

Individual Training Accounts (ITAs)

If you live in Scotland, are aged 16 or over, earn £22,000 a year or less or are on benefits, you may qualify for an Individual Training Account (ITA) to help with the costs of a training course. You do not have to pay this back.

You could get up to £200 a year towards the cost of learning through a wide range of courses. You must have registered your ITA account before you start the course. Always check in advance if the course you are interested in is eligible.

You can only apply for one course in any one academic year, and the course must be to either help you find a job, or progress in the job you are in.

You can find out more and apply for an ITA account online at the [My World of Work](#) website or phone **0800 917 8000**.