



CENTRE DE FORMATION
DU TRANSPORT ROUTIER
DE SAINT-JÉRÔME



Commission scolaire
de la Rivière-du-Nord

Workplace Integration 10.2 and 10.3

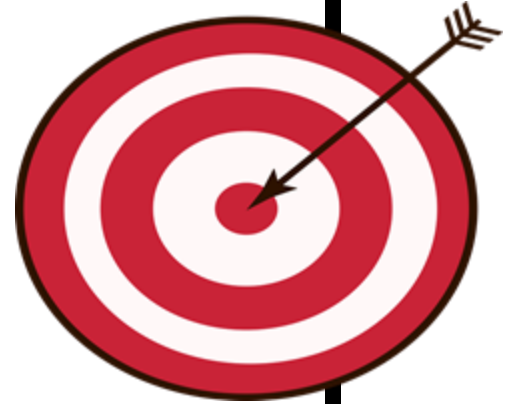


ÇA ROULE !
DEPUIS 40 ANS

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!***



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