

SUPPORTED INTERNSHIPS

What is a supported internship?

A supported internship is a work based programme for people aged 16-24 years old with learning difficulties/disabilities or autism.

The internship will usually last around 1 academic year. You will be working in a work environment for 4 days a week and then either 1/half a day per week in an educational centre. You will cover topics such as mock interviews, CV writing, planning events and budgeting as well as support and advice to access future opportunities for paid employment. There will be a total of 3 placements lasting around 10/12 weeks each.

How should employers see me after doing the internship?

"I would like employers to see me as a person and not as my disability."

"I want people to look at me and view me in positive way and my strengths about what I can do and NOT my weaknesses and what I can't do!"



For more information and support, contact us on:

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