

# PAL LIVE 2026

Monday 2<sup>nd</sup> February

## STUDENT WORKBOOK











Kent & Medway  
Careers Hub

NAME .....

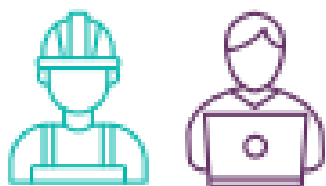
## WHAT INFORMATION WILL I HEAR?

Today, you will hear from different people who do different jobs. They will tell you about the choices you have when you leave school. You will also hear from young people who are already working or studying. They will talk about what they do and what their studying is like now.

This information will help you think about your future. It will help you choose the subjects you might want to study. Remember to ask good questions, they can help you decide what to do next.

	 <p>Speaking to people and telling them my thoughts.</p>
	 <p>Listening to what people say and remembering it</p>
	 <p>Staying positive if I do not know what to say and asking for help</p>
	 <p>Helping or working with other students or adults</p>

# KEY APPRENTICESHIP TERMS



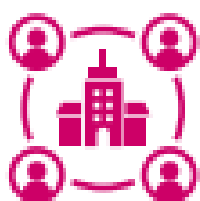
## Apprentice

Someone who is doing a job and learning.



## Line manager

The person who tells you what to do at work.



## Employer

The organisation you work for.



## Salary

The money you are paid for working.



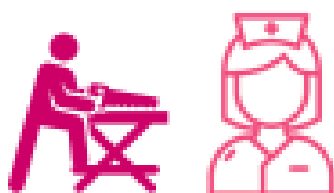
## Training Provider

Organisation that teaches apprentices.



## Apprenticeship Standard

Document that explains what you will be learning.



## On-the-job

The time you spend working.



## Off-the-job

The learning you do in paid time..

## What are Supported Internships?



Supported internships can be a good way of having a study programme that helps you to get a job.

What makes supported Internships different is that you do most of your learning at work. This means you can **'learn on the job'**.



You may spend a little time at college each week, but most of your time will be spent on a work placement.



Supported internships run from Monday to Friday during term time.

A supported internship could be the right choice for you if you know you learn best by 'doing'.



The most important thing is that you really want to get paid work.

Supported internships are all about working towards a paid job.





be seen  
be heard  
belong

# PROVIDER

Supported Employment helps 16-24 year olds with an Education, Health and Care (EHC) plan to make the journey from education into employment.

Young people are supported on their journey every step of the way.

## Which programme is right for you?



### Preparation for Employment Programme

Preparing you for going into a Supported Internships year.

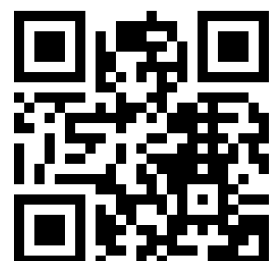
If you need a little more support to prepare for the world of work after school or college, this is the programme for you.



### Supported Internship Programme

Focussed on getting you into a workplace. You can join after school or college, or after Preparation for Employment. With support, you will learn and train within the role.

Find out more about bemix: <https://www.bemix.org/>



Forward2Employment works alongside Fortis Trust to support young people, with Special Educational Needs & Disabilities (SEND), in Medway, Kent and the South East, to find permanent and purposeful employment.

Supporting you on your journey, and moving you Forward2Employment.



### What is a Supported Internship?

They are unpaid and last for a minimum of six months. Wherever possible, they support the young person to move into paid employment at the end of the programme.

Alongside their time at the place of employment, young people complete a personalised study programme which includes the chance to study for relevant substantial qualifications, if appropriate, and English and maths.



Supported Internships are so successful because they offer realistic, challenging and purposeful work placements with exceptional and sustained support from the Job Coach.

Forward2Employment supports clients aged 19 to 64 with an additional need or disability who have left education to overcome barriers to employment by following a 5 stage model for Supported Employment. Using this person-centred approach, we enable our clients to recognise their skills and gain confidence in the recruitment process.



