

Find Your Voice Cardiff

Find Your Voice will be returning to Cardiff this Summer Holiday! UpRising Cymru are on the hunt for 16 future heroes from Cardiff to *shake things up*.

WHO IS IT FOR?

Find Your Voice will show you how to overcome the fear and let the world know what you care about. To apply, you must:

- Be aged 16-18
- Live in Cardiff
- Have a passion to make a positive difference in your community

We're not looking for the most clued-up, perfect activists, pro-campaigners or Grade A students - we'll support and guide you every step of the way! Worried that you want make a difference, but you don't fit the bill or think that you're not experienced enough? Well, this is the Programme for you!

WHAT'S INVOLVED?

- Attend a **four day programme** learning about key skills such as **teamwork**, **leadership** and **communication** with **experts from a variety of industries!**
- Launch a digital campaign and work with **Radio Platform** to make a podcast on an environmental issues you care about!
- Tell the big decision makers in Cardiff what you really think!
- Develop your courage and teamwork aboard a sailing voyage with **Challenge Wales!**
- Explore your belief, learn new skills and **challenge yourself!**

WHAT IS THE COST?

It's free! In some circumstances travel costs can be covered.

HOW CAN I APPLY?

It's so easy - take 5 minutes to sign up at www.uprising.org.uk/apply. You will need your name, email, mobile number and date of birth. We will then send you an application form!

For more information please contact **Libbi Prestidge, Programme Coordinator** at elizabeth.prestidge@uprising.org.uk or 07342 994076