ultimately it's up to you!

Something to think about...

Please remember that if an institution such as a college, university or company is directly appealing to you they will be trying to influence your decision to study with them. Please bear this in mind when you are looking for advice or guidance for you... you're ideally looking for impartial information.

Good sources of information:

1. Your school or college will have a dedicated careers system / toolkit and a Careers Leader / CIAEG professional who should be able to help you with unbiased support and guidance.
2. Careermap – this magazine is full of great articles, information and advertisements for opportunities across a variety of industries and regions. Have a look through and follow some of the links across the publication. You can subscribe for free here: careermap.co.uk/subscribe-to-careermap
3. National Careers Week is the UK's biggest annual celebration of careers and future opportunities! #NCW2021 takes place 1st -6th March 2021. There are resources available all year including hundreds of videos to help inspire you. NationalCareersWeek.com
4. Launch Yourself is an excellent free pdf resource from NCW which helps you to understand your skills and abilities to help you to focus on your direction of future travel. nationalcareersweek.com/ncw-launch-yourself/
5. The National Careers Service is a government support website with detailed information about careers near you, including data and statistics about current and future local working opportunities. nationalcareers.service.gov.uk/




National Careers Week

NCW

National Careers Week runs 1st - 6th March 2021 with loads of live events. Search for #NCW2021 on all platforms to find the latest information or visit:

www.nationalcareersweek.com



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the bar.

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Breakthroughs that change
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Having an Apprenticeship at Pfizer means doing work that helps millions of people across the world benefit from life-changing treatment. It means working for a company that believes in equity, excellence and protecting your work-life balance. And it means working with colleagues who take your ideas seriously and support your learning and development.

You're the future. Your ambition, talents, ideas and unique way of looking at the world will help us drive innovation in every part of our business. We need people with a hugely diverse range of talents. Love science? Join us in our drug development labs, or engineering teams. Want to work on the business side? Get stuck into an Apprenticeship to launch a career in anything from Finance, Marketing to Project Management.



ALICE IS ON THE RIGHT TRACK

Alice Ford is an engineering apprentice on her first year of the scheme. Based in Carlisle, Alice specialises in the track discipline. We caught up with her to find out about her experience so far.

COULD YOU TELL US ABOUT WHY YOU WERE INTERESTED IN THE NETWORK RAIL APPRENTICESHIP SCHEME?

I was interested in the apprenticeship scheme with Network Rail because I was looking for a career that would last; a forever job. Network Rail is able to train me and help me develop my skills. There are many opportunities for me in terms of progressing further.

WHAT KIND OF SKILLS HAVE YOU GAINED WHILST BEING AN APPRENTICE? AND WHAT DO YOU ENJOY MOST?

I've learnt not to be afraid to ask questions! No question is silly and all new knowledge contributes to my development. My communication skills have really improved. I most enjoy being able to learn whilst on the job – earning and learning.

CAN YOU TELL ME ABOUT SOME OF THE EXCITING PROJECTS/ACTIVITIES YOU'VE BEEN WORKING ON?

I really enjoyed the learning at HMS Sultan. I've also been involved in the recent apprentice assessment centres



where I met the candidates and took part in a Q&A session. It was nice to be able to answer their questions.

COULD YOU LIST 3 BENEFITS OF THE NETWORK RAIL APPRENTICESHIP SCHEME?

Confidence builder, flexible hours, great teachers within the gangs of engineers.

WHAT TYPES OF BEHAVIOURS AND SKILLS DO YOU THINK A NETWORK RAIL APPRENTICE NEEDS TO HAVE?

I think engineering apprentices need to be flexible and able to adapt to different weathers and sudden changes of plans.

WHAT ADVICE WOULD YOU GIVE TO SOMEONE WHO IS CONSIDERING APPLYING FOR THE ENGINEERING APPRENTICESHIP SCHEME WITH NETWORK RAIL?

Go for it! It really is the best choice I made. I was nervous at the thought of joining such a large company and working around trains but the knowledge you gain, and the people you meet are brilliant.

WORKING ON TRACK

Working as part of a track team means ensuring that the track system is operating to its optimum so that trains can run and Britain can keep on moving.

Track assets include all rails, sleepers and ballast that support the trains together with their associated drainage and ancillary structures.

Working on track often involves making judgments based on experience and knowhow but new problems and challenges arise; making it essential to work as a team to decide on the best and safest solutions.

Track work is an all-weather, around-the-clock job where engineers could be out day, night and at the weekends. It's the kind of challenge that our apprentices enjoy most.

FOR A CAREER THAT'S GOING PLACES,
CONSIDER OPPORTUNITIES IN RAIL.

**Applications are now open to our
Apprenticeship schemes.**

NETWORKRAIL.CO.UK/CAREERS

Engineer your future


seeking all problem-solvers

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About Engineering

A full-page background image showing two male engineers in blue work uniforms and safety glasses working on a large, complex industrial engine. The engine is made of polished metal and has many pipes and components. The engineers are focused on their work, with one using a tool on a part of the engine.

There's no denying that 2020 has been a difficult year for young people with lockdown and restrictions affecting everything from exams to socialising. A recent survey found that a majority of 11 to 19-year olds feel worried about their future, citing that the coronavirus pandemic will make it harder to either find a job or study further.

We also know that many of you aspire to choose a career that lets you pursue your passion or that makes a positive difference to the world. Our research tells us that nine out of ten young people want a career that tackles social issues, from addressing environmental issues to keeping people safe and well. We also know that factors such as job opportunity and security are really important too, especially at this time of change.

For many of you, the job security and fulfilment you seek could be found in engineering.

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During the coronavirus crisis a spotlight has been shone on the brilliant work of scientists, technicians and engineers responding to the needs of the nation. We've seen exceptional examples of engineering across essential services and infrastructure - from engineers and scientists working together to create a vaccine to the design and delivery of thousands of ventilators.

There are also many routes into engineering - apprenticeships, further education or traditional academic route at university - which means it's accessible to all and it's a sector that needs more people that pays well at all levels.

About Engineering

Engineers are integral to the success of major infrastructure projects and are at the heart of developments in nanomedicine; they make cars safer, roads smarter and broadband faster. It's engineers who develop sustainable solutions for our future food, water and energy needs, who work on artificial intelligence and who protect individuals and organisations from cyber-attacks. It's engineers whose ideas and innovations will shape our future world, making a real difference to how we live our lives.

What do engineers do? They design the systems, equipment and components that make air travel and space exploration possible. They develop the hardware and software in our homes, devices and wearable tech. They come up with innovations that improve health and healthcare. They are key in disaster recovery, flood prevention and building safety. They're cleaning up oceans, advancing recycling and reducing the carbon footprint in everyday life. They help amateur and professional sportspeople perform better and even keep animals safe and healthy.

So why choose engineering?

- Engineers make a difference to the world
- Engineers are in demand and they earn good money
- Engineering is behind almost everything you can think of
- Like doctors and lawyers, professionally registered engineers are well respected
- Engineers are creative, practical and forward-thinking

Unsure about what type of engineering might suit you? Then take the 'Meet the future you' careers quiz and discover how your interests and skills relate to different types of engineering. Find out more at: www.mtfy.org.uk/

Solve problems, save lives

The engineering industry is incredibly diverse, with exciting career opportunities in everything from space and energy to design and food, sport and entertainment to gaming and technology. From dealing with cyber security and minimising the impact of natural disasters to developing sustainable energy, food, housing and products - engineers help pave the way to a better future for everyone.

You can make flying more environmentally friendly as an aerospace engineer or drive the use of renewable energy as an electrical or energy engineer. Biomedical engineers develop life-saving equipment and chemical engineers can stop the spread of disease. While, as a manufacturing engineer you could develop new ways of creating medical products. Mechanical engineering could see you designing prosthetic limbs and you can support international development or disaster recovery as a civil or structural engineer.

Believe it or not, as an engineer it's possible you can save far more lives than as a medic!