Find out more about Forward2Employment:  
<https://www.forward2employment.co.uk/>



supajam®

With contemporary music at our heart we offer carefully tailored placements to young people aged 16-25 with an EHCP. Many of our students may have previously struggled in mainstream education due to social, emotional or special educational needs but our bespoke campuses, small class sizes and caring, supportive staff allow all our students to achieve and progress in a happy, inclusive environment.

Although many of our students are musicians and singers these are not fixed requirements to join us.

All SupaJam students however do need to have a clear passion for music and a real interest in the music industry to secure a place at one of our colleges



“The memories I have created here will not be undone because I will not forget one line of this, not one day. I swear I will always remember when I was at SupaJam because SupaJam is a place for hope.”

SupaJam Student

Find out more about this Award-Winning Post-16 Specialist Music Education Provider with Campuses in Swanley, Canterbury, Brighton, Wandsworth and Earls Court at: <https://www.semmuk.com/>



At Grow 19 we are committed to empowering our learners develop the skills and confidence to become as independent as possible and achieve across all aspects of their life.

College life is different from School, it is an adult environment with a positive learning culture. We offer individual coaching and mentoring to support our learners throughout their time at Grow 19 and when the time is right also support their transition into either employment, supported employment, volunteering or social care.



You will hear from Hayden on the PAL Live Broadcast, watch Hayden's story here:  
<https://www.grow19.com/learner-stories.php>



Find out more about Grow 19 at: [www.grow19.com](http://www.grow19.com)

# ACTIVITY

Choose the correct words to complete the statements from the video.

“Learners are matched to placements that suit their timetable / skills and interests.”

Angie  Grow 19

“Its very fun, you get to meet new people/ try new things / be outside.”

Hayden  Grow 19

“Our training here is a mix of homework / work placements/ online and classroom learning.”

Angie  Grow 19

“Supported internships are a good idea because it allows young adults to be supported through what they struggle with and to find a job they enjoy doing / make friends / learn new things.”

Daniel  bemix  
be seen  
be heard  
belong

“I like football / earning my own money / working.”

William  bemix  
be seen  
be heard  
belong

“My work coach helps me by showing me new things / doing my work / guiding me if I don't know something.”

Danielle  bemix  
be seen  
be heard  
belong

“We have a range of businesses that we visit / work with / talk to.”

Liz  F2E  
FORWARD2EMPLOYMENT

“We send our staff with the young person to support them / do the work / get them started.”

Liz  F2E  
FORWARD2EMPLOYMENT

“Guest speakers coming in from the industry to be interviewed by our students as part of our radio station / lessons / careers day.”

Tom  supajam

# WORD SCRAMBLE



Unscramble these 5 key words to do with apprenticeships.

**PINCPARETE**

**AP**

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**BJO**

**J**

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**ALSARY**

**S**

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**LENGANIR**

**L**

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**APETIIPPHCRSNE**

**AP**

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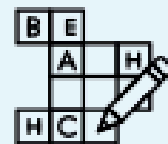
# SPOT THE DIFFERENCE



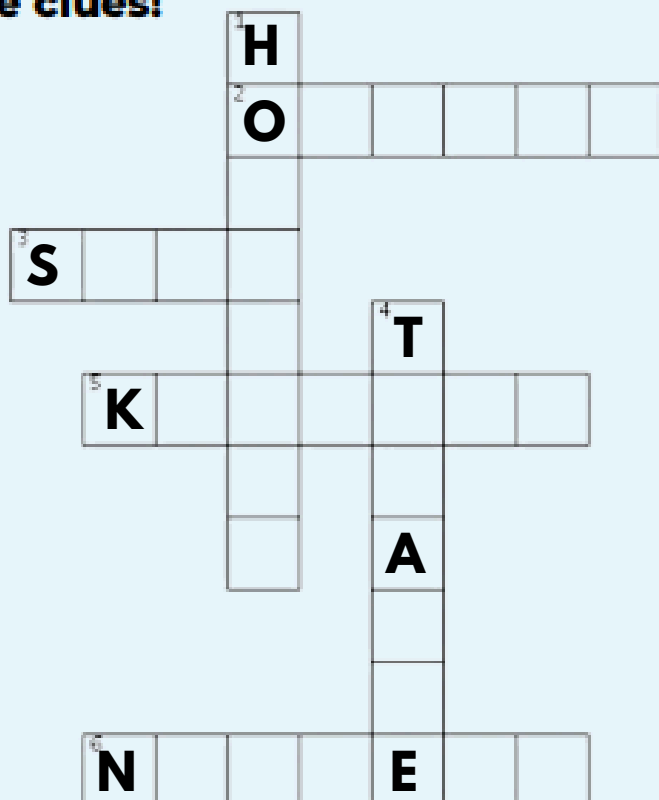
Look at these pictures of apprentices at work.  
Can you spot the 5 differences?



