

Forward to Employment 2015



A residential course for young people (18-22 years)

Newland Park, Buckinghamshire, UK

25th - 30th October, 2015



www.momentumworld.org



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WELCOME

Are you a young person aged 18-22? Have you finished or nearly finished your full-time education? Are you wondering how to improve your CV, succeed at interview, and find the right job?

This course will give you an engaging, focused and inspiring experience which mixes fun with a serious purpose. You will explore who you are, where you are going and what makes you interesting to employers. You'll end up with a new CV and a new approach to job interviews. You'll feel more focused, more confident and more professional. You'll have a story to tell.

Throughout the week you'll be working with other young people from all kinds of different places and backgrounds, but all in a similar situation as you. You'll probably make some good friends along the way. And it doesn't end there: after the course you will be a member of Momentum World's international network, giving you access to further opportunities in Europe and beyond.

ABOUT THE COURSE

The course is led by Momentum World's experienced team of international leadership and creative media trainers. Activities include workshops, interactive exercises and team games, culminating in a big media challenge. You will also spend time working on your CV and practising job interview skills. And there will be a lively social programme to give you time to mix and get to know each other.

Before the course, you will complete an online questionnaire which is the starting point for your learning and development during the week. Every day, you will review your progress with an individual tutor, reflect privately in a Big Brother style diary room, and record your experience in a personal logbook. Each day will be themed as a "chapter" in your story.



PROGRAMME

Day 1: Sunday 25 October. *Theme:* “The Story So Far”

Participants arrive by 1600 ● welcome and introductions; hopes and fears ● video interviews and personal statements ● social time.

Day 2: Monday 26 October. *Theme:* “We Are Not Alone”

Team building through a video treasure hunt challenge ● our “Magna Carta” ● problem solving ● the value of feedback ● what makes a good CV and how does yours measure up? ● who are my “stakeholders” ● welcome party.

Day 3: Tuesday 27 October. *Theme:* “What You See Is What You Get – or is it?”

How to make a first impression ● what do employers expect? ● qualifications, skills, experience and stories ● practice interviews (1) ● professionalism and communications workshops ● “Nuclear Fallout Shelter” team exercise.

Day 4: Wednesday 28 October. *Theme:* “Getting Through the Door”

Review of individual skills ● complex team exercise ● your contribution to the team ● introduction to “personal branding” ● social media and public image ● preparing for tomorrow’s challenge ● “cabaret” style evening led by participants.

Day 5: Thursday 29 October. *Theme:* “Gaining Momentum”

Put learning into practice through a whole team media challenge to create a live TV broadcast on “what makes young people employable”, using the Momentum TV studio ● Presentation, technical and creative skills development ● Final night party around Momentum World’s inspirational “Virtual Campfire”.

Day 6: Friday 30 October. *Theme:* “The Way Ahead”

Preparing my new CV ● practice interviews (2) ● video interviews ● personal action plans and presentations ● future opportunities with Momentum World ● evaluation ● participants depart at 1600.



LOCATION AND ACCOMMODATION

You will be staying at Newland Park, a former university campus near the Buckinghamshire village of Chalfont St Giles. It is close to the M40 and M25 motorways, half an hour by train or underground from central London, and easily accessible from Heathrow airport.

The campus has excellent training facilities and very large outdoor areas which we make full use of for our activities. It is also secluded and safe: there are no main roads nearby, and its distance from any town centres ensures that the course will be free from distractions of any kind.

Accommodation will be in twin (single sex) rooms with either en-suite or shared bathrooms. All meals are provided, with a full range of dietary options available.

COURSE FEE

The course costs just £599, inclusive of all activities, accommodation and meals. Plus we are offering a £50 discount to anyone who signs up together with a friend – so you could get all this for just £549.

HOW TO APPLY

Fill in our simple application form at: www.surveymonkey.com/r/FtoE2015

For additional information, please email sarah@momentumworld.org or telephone 020 7062 8926.

MOMENTUM WORLD

Momentum World works with young people throughout the UK and internationally to develop communication, team working, enterprise and other skills for employment. We promote inclusion and intercultural understanding. We aim to add value to the education process.

Momentum World is not connected to any particular group or geographical region. We have no political or religious affiliation, and are committed to the personal development of all young people regardless of social, cultural, economic or other circumstances. Our thematic priorities are employability, inclusion, intercultural understanding and global learning.

Find out more at www.momentumworld.org and <https://vimeo.com/channels/mwpublic>

WHAT PEOPLE SAY ABOUT OUR COURSES

“An unforgettable experience which taught me many things about myself and the world of work”.

“One of the most inspiring and motivational weeks I have ever had. It has given me more focus and self-belief”.

“It was a challenging experience, something out of the ordinary which made me get involved and push my limits”.

“This was a fantastic experience. I found my hopes and wishes for the future – in other words I found myself”.

“An eye opening course that has really changed my perspective on things”.

“[My daughter] said that it was ‘probably the best week of her life’ and she’s returned wide-eyed, inspired and enthused by everything she has learned. It’s a real joy for us to see her growing and developing, and we are extremely grateful for the opportunities you’ve given her this week”.

“Thank you for giving my daughter [this] opportunity... she has come home with a different but positive outlook on life and also a greater sense of self-belief and achievement. As a result of this project she now wants more to happen in her life in terms of job prospects and increased aspirations”.