

Know your rights:

# Traineeships



## **Minimum Hours**

Trainees must receive on average 13-hours a week, averaged over 4 weeks.

## **Paid Training Time**

You must be paid for all training time, including completing modules at home.



## **Breaks & Entitlements**

Trainees receive the same rights, breaks, and entitlements as other team members, its important you're familiar with what they are and why they matter.

[GrilldWorkersUnited.org/rights](https://GrilldWorkersUnited.org/rights)



## **Rates of Pay**

Find out what your pay rate is with our PayCheck tool.

[PayCheck.GrilldWorkersUnited.org](https://PayCheck.GrilldWorkersUnited.org)