



## UpRising Find Your Voice - Cardiff

UpRising are on the hunt for 15 future heroes from Cardiff to shake things up.

Aged 18-21? Find Your Voice will show you how to overcome the fear and let the world know what you care about.

### Participants will;

- Attend a four day programme learning about key skills such as teamwork, leadership and communications with experts from a variety of industries
- Broaden their horizons and explore their potential out on the open seas....
- Talk about environmental and sustainability issues they care about and look at how change can take place
- Spend a day out at sea on a boat to help them broaden their horizons enabling them to reach their full potential
- Tell the big decision makers in Cardiff what they really think
- Talk about environmental and sustainability issues you care about and how you could communicate change
- Explore their beliefs and learn new skills - challenge themselves

### Eligibility

#### Applicants must:

- Be aged 18-21
- Live in Cardiff
- Have a passion to make a positive difference in your community

**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! We're not looking for the most genned up, amazing activists, pro-campaigners or Grade A students - we'll support and guide you every step of the way!

### Application:

[www.uprising.org.uk/apply](http://www.uprising.org.uk/apply)

### Key Informationates and Information:

Recruitment is open now until 13th July

Programme dates -

Monday 23rd to Thursday 26th July 10.30-4.30pm - Programme Days

Thursday 2nd August 4.30-8.30pm - Community Question Time and Graduation with friends and family

Participants must attend all events. The sessions will take place at Wales Millennium Centre in Cardiff Bay.

The Programme is free to attend, however, you will need to pay a **£30 deposit\*** for the day out at sea. This will be returned to you if you attend the session. Each participant will receive £5 a day towards lunch.



You will need to pay a £30 refundable deposit to attend the day out at sea. If you feel like this might be a barrier in attending please speak to us about it.

For more information please contact Thomas Jaynes, Programme Co-ordinator on [thomas.jaynes@uprising.org.uk](mailto:thomas.jaynes@uprising.org.uk) or 07342 994076

*\* If you feel like this will be a barrier in terms of you attending, please talk to us as we may be able to help.*