Case Study

Less obvious engineering careers

You might be surprised to hear that engineers are needed in entertainment and sport industries - whether it's a demand for special effects or goal line technology, there's a whole host of careers to be found.

If you have a passion like football, food or fashion then engineering is unique in that it can allow you to follow your passion and make a career of it. Many young people aspire to work in sport and entertainment but may not realise that engineering is a vital part of these industries.

Some specific examples of how engineering is involved in sport and entertainment include creating visual effects for films and stage, developing cutting-edge sports gadgets, recording, mixing and editing music, smart fabrics, hawk-eye technology, wearable tech, sports equipment manufacturing, building stadiums, data analysts (operational research) to work out fixture schedules and where to position fire exits in football stadiums, pyrotechnics for live events and theatre, creating moveable sets for stage, CGI for film, acoustic engineering, designing art galleries and iconic spaces such as Kings Cross station, designing the technology used in mixing paints, developing new fabrics and materials, developing apps and designing computer games. Job roles in the entertainment and sports industries include: Sound Effects Engineer, Digital Musician, Computer Games Designer, Stadium Designer, Sports Engineer and CGI Effects Engineer.

Engineers help develop...

- Smart clothing with inbuilt sensors that can monitor health
- Faster recharging mobile phones with more features and computing power
- Virtual reality games that can be played in 3D
- 3D printed objects in a wide variety of materials, including living tissue
- Artificial limbs for the injured and medicine for diseases like Coronavirus and Ebola
- 3D games consoles and solar powered laptops
- Make-up that automatically matches skin tone
- Systems to reduce the risk of flooding
- Driverless vehicles and spacecraft
- Supercomputers that predict the effects of climate change
- Voice recognition and Artificial Intelligence (AI), which means that we can now talk and ask questions in any language
- Wearable tech that reduces stress and supports good mental health

And, crucially, many of the jobs young people will be doing in 10 years' time don't even exist yet!



Creative solutions come from diverse talent

The beauty of engineering is that it is just so diverse - not just in the range of problems engineers solve but in the types of people and the pathways they take into the industry. You don't have to be a mathematical genius or chemistry wizard to become an engineer. A good understanding of maths and science (especially physics) will stand you in great stead, but so will skills in computing, D&T, construction, electronics. At its heart, engineering is all about creativity, problem-solving, teamwork and curiosity.

Skills that engineers acquire - such as problem-solving, teamwork, project management and numeracy - are sought after by employers in nearly every industry, meaning that engineers are highly employable and can easily transfer their skills to different areas. Even though the pandemic is seeing shifts in the engineering workforce, employers are still reporting skills gaps, so there remains significant demand for engineering skills, with fantastic earning potential at all levels. And with the government's commitments to investing in infrastructure, construction and decarbonisation, and innovation, now and into the future, hundreds of thousands more engineers will be needed.

Support for teachers and schools

To support schools to access Covid-secure engineering resources and experiences, EngineeringUK recently launched **Neon**, a digital platform that gives teachers easy access to quality assured online and offline engineering outreach activities. For the first time, Neon brings together the UK's best engineering experiences and inspiring career resources in one place, bringing STEM careers to life. With the support of the engineering community, Neon empowers teachers with the tools they need to engage young people in a career in the engineering sector, which makes up nearly 20% of the workforce.

Pathways and qualifications

Engineers come from all different backgrounds and have achieved success through very different routes into the industry, including through apprenticeships, vocational training and university degrees.

Important subjects for engineering are maths and physics (and chemistry, for certain disciplines). Computing, electronics, design and technology, and construction and the built environment can also be very useful, along with geography, art and languages. Careers in the engineering sector are accessible to anyone with a passion for solving practical problems in a creative way.

Engineers are trained in a practical way, using maths, science, computing and design.

Apprenticeships are available all the way up to Level 7, which is master's degree level. This makes them a great alternative to a traditional academic route - you can get a degree and all the fees are covered by your employer.

Engineering technicians often work with engineers to solve practical engineering problems and are usually trained through a vocational or apprenticeship routes.

Apprenticeships combine on-the-job training with studying for vocational qualifications, or even a degree at university. Vocational qualifications/Tech Levels are work-related qualifications, which can be taken full-time at school or college (as a pathway to work or university) or part time, during an apprenticeship. They include: BTEC Diplomas, City & Guilds, EAL NVQs and SVQs, HNCs, HNDs and others.

As an apprentice you can earn while you learn. Apprentices work towards nationally recognised qualifications and spend the rest of their time developing technical skills and 'on-the-job' knowledge with an employer in their chosen industry.

Case Study

Engineers on a mission

The annual campaign Tomorrow's Engineers Week has featured several inspiring engineers at different stages of their careers making an impact on the world. They include:

- Bob and Marc, who have created a crossing on the A827 in Scotland to reduce other fatalities.
- Jack, a design engineer who has created a wristband that helps keep you calm under pressure
- Dave, whose special effects with fire and explosives are used for TV and live events
- Sean who works on state of the art 3G football pitches to get more people doing sport whatever the weather
- Oliver, a young civil engineer, who designed a new access road to a hospital
- Roger who started his career building dams and now saves lives by helping people in the developing world access safe drinking water
- Sarah who qualified as an engineer in the RAF and now makes sure things are safe on the Wrigley production line
- Marion and Avery who work with locals in developing countries to build bridges that change lives forever
- Sujith an environmental consultant whose work helps reduce air pollution
- Thilo who uses his engineering skills to help injured horses
- Simon who created an innovative flood protection solution after floods caused £120,000 of damage to his parents' home
- CK who volunteers for the British Red Cross to help to improve public health in conflict zones
- Jemima an engineering apprentice on a mission to find medical cures
- Sankha and David – former UK Young Engineers of the Year – who have created a vest that detects epileptic fits before they occur

Watch the **films** and find more careers inspiration on the Tomorrow's Engineers **website**.

Skills

You'll enjoy engineering if you're:

- Curious
- Open-minded
- Resourceful
- A team-player
- A problem-solver

Transferrable skills you'll gain as an engineer:

- Teamwork
- Communication
- Logic
- Creativity
- Perseverance
- Learning from 'failure' and adapting



On completion of an apprenticeship, many people stay with their existing employer and progress from apprentice to professional technician or engineer.

Apprentices are supported throughout their training and encouraged to take on varied tasks and pick up new skills. This would give you the opportunity to prove yourself to your employer and your employer is likely to be keen to employ you after training as they have invested a huge amount of time and money in developing your knowledge and skills.

For more information and to hear from engineering professionals who started out as apprentices, go to www.tomorrowsengineers.org.uk

