

STEP LEARNING

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WELCOME

Welcome to East Coast College. There's something for everyone in our adult course guide!

Whether you're looking to develop existing skills and build on your qualifications to progress in your current role, retrain and follow a new path or discover an exciting new talent, our extensive range of adult courses can help you prepare for the future. With a range of learning options and course lengths, our programmes are easy to fit around other work and life commitments.

Through completing our courses you will:

- Gain recognised qualifications
- Learn new skills
- Meet new people
- Build your confidence
- Enhance your CV
- Open up new doors for work and training opportunities!

Many of our courses have funding options to help you study, subject to your personal circumstances.

If you need help deciding on the right course for you, please email heretohelp@eastcoast.ac.uk or call us on 0800 854 695.

HOW TO APPLY

Find the course you are interested in on our website at www.eastcoast.ac.uk/adult and complete the online application form.

You can also call our Admissions team on 0800 854 695 or send them an email at admissions@eastcoast.ac.uk for help submitting an application.

Interested in something else?

If you can't see the course you are looking for or want to talk to the team about future opportunities, get in touch. Our college curriculum changes regularly to respond to the needs of our local community and employers, and we want to hear from you if there's something we are missing.

If you're unsure on what qualifications you might need or what your options are, our friendly team can provide support and guidance.

0800 854 695 admissions@eastcoast.ac.uk

Degrees, apprenticeships and more...

As well as the part-time adult courses showcased in our adult course guide, East Coast College also offers a range of degree programmes in partnership with the University of Suffolk, apprenticeships, commercial training, community projects and more. Flick through to page 58 to find out about other ways you can learn and train at East Coast College.

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RENEWABLE AND CLEAN **ENERGY**



This course will explore the nuclear sector in terms of energy generation and safety standards as well as wider skills such as communication and teamwork

Level: Two

Campus: Lowestoft and Great Yarmouth

Duration: Five days

Cost / funding options: Funding may be available subject to your individual circumstances. Please get in touch to find out more.

Entry requirements: There are no formal entry requirements needed to start this course.

Qualification achieved: Level 2 Gateway Progression Certificate

What you can do next: You can step into site employment or upskill in paths such as security, plant and support roles.



This course will explore the offshore wind sector in terms of safety, energy production and next steps for those seeking a potential career

Level:

Two

Campus: Lowestoft and Great Yarmouth

Duration:

Five days

Cost / funding options:

Funding may be available subject to your individual circumstances. Please get in touch to find out more.

Entry requirements:

There are no formal entry requirements needed to start this course. However, those seeking employment in the future will require a relevant engineering qualification.

Qualification achieved:

Level 2 Gateway Progression Certificate

What you can do next:

You can progress to study engineering short courses to aid employment (subject to current experience and qualification).

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SISTAINABLE FUTURES



The college's Evolve Training Academy hosts a range of Level 1 to Level 4 training in hybrid and electric vehicles

IMI Level 1 Introduction to Hybrid and Electric Vehicle Awareness

Campus: Lowestoft

Duration: One day

Cost / funding options: £150 (excluding VAT)

Entry requirements:

There are no formal entry requirements needed to start this course, however you should have a basic understanding of automotive technology and terminology.

IMI Level 2 Award in Hybrid Electric Vehicle Operation and Maintenance

Campus: Lowestoft

Duration: Two days

Cost / funding options: £500 (excluding VAT)

Entry requirements:

You will need to have a good understanding of automotive technology and terminology, as well as experience in vehicle maintenance and repair.

TRAINING

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TRAINING ACADEM

IMI Level 3 Award in Hybrid Electric Vehicle System Repair and Replacement

Campus: Lowestoft

Duration: Three days

Cost / funding options: £750 (excluding VAT)

Entry requirements:

You will need to have successfully completed the Level 2 award in Hybrid Electric Vehicle Operation and Maintenance or have equivalent experience in vehicle maintenance and repair.

