



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 16-21
- Live in Cardiff
- Have a passion to make a positive difference in your community

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 teamwork and skills by taking part in a practical session with an **Environmental organisation!**
- 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