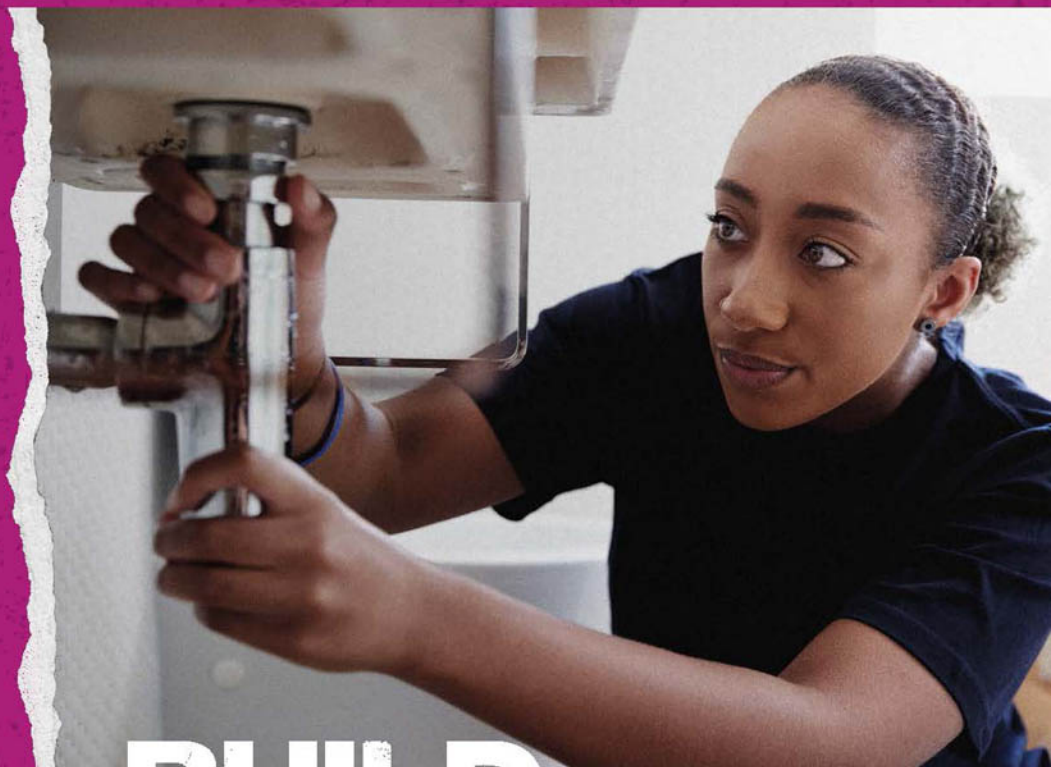
Whichever route you choose you'll find yourself being rewarded, challenged and stimulated, with highly valued, transferable skills that will equip you for the future.

Find jobs in the engineering sector near you at
www.careermap.co.uk



National Apprenticeship Week

8–14 February



BUILD

FOR A BETTER FUTURE

Discover JTL's electrical, plumbing & heating apprenticeships this National Apprenticeship Week. Make 2021 the year to build for a better future, with a paid apprenticeship in a sector which needs your skills and talent.

Visit jtltraining.com/build

TOP TIPS for finding the perfect Apprenticeship

"Apprenticeship programmes like the one I'm on at Amazon are fantastic for anyone who wants to continue learning or training but doesn't want to go to university or college"

Shannia Daley is an Operations IT Apprentice with Amazon.

She's shared her valuable top tips for wannabe apprentices to find the perfect role.

"Apprenticeship programmes like the one I'm on at Amazon are fantastic for anyone who wants to continue learning or training but doesn't want to go to university or college. The Amazon Apprenticeship programme is perfect for anyone aged 18+ who either has GCSEs or A-levels or good life experience. You'll have the opportunity to get paid while you learn and the hands-on experience is second to none."

How to find the perfect apprenticeship

Do your homework. It sounds obvious but research the type of apprenticeship you want. Do you want something engineering based? Or is IT more your thing? By understanding what sort of role you really want, you'll be able to identify the perfect apprenticeship to help you achieve your ambitions.

Pick a company that matches your ambitions. I wanted to work with the best people, the best technology and the best equipment, so I chose Amazon. Choosing a successful and innovative company in your chosen industry will give you invaluable exposure and opportunities.

Throw yourself into it. When it's time to leave the classroom and start the practical side of the apprenticeship, make friends, ask questions and really become part of the team. The people here are accommodating with their time and they're also super-helpful. But best of all, they're great fun.

The fun nature of the team helped me settle quickly and was a key factor in helping me learn the ropes.



Watch and learn. You really can learn a lot by paying attention to everyone around you. I feel that the way some of my mentors conduct themselves teaches me so much and sets a standard for how I want to work myself. I find their way of doing things a real inspiration and that helps me learn the basics of the role quickly. You're learning from the best in the business while getting paid – what's better than that?

Organise your time. The combination of learning in a classroom and working in a real-life setting is brilliant, but it does require some forward planning. Remember that everything you do on an apprenticeship is important and you must learn quickly how to balance your time so you're putting the time into the theory as well as the practice. There are lots of time management tools available online that can help you to prioritise your classroom and work schedule.

Apprenticeships with
amazon

To find out more visit www.amazonapprenticeships.co.uk

National Apprenticeship Week

"I am currently involved in HS2, which is a fantastic project to work on as it is a multi-disciplinary, therefore you get to work alongside other teams to make an overall design work. Collaboration is key on any project, especially a project like this."

-Liam Everett,
Apprentice Engineer

"The highlight of my apprenticeship is taking on new tasks and responsibilities as my knowledge and experience develops. The culture at Arcadis is friendly and welcoming."

-Sophie Bell,
Apprentice Surveyor

We improve everyday quality of life by creating spaces where people want to live, work and play, improving mobility and making best use of our natural resources. Throughout our long history as a leading design and engineering consultancy, we've never stopped innovating.

Learn more and search 'register your interest' at
careers.arcadis.com

Transform your world.

Careers in the Merchant Navy.

A career like no other



This is an exciting opportunity for young people to get a career in the Merchant Navy "nothing to do with the Royal Navy". The Merchant Navy is commercial shipping encompassing: Cruise Liners, Ferries Offshore, Container ships, tankers, cable layers, Dredgers, Tugs, etc.

Now we are no longer part of Europe our trade with the rest of the world is set to grow and 95% of all of our trade is imported or exported by sea so the future opportunities look fantastic.

We are looking for highly motivated individuals to be our next Captains or Chief Engineers or Senior Electro Tech Officers

The training is three years long with multiple entry levels either HNC, HND or Foundation degree.

The three years is divided into 5 Phases:

- Phase One at college completing academic studies.
- Phase Two at sea completing practical training.
- Phase Three at college completing academic studies.
- Phase Four at sea completing practical training.
- Phase Five at college finishing academic studies and exams with the issue of your certificate of competency, which allows you to work on any ship anywhere in the world.

The training is all Higher Education and fully sponsored and you receive a training allowance for your own use. At the end of training, you should be debt free and looking forward to a starting salary approx. £30,000 potentially tax free.



For further information please visit
www.sstg.org

Application form:
www.sstg.org/application

Merchant Navy Info:
www.sstg.org/careers/merchant-navy

Entry requirements:
www.sstg.org/careers/apply-now/fact-sheets/academic-requirements

Sponsorship:
www.sstg.org/careers/about-sstg/sstg-sponsorship

Companies we work for:
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Case studies:
DECK
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ETO
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At PwC, it starts with you

Traditionally, there's only been one route when school comes to an end. University. Degree. Career. But things have changed.

Gain work
experience whilst
at school or college

Get a head start on our
School and College
Leaver programmes

No matter which path you choose, there are no limits
as to how far you can go and how much you can achieve.

Go to uni and
give your career
a Flying Start

Join us
whilst you're
at university

Our School and College Leaver programme, just like our graduate programme, offers structured career development as well as learning on-the-job, and study towards real business qualifications. And on one of our Flying Start degree programmes, you'll get the opportunity to go to uni and start your career with us at the same time.

So whichever path leads you to us, we'll take your career further.
Join PwC. We'll help you realise your potential.

To find out more and apply, go to:
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Financial Services

It's not just about number crunching

There is a wide range of opportunities available to young people in financial services. It's important to consider all of your options carefully when choosing which sector you'd like to work in. From banking, insurance, accountancy, tax, financial planning, life assurance, pensions and investment management - there are a lot of options, so get settled and read on to explore the different paths available to you.

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About Financial Services



What Can I Do?

Financial services branch out across various sectors, it's all about finding where your interests lie and which is the best fit for you. You could choose from:

Accounting - You'll be responsible for managing an organisation's financial accounts and ensuring the company is 'in the black' (positive and profitable). You may also need to run reports and provide advice on an organization's profits and losses.

Tax - Tax is closely related to accounting, you will likely work as an adviser to your client helping them to file tax returns or you may work in a governmental position.

Banking and finance - Working in banking and finance could see you helping businesses and individuals to manage their money. You will also share your knowledge on the products offered such as loans, insurance, ISAs, saving accounts, mortgages etc.