IMI Level 4 Award in Advanced Hybrid and Electric Vehicle Diagnosis and Repair

Campus: Lowestoft

Duration: Five days

Cost / funding options: £1200 (excluding VAT)

Entry requirements:

You will need to have successfully completed the Level 3 award in Hybrid Electric Vehicle System Repair and Replacement or have equivalent experience in vehicle maintenance and repair.



This course will look at lifestyle choices that can have a positive impact on the environment

Level:

Two

Campus: Lowestoft and Great Yarmouth

Duration: One day

Cost / funding options: Funding may be available subject to your individual circumstances. Please get in touch to find out more.

Entry requirements: There are no formal entry requirements needed to start this course.

Qualification achieved: Gateway Level 2 Award

What you can do next: Personal development and next steps This course supports a greater understanding of climatic change and the impacts upon the environment

Level: Two

Campus: Lowestoft and Great Yarmouth

Duration: Two days

Cost / funding options: Funding may be available subject to your individual circumstances. Please get in touch to find out more.

Entry requirements: There are no formal entry requirements needed to start this course.

Qualification achieved: Gateway Level 2 Award

What you can do next: Personal development and next steps

J I M A CHANGE

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CONSTRUCTION AND ENGINEERIC



This award will support a basic understanding of the construction/civil sector and safety awareness

Level: One and Two

Campus: Lowestoft and Great Yarmouth

Duration: Three days

Cost / funding options: Funding may be available subject to your individual circumstances. Please get in touch to find out more.

Entry requirements: There are no formal entry requirements needed to start this course.

Qualification achieved: Level 2 Gateway Progression Certificate

What you can do next: You can progress to an adult bootcamp or related employment with training.



This award will support a basic understanding of the security sector, conflict management and human behaviours

Level: One and Two

Campus: Lowestoft and Great Yarmouth

Duration: Three days

Cost / funding options: Funding may be available subject to your individual circumstances. Please get in touch to find out more.

Entry requirements: Consideration of passing security checks linked to the sector expectations.

Qualification achieved: Level 2 Gateway Progression Certificate

What you can do next: You can progress to an adult bootcamp or related employment with training. This course covers the basic skills in painting, decorating and plastering

Level: One

Campus: Lowestoft

Duration: Five weeks, one night a week from 6pm-9pm

Cost / funding options: £225 or funding may be available subject to your individual circumstances. Please get in touch to find out more.

Entry requirements: There are no formal entry requirements needed to start this course.

Qualification achieved: Level 1 Award in Construction Trades

What you can do next: Personal development and next steps.

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East Coast College offers a range of Welding training for adults, with both commercial training for those working in the industry at the college's Great Yarmouth Welding Academy, as well as short courses for those looking to develop new skills in Lowestoft.

If you are interested in finding out more about the Welding training on offer, email adultskills@eastcoast.ac.uk with your background and training requirements and a member of the team will get in touch with you.

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HARAND BEAUTY SERVICES



This course has been specifically designed to develop your skills in the creative skill of dressing women's hair

Level: Two

Campus: Lowestoft

Duration: Six months

Cost / funding options: Part funding may be available subject to your individual circumstances. Please get in touch to find out more.

Entry requirements: There are no formal entry requirements needed to start this course.

Qualification achieved: VRQ Level 2 Certificate in Hairdressing Services

What you can do next:

On successful completion of this course, you will be eligible to start the full NVQ Level 2 Diploma in Hairdressing.



This course will support you to develop the skills and knowledge needed to carry out professional threading techniques

Level: Two

Campus: Lowestoft

Duration: Five weeks, 12 hours per week

Cost / funding options: Part funding may be available subject to your individual circumstances. Please get in touch to find out more.

Entry requirements: There are no entry requirements for this course

Qualification achieved: Level 2 Award in Threading Depilation

What you can do next:

You can progress onto a range of other Level 2 award courses including shaping and colouring eyebrows, wax depilation, make-up and manicure and beauty services.

