

## The Prince's Trust Team Programme

Dumfries and Galloway College

### Venues

Dumfries Campus  
Stranraer Campus

### Content

The programme offers students the opportunity to improve motivation, qualifications, confidence and existing talents while learning new skills.

The programme will allow participants to improve self-reliance and self-esteem setting targets for the development of interpersonal skills while working in a group to plan and carry out a project. The vocational project will be related to the world of work and gives participants the skills on exit to progress to employment or training.

SQA Units in Personal Awareness, Practical Abilities, Self and Work, Influences on Mental Health and Wellbeing, Coping Strategies and Building Resilience, Communications, Dealing with Work Situations, Preparing for Employment, Building Own Employability Skills, Responsibilities of Employment, Nutrition, Health and Wellbeing, Intro to Internet and Online Communications and an Introduction to Food Hygiene.

Learners will be supported by staff throughout the programme and individual action plans will be created.

### Start Date

March

### Qualification

Other

### Study Method

Blended learning  
Distance and Flexible learning

### Course Length

12 weeks

### Department

Supported Programmes

### Entry Requirements

No formal entry requirements. Must be aged between 16-29.

## SCQF Points

«SCQFPoints»

## Progression Routes

Completion of the programme will provide participants the skills and opportunities in preparation for employment, training and education.

## Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

## Address

Dumfries Campus  
Bankend Road  
Dumfries  
DG1 4FD

## Website

[www.dumgal.ac.uk](http://www.dumgal.ac.uk)