Insurance - Working in insurance could see you undertaking a wide range of tasks, from assessing the risk and resolving insurance policy claims to gathering evidence. Typically, you will work closely with a range of professionals, including doctors, police officers, fire officers, lawyers etc.

Investments and pensions - If you're interested in a career in investments and pensions, you'll be monitoring the performance of funds and eliminating financial risks and liabilities for your clients. You'll advise on a range of topics and thoroughly research investments including measuring the performance, filing a risk assessment, data management, trading and stockbroking.

Skills

To work in the financial services industry, you'll need a wide range of skills. Don't worry if you don't possess all of these skills just yet as you'll gain them through an apprenticeship, BTEC, degree or alternative qualification route! Skills include:

- Financial market awareness
- Ability to convert data into insights
- Communication skills
- Teamwork
- Customer service
- Digital skills (this is becoming increasingly in demand)

3 Myths About Finance Careers...

There are a lot of myths surrounding careers in finance. We've rounded up the most popular to help dispel the industries misconceptions.

1. You have to work for an accountancy firm

Wrong! There are opportunities in finance outside of accountancy such as banking, insurance, pensions and investment. Plus even if you do want to work in accountancy, that doesn't necessarily mean you have to work for an accountancy firm. All industries need accountants, from the NHS to leisure organisations, construction firms and everything in between.

2. To get into finance you have to go to university

There are lots of alternative routes to university, for example, an apprenticeship can pave the way for a career in finance so it's well worth exploring your options if you don't want to go down the university route.

3. But isn't finance considered 'boring'?

Despite the image of finance being a dull and mundane career, with men looking at boring spreadsheets all day, it's actually quite the opposite and there are plenty of opportunities for females too. Finance to all about bring together a diverse talent pool with different personalities, strengths and ideas to bring innovation to the organisation.

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Who could I work for?

Depending on which area of finance you would like to work in, there is a large number of employers you could work for. To name a few, these include:

Accountancy / Tax -

- Deloitte
- EY
- KPMG
- PwC
- BDO

Banking -

- NatWest Group
- Santander UK
- Barclays
- HSBC
- Lloyds Banking Group
- Nationwide Building Society

Investments -

- J.P. Morgan
- Morgan Stanley
- The Goldman Sachs Group

Insurance -

- Admiral Group
- Aviva
- AXA
- Direct Line Insurance Group
- Legal & General Group
- LV=
- NFU Mutual

Financial Services Training

There's a diverse range of pathways you can take to break into the financial services industry. While a degree is a great route into finance, it's certainly not the only pathway...

Work-based & work-related qualifications

Relevant NVQ and BTEC programmes include:

- Finance and Accounting
- Business / Finance
- Insurance Claims Handling
-

Apprenticeships

There are relevant apprenticeships at the below levels:

Level Two (Intermediate) - equivalent to GCSEs / Standard Grades

Level Three (Advanced) - equivalent to A Levels / Highers

Level Four/Five/Six (Higher) - equivalent to Foundation Degree / Advanced Highers

A Levels, Highers and Bachelors Degrees

Useful A Levels / Scottish Highers might include:

- Business Studies
- Maths
- Accountancy

Already know that a degree is the way you want to break into the sector? Head to UCAS and find out what qualifications (A Levels / Scottish Highers / Scottish Advanced Highers / IB modules) you'll need for the course that interests you. Industry-specific degree programmes in this area include Bachelors programmes in Accounting and Finance, Banking & Finance, Finance, Investment and Risk. Maths is another in-demand degree and of course there is always the opportunity to study International Finance!

The Financial Industry Challenges

The financial services have faced two big challenges of recent, Brexit and COVID-19. Although Britain left the EU with a deal, there is still a lot of uncertainty remaining for the finance sector, with the Mayor of London claiming it was effectively a 'no-deal Brexit for finance'. Regulations of the UK financial services is unpredictable at present but not only has the financial services had to face the uncertainty that Brexit brings but COVID-19 is another obstacle to overcome.

People have been forced to change the way they bank due to COVID-19 and with it so have businesses. Customers are looking for solutions online and organisations have been left with no option but to move with the times and transform their banking model digitally and virtually. Digital-first services mean there is a demand for qualified candidates with a digital knowledge - something that today's youth, like yourselves, certainly don't struggle with.

Interested in a career in finance?
Check out [careermag.co.uk](https://www.careermag.co.uk)
for a wealth of exciting and
challenging opportunities.

Choose a career that matters

Our apprenticeships give you the chance to take part in a variety of work, learn from the experts and achieve an industry-leading qualification while you earn.



We want passion and integrity, as well as ambition and aptitude – so visit www.fca.org.uk/careers/early-careers to find out more and register your interest.



The NHS is all doctors and nurses, right?

Definitely not! In fact, the NHS has more than 350 careers to choose from – probably more than in any other organisation in the world. You'll be amazed what's available!



Apprenticeships are a great way into an NHS career through a mix of on-the-job training, real life working experience and classroom learning.

What you could do

The NHS has so many different apprenticeships to choose from!

If you'd like to provide hands-on care for patients, an apprenticeship in maternity or pharmacy might suit you. There are degree apprenticeships in the NHS too, for example podiatry or operating department practice. Or you could start as a nursing associate and put your qualification towards a nursing degree apprenticeship.

Interested in doing something a bit more behind the scenes? No problem! You could choose an apprenticeship in something like construction, facilities, business administration, logistics or management.

As long as you share our values, we want to talk to you.

Choose your level

Apprenticeships are provided at different levels, depending on where you're able to start:

Intermediate apprenticeships follow work-based learning towards level 2 – equivalent to GCSEs/level 2 qualifications.

Advanced apprenticeships follow work-based learning towards level 3 – equivalent to A-levels/level 3 qualifications.

Higher apprenticeships follow work-based learning towards levels 4, 5 and 6 – equivalent to a foundation degree and above.

Degree apprenticeships follow work-based learning towards levels 6 and 7 – equivalent to a full Bachelor's or Master's degree.

The NHS values

To work in the NHS you need to share our values and will be tested on them in an interview. So have a think about what they mean to you and how you could talk about them:

- **Working together for patients** - teamwork across the NHS makes life better for the people we serve
- **Respect and dignity** - it's a quality not a qualification to be able to treat our patients with respect
- **Commitment to quality of care** - whatever NHS career you choose, we want people with high standards
- **Compassion** - we want people who really care to come and work for us
- **Improving lives** - you can make patients' lives better, whether you're a secretary or a surgeon
- **Everyone counts** - each and every person working and volunteering in the NHS makes a difference and helps people, whatever career they're in

"If you are aged 16 to 18 or 19+ and in your first year of an apprenticeship, you should receive at least the National Minimum Wage for apprentices."

Take the next step

- Try the **Health Careers quiz** for ideas of what you could do.
- Take a look at our **booklet** and **apprenticeships information**.
- Register with the **Health Careers website** for information based on careers you're interested in.
- Have a good look around the **NHS Jobs website** or **gov.uk** for opportunities and vacancies in your area. You can set up an alert so you don't miss anything and get in touch with the named contact on the ad to discuss whether or not you have what's needed for the job.

A man in a dark suit, white shirt, and dark tie is sitting on a chair. He is wearing goggles and has a determined expression. The chair is positioned over a large, intense fire that is rising from the bottom of the frame. The background is dark and smoky.

LAUNCH A FUN AND EXCITING CAREER WITH AN APPRENTICESHIP

DON'T MISS OUT ON WORKING
FOR ONE OF THE BEST EMPLOYERS

APPLY TODAY!



Transport and logistics

Keep on truckin'...

The transport and logistics sector moves things and passengers from place to place using planes, trains and automobiles (and ships). It's one giant network, and its people keep it all connected.

We all benefit from the industry every day, whether we realise it or not. Everything in our homes arrived via the logistics network, and the same goes for our shops and businesses. Without it? No food, no clothes, no nothing. Similarly, the roads and railways would soon come to a halt without drivers, conductors and signallers, so there's a demand for skilled people to keep things moving.