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This course will provide you with an introduction to nail preparation, gel application and removal, allowing you to paint your own nails at home and offer treatments to others

Level: N/A

Campus: Lowestoft and Great Yarmouth

Duration:

Five weeks

Cost / funding options:

 \pm 375, with an additional cost of \pm 125 to purchase the gel nails kit.

Entry requirements:

There are no formal entry requirements needed to start this course.

Qualification achieved?

College Certificate in Gel Nails

What you can do next:

You can progress onto a range of Level 2 courses including certificate in make-up and manicure and diploma in beauty services.



This course will enable you to gain the necessary practical and theoretical skills in order to provide eyebrow and eyelash treatments to the general public

Level:

N/A

Campus: Lowestoft

Duration: 15 weeks, 10 hours a week

Cost / funding options:

Part funding may be available subject to your individual circumstances. Please get in touch to find out more.

Entry requirements: There are no formal entry requirements needed to start this course.

Qualification achieved:

Level 2 Certificate in Eyebrow Treatments and Eyelash Enhancements

What you can do next:

You can progress onto a range of Level 2 courses including shaping and colouring eyebrows, wax depilation, certificate in make-up and manicure and diploma in beauty services. Our fast track to barbering course is ideal for those seeking a career as an employed/self-employed junior barber

Level: Two

Campus: Great Yarmouth

Duration: 22 weeks - evenings and Fridays

Cost / funding options:

Part funding may be available subject to your individual circumstances. Please get in touch to find out more.

Entry requirements: There are no entry requirements for this course

Qualification achieved:

The qualification you will achieve at the end of the course is based on the Level 2 Barbering National Occupational Standards and is recognised by the UK's leading professional association (The British Barbering Association – BBA)

What you can do next:

Upon successful completion of this course, you are eligible to become a State Registered Graduate Barber with The Hairdressing Council.

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HEALTH AND MENTAL IHEALTHI



This course will introduce you to the basic skills required to become a counsellor and how to use counselling skills to help others

Level: One

Campus: Great Yarmouth

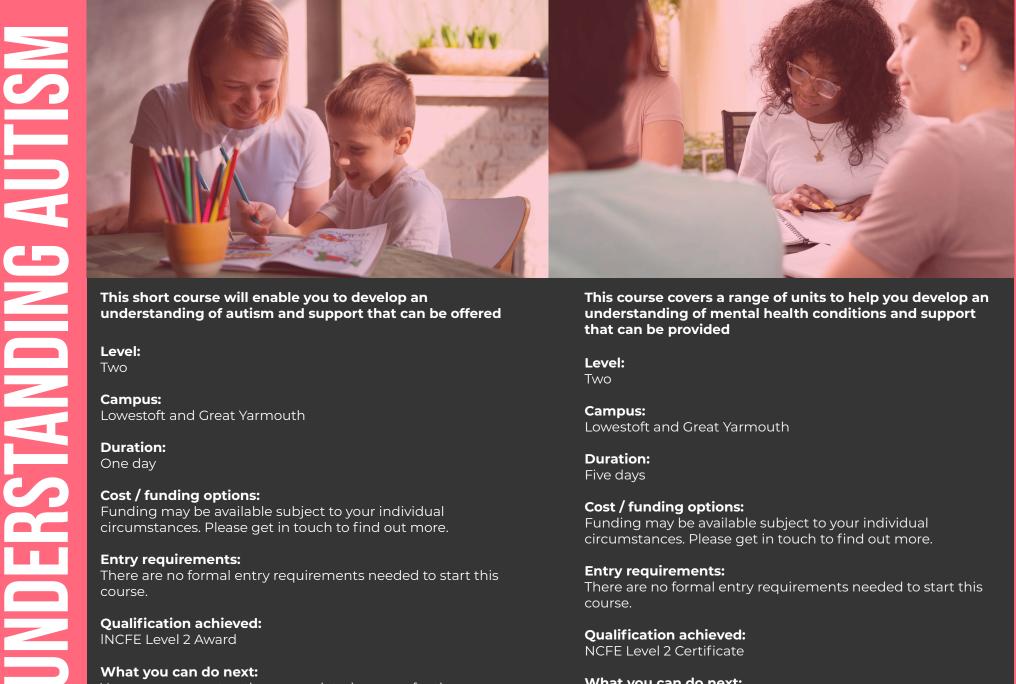
Duration: 15 weeks

Cost / funding options: £336 or funding may be available subject to your individual circumstances. Please get in touch to find out more.

