
How to start an apprenticeship

1. Find out if you qualify

To qualify for an apprenticeship, **you must:**

- be at least 16 years of age
- have legal permission to work in Canada (for example, have a valid social insurance number)
- meet the educational requirements for your chosen trade
- have a sponsor in Ontario

2. Find an employer or sponsor

A sponsor is someone who provides you with apprenticeship training. A sponsor can be a single employer, individual (for example, a contractor) or a group of employers (for example, unions or non-union consortiums).

How to find a sponsor

- **Guidance counsellor:** If you're in high school, ask your guidance counsellor for advice and referrals for the Ontario Youth Apprenticeship Program and other programs ([Specialist High Skills Major, dual credit program.](#))
- **Colleges:** Most colleges have a placement office, or can direct students to a career centre to help find apprenticeship opportunities.
- **Online:** Visit the [job bank](#) to post your resume and availability for an apprenticeship in your chosen trade.
- **Employment Ontario (EO):** EO offers employment services and training opportunities, like [matching apprentices to sponsors.](#)
- **Unions or trade associations:** Many trades have unions or associations with resources to find and match apprentices to sponsors.
- **Local companies:** Research local companies in the skilled trades. Try your local online resources, newspapers, or other directories.
- **Your network:** ask around to see if anyone you know is in the skilled trades and if they are hiring or know someone who is hiring.

3. Apply for an apprenticeship

If you're 18 years old or older

You can [apply online through the Skilled Trades Ontario Portal \(STOP\).](#)

Before you begin the application process, make sure you have this information handy:

- **your personal information:**

- Social Insurance Number (SIN)
- full mailing address
- email address (the ministry will send notices about your apprenticeship training to this email address.)
- **sponsor's information:**
 - full legal name (often different than the business name)
 - full mailing address
 - business phone number
- **sponsor contact person's information:**
 - first and last name
 - phone number
 - email address
- **work arrangement details:**
 - start date with the sponsor
 - number of work and training hours per week

If you're 16 to 17 years old

You must [download a paper application](#).

5. save the application to your computer
6. fill out the application
7. print the application and sign it
8. get your parent or guardian **and** your sponsor to sign it
9. mail (or submit it in-person) the completed, signed application to your local [Employment Ontario apprenticeship training office](#)

We will review your application and let your sponsor know whether or not your application was approved.

Note: You can [change your sponsor](#) later.

4. Sign a training agreement

If your application is approved, the ministry will:

- create a training agreement for you and your sponsor to sign
- approve the signed agreement
- register your apprenticeship training