



CENTRE DE FORMATION  
DU TRANSPORT ROUTIER  
DE SAINT-JÉRÔME



Commission scolaire  
de la Rivière-du-Nord



# ***Workplace Integration 10.2 and 10.3***

**ÇA ROULE !**  
DEPUIS 40 ANS

# **STRATEGIES/INTERNSHIPS/COMPANIES**

**CFTR.CA**

- 1- First of all, target transport companies*
- 2- Based on your contacts*
- 3- Your employment criteria*
- 4- Your personal and family choices*
- 5- The type of transport*
- 6- Your abilities (English, court record, long distance, etc.)*



(SUITE)

1. *Be proactive in your efforts.*
2. *Make phone calls to request an information meeting. (prepared your message)*
3. *Always stay in control of the recall.\*\*\**
4. *Go to the site to get information.*
5. *Always keep a record of the names of the people you have spoken to.\*\**
6. *Keep notes on companies and contact persons.*



# The interview



- *Prepare BEFORE the interview.*
- *Know the company well; Website, type of transport, etc.*
- *Example of a question: your strengths and weaknesses,*
- *the worst flaw of a trucker etc.*
- *Prepare questions to ask at the end of the interview. (real questions, not empty questions)*
- *Don't ask for a job, offer your services.*

- Be open to refresher training
- Be prepared for a road test\*\*
- Safety equipment (boots, glove, bib)
- Be humble.
- Demonstrate interest in the company rather than in the salary conditions.
- Explain your availability and needs.
- Ensure that the employer agrees on follow-up.

# *Useful sites for your research*

- *CFTR.CA; FOR INTERNSHIPS AND JOBS*
- *emploiquebec.net; Jobs and Info*
- *TruckstopQuebec; Jobs and Info*
- *Specialized transportation magazine*
- *The echo of transport*
- *Transport magazine*
- *Road transport*



- Initiative, autonomy, adaptation and courtesy*
- *Punctuality and attendance*
  - *Sense of responsibility*
  - *Concern for appearance and cleanliness*
  - *Interpersonal skills, good judgment*
  - *Desire to improve*
  - *Self-control at all times and in all circumstances*
  - *Resourcefulness, professional efficiency*
  - *Interest in your business*
  - *Respect for health and safety*

**Google forms** *Form phase 1 (via your email or in your classroom)*

*Form phase 2 (via your email or in your classroom)*

*Form phase 3 (via your email or in your classroom)*

*Final Company Evaluation Form (via email to the company supervisor)*

# ***Prerequisites for access to the Internship*** You must pass skills 1 to 9

***Have given your internship agreement to  
your internship supervisor***

***Your supervisor will notify you when your  
internship is authorized by the CFTR***

# ***For students who are going on an internship in the United States or outside Quebec***

- ***Passport is required to travel to the United States.***
- ***Mandatory health insurance for the United States and outside Quebec (other Canadian provinces).***
- ***You will accumulate the Mileage driven in the United States.***

# ***PEACVL special***

***feature** Follow-up with rigor: complete your Forms and when your 81 hours of internship are completed, inform your internship supervisor. If you want to get your SAAQ certificate 2 as soon as possible*

# **Special Feature 24**

**Months** *Inform the company that you do not have class 1 (reason) that you only have the apprentice.*

*Your internship must be done in the presence of a trainer with a class 1 for more than 24 months.*

*Follow-up with rigor: complete your forms and as soon as your 81 hours of internship are completed, inform your internship supervisor to have an appointment for your class1.*

***Particularity (Quebec service)  
Absences and the precise  
end date of your internship  
will be mentioned to the  
Quebec service.***

# ***Return from the internship***

- ***Be present (important)***
- ***Presentation of gifts and awards***
- ***Discussion between you***
- ***Forms Verification***
- ***Don't miss it!***

**cftr**

CENTRE DE FORMATION  
DU TRANSPORT ROUTIER  
DE SAINT-JÉRÔME



Commission scolaire  
de la Rivière-du-Nord



**ÇA ROULE !**  
DEPUIS 40 ANS