Entry requirements: You will need to have achieved at least GCSEs at grade 2/E or above.

Qualification achieved: Level 1 Award in Counselling Skills

What you can do next: You can progress to study Access to Counselling Level 3



This short course will enable you to develop an understanding of autism and support that can be offered

Level: Two

Campus: Lowestoft and Great Yarmouth

Duration: One day

Cost / funding options: Funding may be available subject to your individual circumstances. Please get in touch to find out more.

Entry requirements: There are no formal entry requirements needed to start this course.

Oualification achieved: INCFE Level 2 Award

What you can do next: You can progress to other care related courses for the workplace including full diplomas to suit job roles.

This course covers a range of units to help you develop an understanding of mental health conditions and support that can be provided

Level: Two

Campus: Lowestoft and Great Yarmouth

Duration: Five days

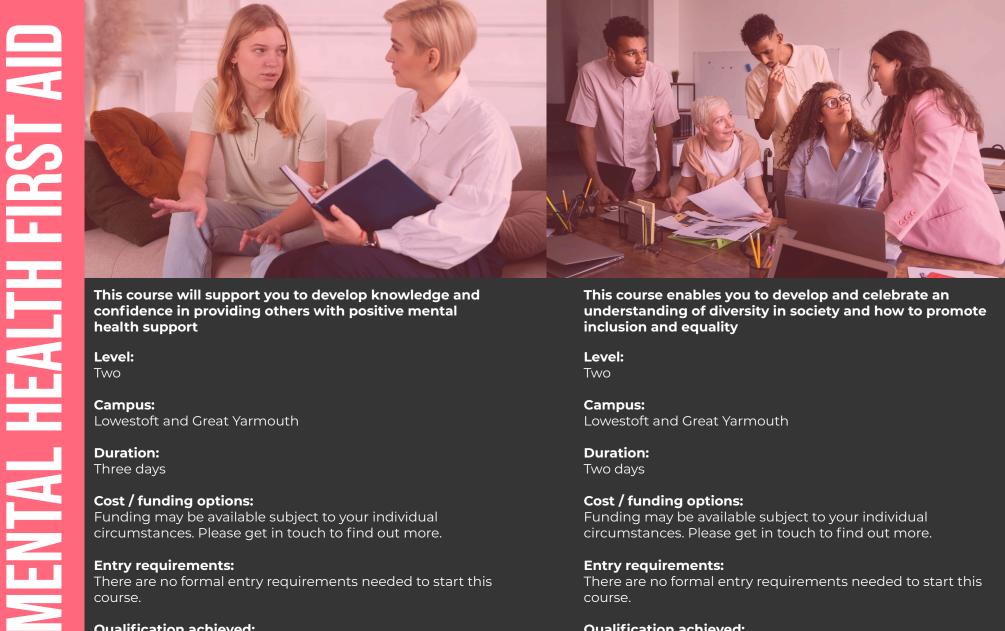
Cost / funding options: Funding may be available subject to your individual circumstances. Please get in touch to find out more.

Entry requirements: There are no formal entry requirements needed to start this course.

Qualification achieved: NCFE Level 2 Certificate

What you can do next: You can progress to other care related courses for the workplace including full diplomas to suit job roles.

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This course will support you to develop knowledge and confidence in providing others with positive mental health support

Level:

Two

Campus: Lowestoft and Great Yarmouth

Duration: Three days

Cost / funding options: Funding may be available subject to your individual circumstances. Please get in touch to find out more.