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www.careermap.co.uk

What can I do?

There are many opportunities for a career in the sector. For example, you could drive a heavy goods vehicle (HGV), van or train and be responsible for getting your passengers and cargo to the right place at the right time. It's not just trains that need to run on schedule: at supermarkets, the delivery window for lorries can last a matter of minutes, so drivers have a lot of responsibility.

Alternatively, you might be based in a warehouse or storage facility and be responsible for picking the items to go onto a delivery vehicle, loading them up – perhaps using forklifts or other specialist equipment – and keeping accurate records.

All of these operations require careful planning and overseeing, so there are many supervisory and management roles all the way along the chain. Some involve working with the delivery teams, while others are focused on the end customer, with roles as diverse as scheduling the deliveries for an entire fleet of lorries to managing a train station.

Alternatively, there are roles with businesses like Amazon or eBay, which shift millions of packages every day and rely on huge, sophisticated and hi-tech logistics divisions.

About transport and logistics



Transport & Logistics skills

The skills you'll need will vary between roles, with different requirements depending on your specialism. Drivers will need specialist training, for example, which requires good motor skills, concentration and the patience to cover long distances, often at antisocial times.

Some aspects of logistics work can be very physical: those lorries don't unload themselves after all, so you could be doing a lot of lifting and carrying, learning how to plan ahead and to use your muscles efficiently and without injury. Some of this is tough, demanding work so you'll need to be fit and strong, often with a good sense of humour to get you through the longer shifts.

You might also need some highly specialised skills depending on the business you work for. Transporting chemicals, fuel or other hazardous materials is obviously risky, so the people involved need to know the properties of the material they're moving and how to do it safely.

Elsewhere in the chain, roles that involve planning, scheduling or creating timetables will demand ICT, literacy and numeracy skills, as well as a good head for organisation and the ability to solve problems. In fact, for any role in transport and logistics, knowing when – and how – to think outside the box will be a handy skill.

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Training

There are plenty of different ways to get the skills you need to for a career that delivers...

Work-based & work-related qualifications

Relevant NVQ and BTEC programmes include:

- Transporting Freight by Road
- Logistics Operations
- Driving Goods Vehicles

Don't forget: BTECs etc. can also pave the way for a degree.

Apprenticeships

Apprenticeships are available at a few different levels:

Level Two (Intermediate) – equivalent to GCSEs

Level Three (Advanced) – equivalent to A Levels

Level Four / Five (Higher) – equivalent to Foundation Degree

Apprenticeships include:

- Large Goods Vehicle (LGV) Driver
- Transport Planning Technician
- Supply Chain Operator
- Aviation Ground Specialist

Logistics Careers

Some of the roles available include:

- Driver • Conductor • Logistics operative • Freight forwarder • Import/export clerk
- Mail centre operative • Distribution operative • Delivery operative

Wheel Life

Being able to drive is useful in any industry, but for this sector, it could lead to many more opportunities.

Visit www.gov.uk/driving-lessons-learning-to-drive to get started.

A Levels and Bachelors Degrees

Useful A Levels might include:

- Maths
- Geography
- Business studies

Already know that a degree is the way you want to break into the sector? Head to UCAS and find out what qualifications (A Levels/ IB modules) you'll need for the course that interests you.

Industry-specific degree programmes include:

- Management, Transport and Logistics
- Transport and Business Management
- Maritime Transport and Logistics.

However, the transport network needs skilled people from all kinds of backgrounds so you might find that ICT degrees or STEM subjects also rev employers' engines.



You could work in...

- Airports
- Ports
- Warehouses and depots
- Offices
- Mail sorting centres
- Stations
- The actual middle of the ocean



Life in Transport and Logistics

Ready to hit the road? For some people, that's where the journey starts. You might be working with drivers out on deliveries, helping to load and unload, fill in the paperwork, keep on top of orders and of course find your way to the next delivery. Or you might be behind the wheel yourself.

Alternatively, you might be in a warehouse getting deliveries ready, working on a train, or even crewing a ship that's lugging containers overseas. Either way, you'll probably be working in shift patterns, with some early morning, night and weekend work involved. Pack sandwiches (and seasickness tablets).

At more senior levels you might be planning out logistics operations, dealing with suppliers and passengers or managing other people. Or you could be developing and maintaining software and apps that help the network run smoothly. You'll need to keep on top of your workload, arrive on time and build a good relationship with colleagues – but then all of those things mean being good at logistics anyway, so you should have no trouble...

Transport and logistics is really all about making connections and paying attention to detail. So if you're good at organising things, have a mind that enjoys solving problems and working with other people to get things done - basically, if you love it when a plan comes together - then you'll probably get on well working in this sector. And you'll know that you're playing your part in making the world go round.

FACTS

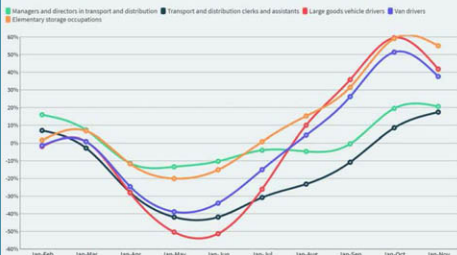
Did you know that transport and logistics is linked closely to online retail? Without it, how would orders get from the warehouse to our homes? Although the COVID-19 pandemic has negatively impacted many industries, transport and logistics isn't one of them.

The graph below highlights an initial decrease in job postings at the start of lockdown 1, however, May 2020 onwards saw a large increase of job listings for 5 occupations including:

- Managers and directors in transport and distribution
- Transportation and distribution clerks and assistants
- Large goods vehicle drivers
- Van drivers
- Elementary storage occupations

These 5 positions closely intersect with retail, and the increased use of warehouses needed to stock online goods, as well as drivers required to get orders to the correct destination. For information on online retail, why not turn to pg 47 to learn more?

Percentage Change in Job Postings for Five Occupations Connected With Online Retail



Source: Emsi Job Posting Analytics

emsi

Find jobs in transport and logistics near you at [careermap.co.uk](https://www.careermap.co.uk)



Drive your career forward with an automotive apprenticeship

Do you have a passion for cars? Do you have an enthusiasm to learn? An automotive apprenticeship could be the perfect start of your career. Much of the work on today's vehicles is based around computer diagnostics and the industry requires highly skilled and qualified people.

Babcock is the UK's leading provider of automotive training and offers apprenticeships for some of the most well-known automotive brands in the industry. These include Audi, Bentley, BMW Group, Jaguar Land Rover, Mazda, Royal Mail, SEAT, ŠKODA, TPS, Volkswagen, Volkswagen Commercial Vehicles and Volkswagen Group Paint and Body.

There are a range of automotive apprenticeships available such as technical and commercial roles. The type of role available will depend on the brand you choose to work for and the availability of your chosen role in your location.

The apprenticeship opportunities include roles such as:

- Service Technician
- Service Advisor
- Parts Advisor
- Sales Executive
- Paint Technician
- Vehicle Body Repair Technician
- Mechanical, Electrical and Trim Technician

Find out more by contacting us via:

Telephone: 0800 0858522

Email: automotive@babcockinternational.com

Or visit our website: www.babcockinternational.com/automotive

The Motor Industry

Drive your career

Despite the pandemic and lockdown 3, all vehicles need repairing, cleaning and maintaining. Or the new ones need building. So there are plenty of opportunities for gaining skills and finding work in the automotive sector.

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www.careermap.co.uk

About the motor industry



The motor industry covers everything from your local used car dealership to the high-tech factories making supercars or luxury vehicles (and the companies behind them, like Mercedes or Ferrari). It employs a little under a million people and because demand is high, new jobs are being created all the time. There's lots of room for progression: you could end up running a dealership, supervise the birth of supercars, or even have your own business restoring classic models. Prefer motorbikes? The same opportunities apply to them, too.

