



WHAT IS NCS?



A YOUTH PROGRAMME LIKE NO OTHER

Designed specially for 16 and 17 year olds, the NCS experience will give you a clearer idea of what you want from your future.

We'll help you realise that big, exciting things can come from feeling a little bit overwhelmed. ...No, seriously, it's all good. Remember, **No. We. Can.** Show yourself exactly what you're made of!

On NCS, you'll mix with a new crowd, and take on fresh challenges together. Before you know it, you'll be rooting for each other, as you all tackle your own little hurdles.

Along the way, you'll also get a taste for independence and pick up skills that'll help you smash your future goals.

And if that's not enough for you, you'll also be given a platform to have your voice heard and pursue a passion project.

A massive part of NCS is celebrating diversity in every way possible. Everyone should feel at home on NCS – so whether you're a social butterfly or a slightly awkward caterpillar, we've got lots of ways to help you feel at ease around a bunch of new people. Not least, the best Team Leaders, who'll always have your back.



Week 1: A five day outward bound residential at **Tawd Vale Adventure Centre** to focus on teamwork, problem solving skills and getting out of their comfort zone. Some of the activities may include high ropes, archery, water sports and many more.



Week 2: Participants will then spend five days at **Loughborough University** developing their independent living and life skills through a variety of workshops and learning about their local community.



Weeks 3 & 4: The teams will work from a local community base to plan and implement a community project that benefits both young people and society using the skills developed in Week 1 and 2. This will take place Monday to Friday and is non-residential.



Celebration: Finally, to celebrate their NCS achievements, we will hold a Graduation to present a signed certificate from the Prime Minister.