Entry requirements: There are no formal entry requirements needed to start this course.

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Qualification achieved: NUCO Certificate

What you can do next: You can progress to other care related courses for the workplace including full diplomas to suit job roles.

This course enables you to develop and celebrate an understanding of diversity in society and how to promote inclusion and equality

Level: Two

Campus: Lowestoft and Great Yarmouth

Duration: Two days

Cost / funding options: Funding may be available subject to your individual circumstances. Please get in touch to find out more.

Entry requirements: There are no formal entry requirements needed to start this course.

Qualification achieved: Gateway Level 2 Award

What you can do next: You could progress onto other related business courses or explore employment opportunities.



This short course will support you to develop knowledge and skills on healthy eating alongside managing your budget

Level: One

Campus: Lowestoft and Great Yarmouth

Duration: Four one-hour sessions

Cost / funding options: Funding may be available subject to your individual circumstances. Please get in touch to find out more.

Entry requirements: There are no formal entry requirements needed to start this course.

Qualification achieved: Gateway Level 2 Award

What you can do next: Personal development and next steps This course will support you to develop an understanding of neurodiversity and how skills can be celebrated and supported the workplace

Level: Two

Campus: Lowestoft and Great Yarmouth

Duration: One day

Cost / funding options: Funding may be available subject to your individual circumstances. Please get in touch to find out more.

Entry requirements: There are no formal entry requirements needed to start this course.

Oualification achieved: Gateway Level 2 Award

What you can do next: Personal development and next steps

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This course will support an understanding of dementia, how it can affect daily life and support skills for those in a family or carer role

Level:

Two

Campus: Lowestoft and Great Yarmouth

Duration: One day

Cost / funding options: Funding may be available subject to your individual circumstances. Please get in touch to find out more.

Entry requirements: There are no formal entry requirements needed to start this course.

Qualification achieved; Gateway Level 2 Award

What you can do next: You can progress to other care related courses for the workplace including full diplomas to suit job roles.

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HOSPIALIY



This course will introduce you to the skills required to cook in licensed retail premises, the NHS, local authority catering (including school meals and residential) and leisure food outlets

Level:

Two

Campus: Lowestoft

Duration:

22 weeks - evening and Saturday sessions 12 hours per week plus directed study

Cost / funding options:

This course costs £2600 however, part funding may be available subject to your individual circumstances. Please get in touch to find out more.

Entry requirements:

You will need to have achieved a minimum of three GCSEs equivalent to grade 3.

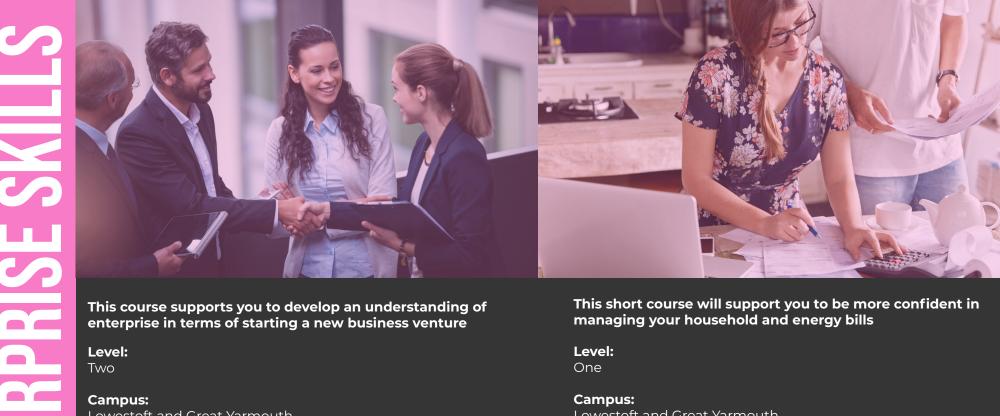
Qualification achieved: City and Guilds Level 2 NVQ Diploma in Food Production and Cooking

What you can do next:

On successful completion of this course, you will be eligible for Level 3 Professional Cookery.