What can I do?

There are all kinds of cars out there, with all kinds of jobs to match. Careers in the motor industry start right at the beginning of the process with concepts and designs for new models and go right to the pinnacle of automotive engineering: many Formula One teams are based here in the UK, so if you're interested in motorsport, you never know where your career might take you.

In between, there are roles right across the manufacturing process. You could be putting cars together using the latest tools of the trade; fitting them out to a high standard; or managing a sales team in a showroom. That's just for starters, as there are also engines to be built, individual parts to be made, vehicles to be painted and much more.

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Once cars are on the road, there are also customer service roles, such as working in a garage to replace tyres, batteries and other parts. You might also be in management or development, helping a car manufacturer operate from day to day, or perhaps working on the next generation of cars.

Motor skills

The motor industry needs a range of skills to keep it running smoothly. If you're working in the manufacturing process you'll need to be good with your hands, while a salesperson is obviously going to need to be a great communicator. A roadside recovery technician, on the other hand, will need to understand how vehicles work and be able to work out what's gone wrong, while a senior manager at head office will need the same kind of understanding, but about the industry as a whole.

Motoring careers

Here are just some of the jobs available in the motor industry:

Maintenance and repair – vehicle service technician, motorcycle technician, auto electrical technician, mobile electrical installation diagnostic technician, lift truck diagnostic technician, assistance / recovery technician.

Body and paint – mechanical and electrical trim technician, body building technician, panel technician, paint technician.

Fitting and parts – fast fit technician / motor vehicle fitter, tyre technician, parts sales representative, vehicle parts adviser.

There are also sales positions, as well as senior and management roles available in all parts of the industry.

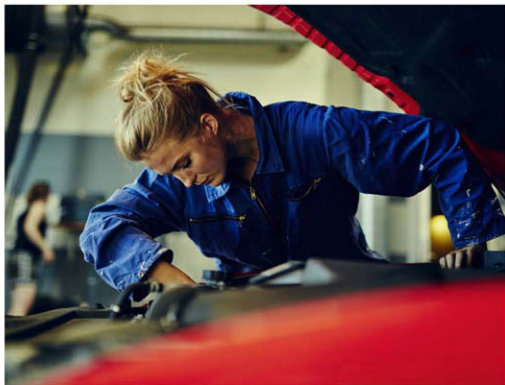
FACTS

Connected and autonomous vehicles could create an additional 320,000 jobs in the UK by 2030, 25,000 of which would be in automotive manufacturing

By 2030, connected and autonomous vehicles could save over 2,500 lives and prevent more than 25,000 serious accidents in the UK

References: Motorsport Industry Association, SHMT





You could work in...

- Roadside repair and recovery
- New and used car dealerships
- Garages
- Specialist tyre centres
- Manufacturing sites

Training

There are plenty of different ways to get the skills you need for the automotive industry. Get your motor running...

Work-based & work-related qualifications

Relevant NVQ and BTEC programmes include:

- Engineering
- Automotive Engineering
- Automotive Management
- Electrical Engineering
- Mechanical Engineering

Don't forget: BTECs etc. can also pave the way for a degree.

Apprenticeships

Apprenticeships are offered by some big-name employers including Audi, Land Rover and the AA, as well as local businesses. There are relevant automotive apprenticeships at three levels:

- Level Two (Intermediate)** – equivalent to GCSEs / Standard Grades
- Level Three (Advanced)** – equivalent to A Levels / Highers
- Level Four/Five/Six (Higher)** – equivalent to Foundation Degree / Advanced Highers

A Levels, Highers and Bachelors Degrees

Useful A Levels / Scottish Highers might include:

- Science, technology, engineering and maths (STEM) subjects
- Automotive engineering

Already know that a degree is the way you want to break into the sector? Head to UCAS and find out what qualifications (A Levels / Scottish Highers / Scottish Advanced Highers / IB modules) you'll need for the course that interests you.

Industry-specific degree programmes in this area include Bachelors programmes in Automotive Technology, Automotive Management and Automotive Engineering; you could also consider business and finance degrees. It's a broad industry though, so graduates in disciplines from design to politics would find their skills in demand.

More info

Institute of the Motor Industry – theimi.org.uk

Society of Motor Manufacturers and Traders – smmf.co.uk

Motorsport Industry Association – the-mia.com/motorsport-careers

Find Apprenticeships and jobs in the motor vehicle industry near you at careermap.co.uk



Life in the motor industry

Motor vehicles come in all shapes and sizes and so do the career opportunities around them.

You might be on the factory floor working alongside high tech robots to assemble vehicles; travelling around your local area to help people who have broken down and get them on the road again; charming customers and persuading them to buy their cars from you; or eventually managing a whole team in any of those places. You could also be looking after a fleet of lorries or buses, or even working with a motor racing team.

If you're on the manufacturing side you'll need to be conscientious and work to high standards to make sure cars meet all the required regulations. Likewise, if you're changing tyres, replacing batteries or fiddling with brakes, you'll need to make sure everything is safe.

Higher up, you could find work in the head offices of major car manufacturers, perhaps running a whole region of dealerships, or working on the launch of a brand new model. Like all big companies, automotive firms have marketing, finance, IT, HR and legal teams, as well as management roles unique to the industry, so there's plenty to aim for.

But whether you're in a car dealership specialising in one make of car, joining the pit crew of a motor racing team or working in the international office of a luxury carmaker, you'll be gaining in confidence, learning professional skills, and steering your career in the right direction.

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"What does a career in the automotive sector now look like?"



Kamran Saleem, automotive entrepreneur and managing director of Motorserv UK shares his perspective as to how to gear up for a career in the sector.

TOP 3 CAREER TIPS FOR SOMEBODY WANTING TO CARVE OUT A CAREER IN THE AUTOMOTIVE INDUSTRY?

Tip one

Know the market and know where you want to be – do you want to work with classic cars or modern? I find most technicians move around and leave as they get bored of the work and what they are working on day to day. Know your personality and get a job to match. People are used to, and want to do what makes them happy and gives them job fulfilment – it's not always about the money. The higher paid jobs can generally be the most mundane and least exciting, so you as a candidate need to know what you want. Get a wide variety of work experience in different environments, offer your free time if needed so you have the right experience when it comes to application time. You will land in the right environment suited to you.

Tip Two

Invest in your tools because a good technician is well-equipped, so start to build up tools from an early age. Often a lot of jobs are completed and solved based on a particular tool a technician may or may not have. It's impossible to have everything that's needed but it will make life easier; plus you'll be a more valued staff member in the workshop.

Tip Three

Keep your eye on the future as this industry has limited days left, but it won't end anytime soon. There will be a shift to electric and hybrid engines soon – it's a stark reminder that you can't be set in your ways or just be a one trick pony. Skillset demands will change, market demands will alter so you have to keep an open mind and be adaptable. Instil into yourself a mindset that everything is a learning day.

Always remember, skills and knowledge are only about 30% of the actual job. Personal skills, discipline and ethics make up the rest. Be on the time, keep tidy, keep yourself presentable leading to working smarter. Speed up jobs by being disciplined in cleanliness and organisation. Listen to customer demands and remember it's a commercial environment – the business needs for the customers comes before anything else. Flexibility, adaptability and an overall willingness to go above and beyond will get you far!

Kamran Saleem, automotive entrepreneur and managing director of Motorserv UK shares his perspective as to how school leavers and graduates can gear up for a career in the sector.

His West Midlands car sales and servicing company is an approved and active apprentice trainer, with existing partnerships already in place with Solihull College and University Centre; currently with four Level 2 and 3 apprentices being supported through training.



motorserv-uk

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About Online Retail



Online retail, also commonly referred to as eCommerce, in short, is internet shopping. The sector continues to grow despite the coronavirus pandemic as physical stores have been forced to close at times due to lockdowns. The sector itself is packed full of opportunities for young people who are interested in joining a dynamic environment which combines digital with retail.

