



powered by



HELP THEM FEEL UNSTOPPABLE THIS SUMMER

National Citizen Service (NCS) spoke to your teenager in school today and we wanted to give you more information about the incredible opportunity that is available to them this summer.

Exams will be over and there will be twelve weeks to fill! We have a fantastic solution that will help your teenager to:

- Gain independence
- Meet incredible people
- Improve their confidence
- Get their voice heard

**PLUS
NCS LOOKS
GREAT ON
CVS & UCAS
STATEMENTS!**

NCS runs over a period of three to four weeks (with weekends off) and will make this a summer to remember!

To date 500,000 15 – 17 year olds have taken part in this once in a life time experience.

PHASE 1 - ADVENTURE

We will pick your teenager up from a local pick up point and they will spend the next 5 days with NCS staff and qualified instructors at an outdoor activity centre. In a team of 15, they will try their hand at a variety of outdoor pursuits ranging from rock climbing and kayaking to problem solving and challenge courses.

All of their meals (we cater to all dietary requirements) and accommodation are provided and we have some amazing evening entertainment lined up for them during their stay!

PHASE 2 - DISCOVERY

Your teenager will live at a university or college campus, staying in student accommodation. During this phase of NCS they will take part in a range of sessions designed to build key life skills, which are favoured by colleges, universities and employers. In the past we have run first aid training, disability sports, Barclay's Life Skills, interview techniques and many more thought provoking and enjoyable sessions. There is something to suit everyone! Exact details of your local team's workshops will be confirmed during our parent information evenings, which you will be invited to once your teenager has booked on to the programme.

PHASE 3 - ACTION

Using their new-found skills to plan and run their own social action project to make a difference in the local area. A few examples of community projects that NCS teams have run in the past include: sponsored sleep outs and food banks to raise awareness of homelessness, blindfolded sports tournaments to raise awareness of visual impairment, regeneration projects at care homes and community fun days to raise money and awareness for local charities. The possibilities are endless. The projects are youth led and the NCS team will be on hand to provide support and guidance. Last year NCS participants raised £1,242,927 for local charities and good causes!

PHASE 4 - CELEBRATION

Upon completion of the programme we will celebrate in style with a graduation ceremony, which you will be invited to attend. We will relive the highlights and recognise all the effort that each young person has dedicated to the programme. Every participant will also be awarded with a certificate signed by the Prime Minister.

Following the NCS experience there will be the chance to stay involved with an array of graduate opportunities such as: Graduate Youth Board membership, leadership training, NCS Action Day, media campaigns and even summer employment opportunities!

HOW MUCH DOES IT COST?

NCS is amazing value for money – the whole experience will cost you a maximum of £50. (This also includes transport, meals and accommodation on phase 1 and 2).

No one should ever be prevented from taking part in NCS for financial reasons, which is why assistance is available. If this does apply to you, please make our team aware of your personal circumstances and they will discuss bursary options with you.

SECURING A PLACE

- 1 Call our contact team on **0330 414 2504** (Monday – Friday 9am – 9pm)
- 2 Visit **ncsyas.co.uk**
- 3 Scan the **Snap chat** code opposite



DATES AVAILABLE

We will be back in your school on:

QUESTIONS?

Email: ncs@apm-uk.co.uk Tel: 0330 414 2504
Telephone lines are open from 9am – 9pm
Monday – Friday or visit ncsyas.co.uk



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