

Yorkshire and Humber Foundation School

Career Taster Sessions in the Foundation Training Programme

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Career Taster Sessions in Foundation Training

Advisory Notes

Definition of a Taster

'A taster is a period of time, usually 2-5 days, spent in a speciality in which the foundation trainee has not previously worked, which enables the development of insight into the work of the speciality and which promotes careers reflection'.

Previous UKFPO guidance on specialty tasters for foundation trainees included the aims and background, followed by advice on developing high quality tasters including essential components, seven steps to developing local opportunities and tips for specialty/areas to ensure the best experience for the trainees.

The guidance covered information about developing a registers of tasters, the FSD and FPD roles and responsibilities.

YHFS has developed a taster leave application form and a feedback form for both trainees and trainers. Trainees should complete these forms, as information from this is collected to provide a register of tasters. Trainees should also be encouraged to complete a reflective piece of evidence with Horus e portfolio.

- 1.1 The School encourages the use of study leave during the third placement in F1 and throughout F2 for trainees to explore career opportunities.
- 1.2 The School expects every Training Programme Director (TPD) to establish and maintain a published list of currently available taster sessions for their foundation trainees which should be easily accessible.
- 1.3 TPDs are expected to facilitate the uptake of these opportunities by their foundation trainees and maintain records for their annual report. The local arrangements for trainees (especially foundation year 1) to undertake career taster sessions should be included in the programme study leave policy/guidance.
- 1.4 TPDs should ensure a careers reflection form is entered in the e-Portfolio for the taster, as proof of attendance and of educational value. The contents of the reflection form can be private, but it is suggested this is shared with an educational supervisor in a careers discussion.
- 1.5 Although the definition above specifies specialty there may be other valuable opportunities such as learning about public health, medical leadership or medical publishing.

- 1.6 Each foundation programme should maintain and regularly update a list of tasters taken by their trainees, with details of the taster supervisors, including contact details.
- 1.7 Foundation programmes are encouraged to share their list of taster programmes/supervisors with other programmes in the school. Where a programme can provide a taster experience not readily accessible to a trainee in another foundation programme, it is recommended that the viability of cross-sharing tasters is discussed.
- 1.8 Trainees should be able to carry out taster days within their own trust / region. We do not support trainees travelling to other areas of the country to undertake taster days if there is an opportunity to do so locally. If, in exceptional circumstances, it is agreed for them to attend a taster elsewhere, travel claims can be submitted subject to the base hospital rules. In these cases this needs to be agreed by the trainees TPD and Deputy / Foundation School Director.
- 1.9 Travel claims for taster days cannot be made for the trainees base hospital