There are many businesses that only trade online, whereas others trade instore and online and few just instore. As an economy our internet usage keeps increasing, especially during the pandemic, when people have been unable to leave the house, this has seen a spike in sales for online retailers, where shopping is more accessible than instore.

What Can I Do?

There is a wealth of career opportunities available in online retail, it's all about finding the right fit for you. Whether you're interested in buying and merchandising, digital marketing or even warehouse and distribution, there is so much choice for you to explore.

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Working in online retail presents you with the opportunity to explore careers closely linked to digital too - something which is increasingly important in this day and age. You could be working in digital marketing, helping to get the word out about your product through social media, email marketing, PPC, paid advertising, display advertising or content marketing.

You could also be working towards optimising the sites SEO to ensure your product ranks higher in search results for important keywords related to the product. Alternatively, you could start a lucrative career in user experience, where you'll be pitching ideas, plans and designs to make the site more user friendly than the designers and web developers will put this into action.

Online Retail Skills

There are a wide range of skills that will come in useful in online retail. These skills include:

- An understanding of eCommerce
- Commercial awareness
- IT/computer skills
- Analytical skills
- Customer service
- Creativity
- Innovation

Don't worry about having every single sector-specific skill, you'll develop these on the job as you become more advanced and gain more experience.

You Could Work For...

- Amazon
- Ao.com
- ASOS
- Boohoo
- eBay
- Gymshark
- Littlewoods
- Misguided
- Moonpig
- Nasty Gal
- NotOnTheHighStreet.com
- PrettyLittleThing
- Very
- Watch Shop

There are also retailers who trade both instore and online such as:

- Argos
- TK Maxx
- River Island
- Sports Direct
- Marks & Spencers
- Morrisons
- Asda
- Tesco
- Body Shop
- Boots

Online Retail Training

Training

There are plenty of different ways to get the skills you need for the online retail sector. Bag yourself an online retail career...

Work-based & work-related qualifications

Relevant NVQ & BTEC programmes include:

- Retail
- Visual Merchandising
- Fashion buying and merchandising
- Marketing

Apprenticeships

There are relevant apprenticeships at the below levels:

Level Two (Intermediate) – equivalent to GCSEs / Standard Grades

Level Three (Advanced) – equivalent to A Levels / Highers

Level Four/Five/Six (Higher) – equivalent to Foundation Degree / Advanced Highers

A Levels, Highers and Bachelors Degrees

Useful A Levels / Scottish Highers might include:

- Business Studies
- Fashion and Textiles Design
- English

Already know that a degree is the way you want to break into the sector? Head to UCAS and find out what qualifications (A Levels / Scottish Highers / Scottish Advanced Highers / IB modules) you'll need for the course that interests you.

Industry-specific degree programmes in this area include Bachelors programmes in fashion and buying, eCommerce, marketing and more! It's a broad industry though, so graduates in disciplines from business to English would find their skills in demand.

Online Retail Careers

Some of the roles available include:

- Buying and merchandising
- Digital marketing
- Web development
- Warehouse and distribution
- Advertising

This sector is closely related to transport, distribution and logistics. Turn to pg 37 to find out more about the distribution sector.

Life In Online Retail

If you're looking for a career which guarantees a diversity of opportunities and challenges then this could be the right sector for you. Each day will be different, bringing innovation and progression pathways to you. As the sector just keeps on growing, it's a career which we can safely say is 'COVID-proof' too!

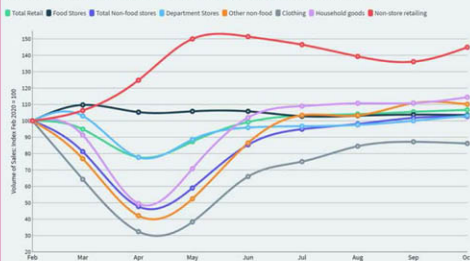


FACTS

Almost all retail decreased significantly between March and June 2020 due to Coronavirus but has since increased to return to something like normality (the exception as far as recovery is concerned is clothing, which is still lagging behind pre-lockdown levels).

However, as you will see, non-store retailing (the red line) grew significantly during the first lockdown period, and although it then fell a bit as shops were reopened, it again picked up from September to October.

Volume of Sales in Britain (Seasonally Adjusted) From February to October 2020



Source: Emsi Analysis of ONS Retail Sales, Great Britain October 2020

Emsi

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Doing an apprenticeship after a degree



Andrew recently joined our team at Careermap. We believe apprenticeships are a great way to gain skills and experience!

After graduating from university with a degree in International Business and Entrepreneurship, I knew that a career in marketing was the path I wanted to take and I was eager to put my skills and knowledge to the test.

I knew that I was entering into an extremely competitive job market and a degree on its own wasn't going to be enough if I wanted to stand out from the crowd. In order to elevate my position in the job market and improve my value proposition to potential employers, I needed to gain more experience in this field.

I found myself in a paradox of needing more experience, in order to gain more experience. This obstacle led me down a route of taking short term contracts and also doing a lot of unpaid work.

I had other opportunities that would have allowed me to find more permanent work, but they weren't marketing related. I wanted to prove to future employers that I was serious about a career in marketing and I felt that this was a good option to do so, especially through unpaid work experience.

Whilst this choice allowed me to break into the marketing environment and start to build up some experience, I was still in

a position in which I wanted a more permanent role that would also allow me to continue to learn and progress in a marketing related field.

This is when I started to consider an apprenticeship. The opportunity to gain hands on experience, apply the skills and knowledge that I've already gained, and continue developing and learning, sounded like the perfect fit.

I applied for a Digital Marketing Apprenticeship with Careermap through QA and from the first point of contact I had with the agency I felt like I'd made the right choice. The support and guidance I received during the application process, including my interview, was unlike any other recruiter that I'd dealt with before. They showed a genuine interest in me and what I wanted to get out of an apprenticeship, and this filled me with confidence.

I was successful with my application and the continued support throughout the process from everyone involved with Careermap and QA was a significant factor for me when accepting the role. I started my apprenticeship in January 2021 and I'm excited about the chance to enhance my skills and future career opportunities in a role that I'm passionate about and enjoy being involved in.



To find out more visit www.careermap.co.uk and www.qa.com

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Young Professional Journey to Work

The free new virtual learning programme for young people from Youth Employment UK

What is the Young Professional Journey to Work?

Who are you? What makes you tick?
What do you WANT, and what do you NEED in life? And how do you get it?

The new Young Professional Journey to Work virtual learning programme from Youth Employment UK is a free learning tool for young people aged 17+. You're welcome to use it if you're older or younger and there's a 16 and under version launching this month too!

The Young Professional Journey to Work is filled with reflections and activities to help you discover more about yourself, your needs and what you want to do in the future. It gives you the tools you'll need for your own life journey, and takes a really inclusive approach so your personal needs have been considered. The Young Professional Journey to Work is a free self-discovery guide for everyone.

As a Young Professional Journey to Work student you can explore what life has to offer you right now. From handling emotions to learning how to find opportunities, you'll discover a lot about yourself, your skills and how you can start shaping your future.

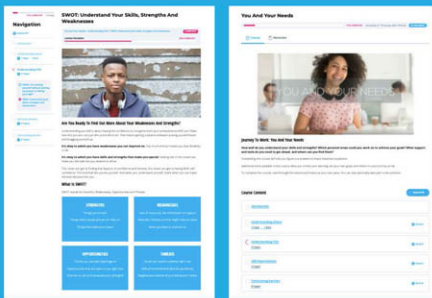
Your Young Professional Journey to Work starts with you! It puts you and your skills first, and helps you figure out your next steps to a future that feels right for you.

Skills and Careers Hub

Youth Employment UK's **Skills and Careers Hub** provides 14-24 year olds with free resources, advice and guidance. Designed with input from young people, the Skills and Careers Hub offers practical tools to support young people through education, transition into employment and beyond in a process of lifelong learning.

