



## A Guide to Post 16 Options

From September 2015 the participation age was increased until a young person's 18th birthday.

This does not mean staying in school, you can choose to study or train in any of the following ways:

- Studying full time in school, college or with any training provider
- Working or volunteering, combined with a part-time education or training
- Apprenticeship, traineeship or study programme

### KEY STAGE 4

### KEY STAGE 5

**CVEA  
GCSEs,  
BTECs,  
OCR  
Nationals**

#### **A Levels & Vocational Courses at Sixth Form**

*Sixth forms allow you to continue to learn in an academic way in a school environment.*

#### **A Levels & Vocational Courses at Further Education**

*Colleges offer a wide range of courses linked to industries and jobs as well as A Level courses. They often have more specialised equipment and facilities than school sixth forms. Colleges also offer apprenticeships and some have their own sixth form.*

#### **Traineeship or Study Programme**

*Offered by training providers. A traineeship is a course that includes a work placement. It can last from 6 weeks up to 6 months.*

#### **Apprenticeship**

*A real job with a recognised qualification. Apprenticeships are advertised and you need to apply as you would for any job.*

#### **Intermediate Apprenticeship**

*You will study towards qualifications such as an NVQ Level 2, and a knowledge-based qualification such as a BTEC.*

#### **Advanced Apprenticeship**

*At this level, employers will typically require GCSEs at grade 4 or above, usually including English and Maths.*

#### **Job or Volunteering**

*A minimum of 20 hours per week with recognised training.*



## Sixth Form Providers

**St Roberts** [www.strobertofnewminster.co.uk/sixth-form](http://www.strobertofnewminster.co.uk/sixth-form)  
Tel: 0191 7161700 Email: [sixthform@strobertofnewminster.co.uk](mailto:sixthform@strobertofnewminster.co.uk)

**Southmoor** [www.thesixthformatsouthmoor.co.uk/](http://www.thesixthformatsouthmoor.co.uk/)  
Tel: 0191 594 9991 Email: [southmoor6th@southmoormat.co.uk](mailto:southmoor6th@southmoormat.co.uk)

**St. Anthony's & St. Aidan's Catholic Sixth Form** [www.aaasixthform.com](http://www.aaasixthform.com)  
Tel: 0191 5658904 Email: [enquiries@st-anthonys-academy.com](mailto:enquiries@st-anthonys-academy.com)

## Colleges and Further Education Providers

**City of Sunderland College** [www.sunderlandcollege.ac.uk](http://www.sunderlandcollege.ac.uk)  
Tel: Caron Smith 07919299595 or Jess Coates 07920211835

**Newcastle College** [www.ncl-coll.ac.uk/](http://www.ncl-coll.ac.uk/)  
Tel: 0191 2004000

**Gateshead College** <https://www.gateshead.ac.uk/>  
Tel: 0191 4900300

**East Durham College** [www.eastdurham.ac.uk](http://www.eastdurham.ac.uk)  
Tel: 0191 5182000 Email: [enquiries@eastdurham.ac.uk](mailto:enquiries@eastdurham.ac.uk)

**Northern School of Art** <https://northernart.ac.uk/>  
Tel: 01642 288 888 Email: [studentrecruitment@northernart.ac.uk](mailto:studentrecruitment@northernart.ac.uk)

**South Tyneside College** <https://www.stc.ac.uk/>

## Training Providers

**BL Hairdressing**  
Hairdressing courses and apprenticeships <https://blhairdressing.co.uk/>

**Chameleon Training**  
Motor vehicle training [www.cvt-uk.co.uk](http://www.cvt-uk.co.uk)

**Learning Curve**  
Construction (range of trades) and travel & tourism [www.learningcurvegroup.co.uk](http://www.learningcurvegroup.co.uk)

**Milltech**  
Training and apprenticeships in motor vehicle, customer service, sales and many more  
[www.milltechtraining.co.uk](http://www.milltechtraining.co.uk)

**Resources North-East**  
Construction, business administration, I.T. [www.resourcesnortheast.co.uk](http://www.resourcesnortheast.co.uk)

**Springboard North-East**  
Business admin, customer service, retail, health & social care, hair & beauty therapy, horticulture, childcare, hairdressing, motor vehicle [www.springboard-ne.org.uk](http://www.springboard-ne.org.uk)

**Seta**  
Apprenticeships in engineering, manufacturing and related industries [www.seta.co.uk](http://www.seta.co.uk)

## Apprenticeships

**Find an Apprenticeship Service**  
Register at [www.gov.uk/apply-apprenticeship](http://www.gov.uk/apply-apprenticeship)

Find out more about apprenticeships [www.amazingapprenticeships.com](http://www.amazingapprenticeships.com)