ENPLOYABILTY

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This course supports you to develop an understanding of enterprise in terms of starting a new business venture

Level: Two

Campus: Lowestoft and Great Yarmouth

Duration: Two days

Cost / funding options: Funding may be available subject to your individual circumstances. Please get in touch to find out more.

Entry requirements: There are no formal entry requirements needed to start this course.

Oualification achieved: Gateway Level 2 Award

What you can do next: You could progress onto other related business courses or explore employment opportunities.

This short course will support you to be more confident in managing your household and energy bills

Level: One

Campus: Lowestoft and Great Yarmouth

Duration: Three one-hour sessions

Cost / funding options: Funding may be available subject to your individual circumstances. Please get in touch to find out more.

Entry requirements: There are no formal entry requirements needed to start this course.

Qualification achieved: Gateway Level 2 Award

What you can do next: Personal development and next steps

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This course will be tailored to meet individual starting points and aim to help you develop confidence and make positive progress

Level: One

Campus: Lowestoft and Great Yarmouth

Duration: Four one-hour sessions

Cost / funding options: Funding may be available subject to your individual circumstances. Please get in touch to find out more.

Entry requirements: There are no formal entry requirements needed to start this course.

Qualification achieved: Gateway Level 2 Award

What you can do next: Personal development and next steps This course is designed to give you confidence in supporting others in the workplace, for example new staff or apprentices

Level: Two

Campus: Lowestoft and Great Yarmouth

Duration: Two days

Cost / funding options: Funding may be available subject to your individual circumstances. Please get in touch to find out more.

Entry requirements: There are no formal entry requirements needed to start this course.

Qualification achieved: Gateway Level 2 Award

What you can do next: You could progress to study IAG Level 2 or customer service qualifications

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These short courses will support you to develop basic skills in using Microsoft Word and Excel, as well as the Internet

Level: One and Two

Campus: Lowestoft and Great Yarmouth

Duration: One day

Cost / funding options: Funding may be available subject to your individual circumstances. Please get in touch to find out more.

Entry requirements: There are no formal entry requirements needed to start this course.

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Qualification achieved: Gateway Level 2 Award

What you can do next: You could go on to study for the internationally recognised IT qualification, European Computer Driving License (ECDL). This course is aimed at anyone thinking about starting up your own business, to support with the planning and execution.

Level: Two

Campus: Lowestoft and Great Yarmouth

Duration: Two days

Cost / funding options: Funding may be available subject to your individual circumstances. Please get in touch to find out more.

Entry requirements: There are no formal entry requirements needed to start this course.

Qualification achieved: Gateway Level 2 Award

What you can do next: Personal development and next steps.

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MPLOYMEN



The course will be delivered in small groups and through one-to-one mentoring that will aid support with job applications and next steps

Level: One

Campus: Lowestoft and Great Yarmouth

Duration: Five one-hour sessions

Cost / funding options: Funding may be available subject to your individual circumstances. Please get in touch to find out more.

Entry requirements: There are no formal entry requirements needed to start this course.

Qualification achieved: Gateway Level 2 Award

What you can do next: Personal development and next steps This course will support those that deliver aspects of training in the workplace

Level: Two

Campus: Lowestoft and Great Yarmouth

Duration: Two days

Cost / funding options: Funding may be available subject to your individual circumstances. Please get in touch to find out more.

Entry requirements: There are no formal entry requirements needed to start this course.

Qualification achieved: Gateway Level 2 Award

What you can do next: You can complete a Level 3 prepare to teach course or progress to mentoring.

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TRAINER



This course is designed for all ages and levels of ability to ensure you have a good understanding and knowledge of digital skills

Level: Entry Level 3, Level 1

Campus: Lowestoft and Great Yarmouth

Duration: 20 weeks

Cost / funding options:

Funding may be available subject to your individual circumstances. Please get in touch to find out more.