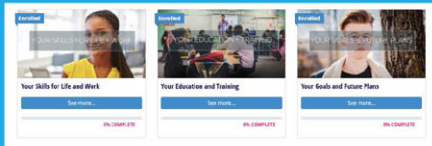
How to use the Young Professional Journey to Work

Just sign up as a Young Professional, log into your dashboard and choose one of the eight Journey to Work courses to get started. You have a range of courses to try, from You and Your Needs to Confidence and Emotions, Experience and Taking Charge of your Career.



To pass each course you'll need about 2 hours, but additional content will surface to help you explore what you need in more detail if you want to.

You don't need to be tackling this all in one go and you don't have to do it alone, you can choose to share the topics and activities with family, teachers, employers, apprenticeship providers and support workers.

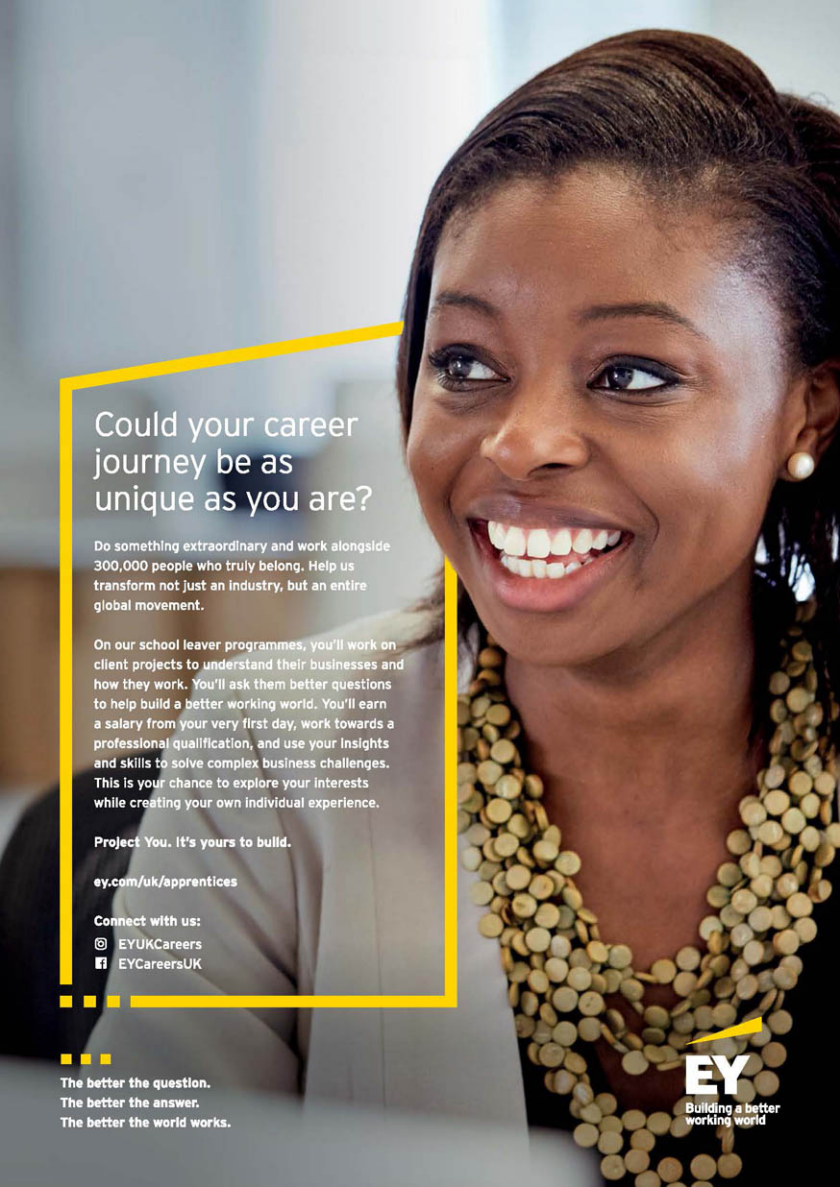


Youth Employment UK are employment experts giving young people skills, careers support and tools to fulfil their potential and connecting them to quality opportunities with Youth Friendly Employers.

www.youthemployment.org.uk

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■ ■ ■
The better the question.
The better the answer.
The better the world works.

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The current Coronavirus pandemic means your classroom learning has been cut short, creating a structured home learning plan is essential to continue your education. Just because school and college is out your learning doesn't have to stop altogether. Most of your schools and colleges will lean on online learning resources with technology being the only method of communication.

If you find yourself struggling with the lesson plan, seek help. Whether that be from your parents, teachers or friends. Drop them an email or text, we're all in the same boat and reaching out to others is crucial. Remember that our inboxes are always open too, so if you're looking for support on career opportunities, you can email info@careermag.co.uk.

How to create a structured learning environment at home?

When continuing your education outside of the classroom, it's important to set up a structured home learning environment. We've put together some practical advice and tips for you to learn with a clear mind. From sticking to a routine to keeping a clean environment – these are all essential to a clear and healthy mind.



1. Keep to a routine

While it's very tempting to roll out of bed at 8:55 am to start your lesson at nine in your pyjamas, this isn't advisable. Stick to your normal routine as much as possible. Jumping in the shower and getting dressed will help you feel psychologically ready to start learning. What you wear all depends on what you feel most comfortable in.

Everyone is different, so a t-shirt and jeans might work for some, others may feel in a better frame of mind wearing a school uniform. Changing out of your clothes when you finish your lessons is also a good way to help you switch off after school or college hours.

2. Which room should you work in?

Again, this is all down to you and what works best. Our advice is to try and make this the room that you spend the least time in. If you have a spare room in the household then it's a good idea to make use of it. If you don't, try the kitchen. It's unadvisable to work in the living room if you're going to spend your whole evening in there too as it can be difficult to switch from education mode to chilled vibes.

Creating a dedicated work space will help you to set boundaries from personal and education experiences. Your work space should be tidy and clean too to avoid any distractions. When the bell rings at school or college, you pack your papers and revision books away so it's a good idea to do this at home too. Put all your papers away in your bag and switch off the laptop so you can leave the day behind and focus on yourself.

3. Create a timetable and stick to it

It's likely that your teachers have set up a lesson schedule, stick to it. Write a list and tick tasks off as you go along. This can be immensely satisfying and is a great idea to make sure you get things done! Creating a structured home learning plan increases productivity and helps you to remain focused. You can use it to understand your goals and to prioritise your workload ensuring you meet deadlines to the best of your ability.

4. Take a break - and regularly

It's important to take a break. Looking after your mental health at a time like this is crucial. It can be difficult not being able to socialise with friends and family in person but that doesn't mean you can't call them.

Go for a walk or get in the garden for some fresh air every once in a while. When learning from home it's easy to get stuck in a rut but that doesn't mean you should shut yourself off from people who care about you. Follow the government's guidance, don't socialise in person but do still ring or FaceTime your friends and family as that's so important as is getting fresh air and eating regularly. Fuel your brain with positivity.

5. If you're stuck - ask for help

Your teachers and family want to support you the best they possibly can during these challenging times. If you're struggling, ask for help! Don't just suffer in silence. You might reach a burn out point if you don't ask for help and challenges will accumulate, whereas if you reach out the teacher will be able to offer you support so you can learn and move forward.

Ask your teacher if they would be willing to have a video call online to discuss what areas you're struggling with. Your teacher won't even realise you're stuck on something if you don't ask for help. They might choose to ask other people in the class whether they are stuck in the same area and then they discuss this after the lesson with a small group of your class.

What works for you?

Everyone is different! And that's perfectly ok. What works for you might not work for your friend so it's important to understand the best plan of action for you. We understand that this is a challenging time for you, as young people, but making the most of this time is important.

Don't skip your lessons for an extra hour in bed - your teachers want to help support you! It might be tempting but if you do that, you might fall behind when it comes to going to college or university.



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