# CROSSWORD



Complete the crossword with places apprentices work using the clues!



## ACROSS

2. Lots of desks and computers here
3. Buy things here
5. Cook food here
6. Lots of little children here

## DOWN

1. Go here if you're hurt or ill
4. Watch plays here

# COLOURING

Colour in the phrase! What could you add around the phrase to show that apprenticeships are amazing?



*Apprenticeships  
are amazing!*

# CRACK THE CODE

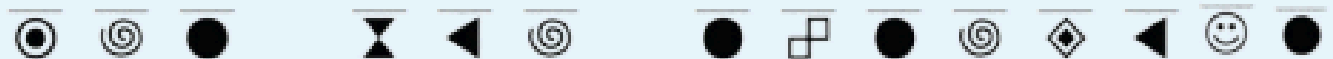


Use the key to work out the phrase!

A	B	C	D	E	F	G	H	I	J	K	L	M

N	O	P	Q	R	S	T	U	V	W	X	Y	Z

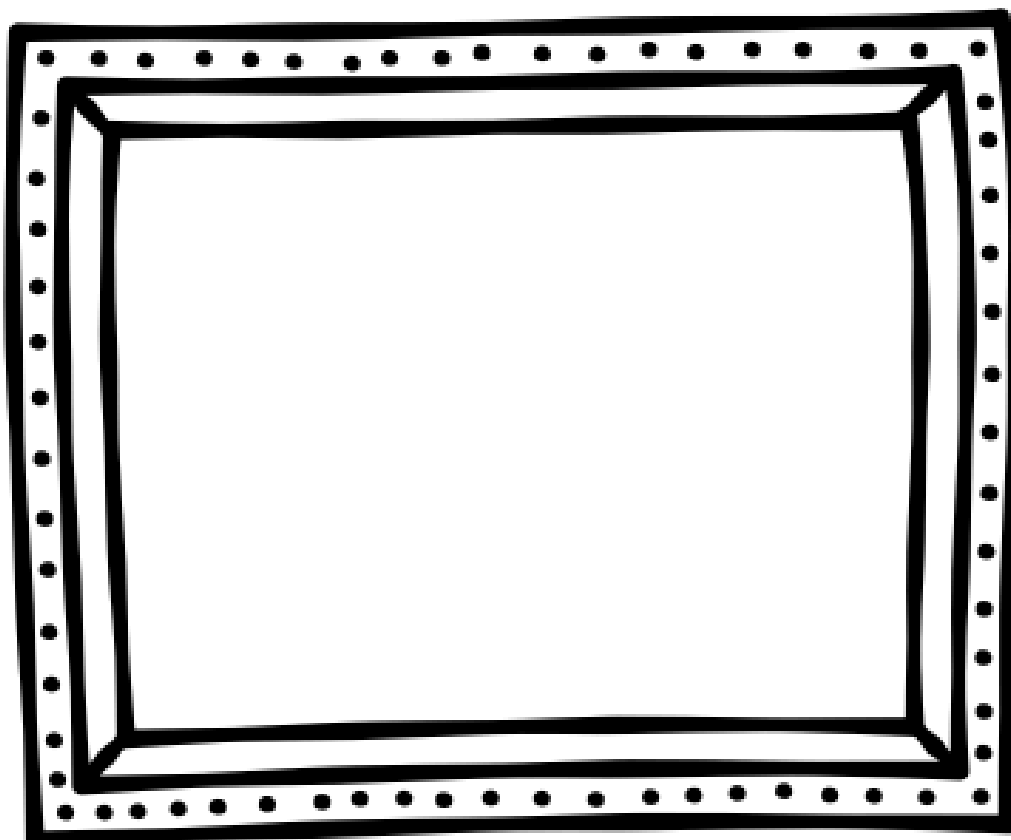
**A**



# APPRENTICE ART



Draw someone doing an apprenticeship you'd like to do!