Entry requirements:

There are no formal entry requirements needed to start this course, however you will need some knowledge of how you use your chosen device.

Qualification achieved: Gateway Entry Level 3, Level 1 Award

What you can do next: You will be able to progress from Entry Level 3 to Level 1 depending on your starting place.

ESOL

(ENGLISH FOR SPEAKERS OF OTHER LANGUAGES)

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English for speakers of other languages (ESOL) is available at all levels from beginners to advanced. You can study speaking and listening, reading and writing as separate skills or in combination with each other

Level:

All levels

Campus:

Lowestoft and Great Yarmouth Community venue located in the centre of Great Yarmouth

Duration:

17 weeks

Cost / funding options:

Funding may be available subject to your individual circumstances. Please get in touch to find out more.

Entry requirements: There are no formal entry requirements needed to start this course.

Qualification achieved:

Community ESOL Certificate Maths Digital Skills You will also be able to complete optional certificates in living and working in the UK and employability skills

What you can do next:

You can progress onto a higher level of ESOL, GCSE or other college courses.

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YOUTH WORK AND EDUCATION



This course will explore the development of young people as well as safeguarding and activities to help young people excel in society

Level: Two

Campus: Lowestoft and Great Yarmouth

Duration: Four days

Cost / funding options: Funding may be available subject to your individual circumstances. Please get in touch to find out more.

Entry requirements: There are no formal entry requirements needed to start this course.

Qualification achieved: Gateway Level 2 Award

What you can do next: Other care-related courses for the workplace including full diplomas to match job roles.

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This course will support you when working in various sectors such as: Health and Social, Care, Education, Hospitality, Business and Customer Care

Level: Two and Three

Location: Workplace

Duration: Various, typically over 12 months in the workplace

Cost / funding options: Funding may be available subject to your individual circumstances. Please get in touch to find out more.

Entry requirements: There is a requirement for you to be working / volunteering in a relevant job role.

Qualification achieved: Level 2 Diploma (NVQ)

What you can do next: Higher level qualifications

BISINESS AND CUSTOMER SERVICE



This course will provide you with skills to ensure that you can promote professional customer service in a variety of settings

Level: Two

Campus: Lowestoft and Great Yarmouth

Duration: Two days

Cost / funding options: Funding may be available subject to your individual circumstances. Please get in touch to find out more.

Entry requirements: There are no formal entry requirements needed to start this course.

Qualification achieved: Gateway Level 2 Award

What you can do next: Personal development and next steps



This course will support the development of skills to enable confidence in providing information and advice to your customers

Level: Two

Campus: Lowestoft and Great Yarmouth

Duration: Two days

Cost / funding options: Funding may be available subject to your individual circumstances. Please get in touch to find out more.

Entry requirements: There are no formal entry requirements needed to start this

course.

Qualification achieved: Gateway Level 2 Award

What you can do next: Personal development and next steps

DDG GRONNG

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These courses are aimed at those looking to enter into the dog grooming industry and the business side of being a dog groomer

Level:

Two and Three

Campus: Great Yarmouth

Duration: Level 2 - 17 weeks (part-time) Level 3 - one year (part-time)

Cost / funding options:

The Level 2 costs £1,200 and an additional £362 for the City and Guilds Certificate, which is needed to progress onto Level 3. The £1,200 requires full payment, with funding options available for £362, subject to personal circumstances.

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The Level 3 costs \pm 3,417. You may be able to apply for a learner loan to support the cost of this course. Please get in touch to find out more.

Entry requirements:

Level 2 - There are no formal entry requirements needed to start this course.

Level 3 -You will need to have completed the Level 2 Dog Grooming qualification to complete this course.

Qualification achieved: Level 2/3 in Dog Grooming

What you can do next: Progression into the industry. This course is an introduction to grooming your dog and why it is important

Level: N/A

Campus: Great Yarmouth

Duration: One day

Cost / funding options: £150

Entry requirements: There are no formal entry requirements needed to start this course.