# WORDSEARCH



Find the 10 apprenticeships hidden in this puzzle!

D R N C F W V F W C R S  
O E C U N I L I A D E N  
G T B R R D F R S R K U  
G A L A M S P E G E R O  
R I P D K E E F Y K O C  
O L D M N E J I E R W J  
O E R T Z Z R G T O M L  
M R E L B O Z H I W R L  
E R B C R R X T K Y A M  
R F E H C F Y E S A F Q  
U U Y C I R T R B L M A  
F L O R I S T H X P G X

**Nurse**

**Firefighter**

**Carpenter**

**Chef**

**Play worker**

**Dog groomer**

**Farm worker**

**Florist**

**Baker**









**Retailer**



## Questions you could ask...

- What skills do I need to start working or studying with you?
- What is the best thing about studying/working with you?
- Were you scared about moving to a new school/college?
- Has this training helped you feel more confident?
- How will you help me know what I want to do in my future?
- What skills would I learn if I came to study with you?

With your teacher, talk about the skills you have used today from this list

	 <p>Speaking to people and telling them my thoughts.</p>
	 <p>Listening to what people say and remembering it</p>
	 <p>Staying positive if I do not know what to say and asking for help</p>
	 <p>Helping or working with other students or adults</p>

## Did your questions get answered?

You have listened to a lot of information today and you may want time to talk about this with your friends, family and school or college.

Please give this Workbook to the people who help you at home.

If you have questions from the day, please tell your teacher.



## WHAT HAS YOUR CHILD LEARNT AT PAL LIVE 2026?

Your child has taken part in a broadcast about post 16 pathways in specialist provisions and supported internships. They have heard from providers offering these pathways across Kent and Medway.

### USEFUL LINKS

**Talking Futures** - [www.talkingfutures.org.uk](http://www.talkingfutures.org.uk)

**UCAS** - [www.ucas.com/further-education/supported-internships](http://www.ucas.com/further-education/supported-internships)

**National Autistic Society** - <https://www.autism.org.uk/advice-and-guidance/topics/education>



### KentChoices Support for Young People and Parents

<https://www.kentprospectus.co.uk/information/young-people-and-parents>

### 16 to 19/25 options in Kent

[Craftworks College - 6 sites in Swale and Ashford](#)

[Catch 22 College - Maidstone](#)

[Kite College - Sittingbourne](#)

[Liberty College - Margate](#)

[Lighthouse on the Marsh - New Romney](#)

[White Rocks Farm - Sevenoaks](#)

[Woodpecker Court - Dover](#)

[YMCA Horizons - Tonbridge](#)

[Mid Kent College - Maidstone](#)

[The Oaks Specialist College - Tonbridge](#)

For more information from the government about support for apprentices with a learning difficulty or disability visit:  
[www.apprenticeships.gov.uk/apprenticeships/learning-difficulties-disabilities-support](http://www.apprenticeships.gov.uk/apprenticeships/learning-difficulties-disabilities-support)



<p>For a full updated list of providers in Kent please use this link</p>	<p><a href="http://www.kent.gov.uk/education-and-children/special-educational-needs-and-disabilities/support-for-young-people-with-special-educational-needs-and-disabilities/education-for-young-people-with-send/specialist-colleges-and-training-providers">www.kent.gov.uk/education-and-children/special-educational-needs-and-disabilities/support-for-young-people-with-special-educational-needs-and-disabilities/education-for-young-people-with-send/specialist-colleges-and-training-providers</a></p>	
<p>For a list of providers in Medway use this link</p>	<p><a href="http://www.medway.gov.uk/info/200307/special_educational_needs_and_disabilities_send_information_hub/2039/education_settings_for_children_and_young_people_with_send">www.medway.gov.uk/info/200307/special_educational_needs_and_disabilities_send_information_hub/2039/education_settings_for_children_and_young_people_with_send</a></p>	