Oualification achieved:

N/A

What you can do next:

You can progress to Level 2 and Level 3 Dog Grooming courses to develop your skills and qualifications.

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PLANT AND CIVIL ENGINEERING BOOTCAMP

Skills Bootcamps are the Government's new high-profile training and recruitment initiative designed to help address workforce and recruitment needs. The scheme will help employers who wish to retrain their existing staff so they can increase productivity, develop new business and/or retain staff.

This course will last 11 weeks ,and will provide training with content mainly at Level 3 standard or above (A Level equivalent).

The college is working with a variety of plant contractors to support the delivery of the course and provide job opportunities. The course will include health and safety and CSCS card employability as well as the required plant operative tickets including dumper and roller.

Delivery will be at the Energy Skills Centre, East Coast College Lowestoft Campus, as well as one-to-one mentoring.

Email Rachel Bunn for more details: r.bunn@eastcoast.ac.uk or visit: www.eastcoast.ac.uk/adults/skills-bootcamps





ADDITIONAL IEARNING

SITE SECURITY BOOTCAMP

This is a Skills Bootcamp course to support those identified as progressing into security jobs.

Delivery will be at the Energy Skills Centre, East Coast College Lowestoft Campus, as well as one-to-one mentoring.

Courses include:

Six-day door supervisor course, including the SIA license.

Four-day CCTV course for the SIA license.

Three-day First Aid course.

Apply online today at: www.eastcoast.ac.uk/adults/skills-bootcamps

> Email Rachel Bunn for more details: r.bunn@eastcoast.ac.uk







ENGINEERING BOOTCAMP

The Engineering Skills Bootcamp is an 11-week training programme that has been co-designed with local manufacturing and engineering employers and will provide students with a unique opportunity to work closely with local employers and experience site tours, guest lecturers, masterclass training and more.

Delivery will be at the Energy Skills Centre, East Coast College Lowestoft Campus, as well as one-to-one mentoring and site visits.

Aspects will include:

Health and safety
 Engineering drawings measurement and inspection
 Drawings, measurement and inspection
 Basic welding principles
 Machining skills
 Basic electrical principles
 Personal development and employability skills

The course is fully funded* The course is funded by New Anglia LEP so there is no cost to you! *if you are currently employed in the sector, the course will cost 10%

> Apply online today at: www.eastcoast.ac.uk/adults/skills-bootcamps

Email Rachel Bunn for more details: r.bunn@eastcoast.ac.uk







EARRN WHILE **LEARN** WITH AN APPRENTICESHIP



East Coast College is the one of the **biggest providers** of apprenticeships, working with **hundreds of employers** to place and deliver apprenticeships for **over 800 learners**.

We offer apprenticeships in a wide range of subjects ranging from Level 2 through to degree level. An apprenticeship is an alternative to further education and gives you the opportunity to earn an income while studying. After completing your apprenticeship you can also progress onto higher level of study.







If you want to find out more about completing an apprenticeship, get in touch with our team at: apprenticeships@eastcoast.ac.uk or call 0800 085 8860

ACCESS TO THIGHER EDUCATION

Do you want to study for a degree but are worried you do not have the right qualifications? An Access to Higher Education course could be for you!

These one-year, Level 3 courses are known as the adult's passport to higher education and are specially designed to give you the skills, knowledge and confidence you will need for more advanced study.

Find out more at: www.eastcoast.ac.uk

uos.ac.uk eastcoast.ac.uk

Many students choose to study for their degree with the University of Suffolk at East Coast College.

GOFAR

Some of the benefits of staying local include:

- Smaller class sizes
- Sector experienced tutors
- Excellent student satisfaction
- Fantastic links to employers
- Easy to study around other commitments

You could also save over \$8,000 a year on student rent!





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Opening September 2024

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All information is correct at the time of going to print. Please visit our website for all the latest course details and college information: **www.eastcoast.ac.uk**

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