



# FEEL UNSTOPPABLE

Dear Parent/Guardian,

This summer, your teenager has the opportunity to participate in the National Citizen Service (NCS.) NCS is a government backed programme that gives 15-17 year olds the chance to take part in adventurous activities, meet new people and develop valuable skills that future employers are looking for. Over 400,000 young people have already taken part, make sure that your teenager doesn't miss out.

The summer NCS programme lasts around 3 weeks with breaks in between. It is broken into phases:

## **Adventure**

We're talking five nights away from home, getting stuck into adrenaline-fuelled outdoor activities like rock climbing, canoeing, archery and making new mates along the way. Then a couple of nights back at home for some much needed rest!

## **Discovery**

You'll learn essential life skills from local business leaders and charities, gain confidence in public speaking, communications skills and budgeting. And it all looks great on your CV!

## **Action**

Back home, you and your team will devise a social action project based on an issue you feel passionate about. This is your chance to feel proud by making a real difference in your community.

## **Celebration**

In such a short period of time you'll have overcome challenges, pushed yourself into new and exciting territories, and had experiences you never thought possible. So now it's time to come together and celebrate!

## **How do I sign up?**

Visit [ncsy.es.co.uk](https://ncsy.es.co.uk) to sign up now. You can select the dates you're able to attend, complete your payment and medical information online.

If you'd like to find out more or sign up visit [ncsy.es.co.uk](https://ncsy.es.co.uk)

The Challenge, Elizabeth House, 39 York Road, London SE1 7NQ

The Challenge Network is a charity registered in England and Wales with charity no. 1129239 and company no. 6845451, whose registered office is at Elizabeth House, 39 York Road, London SE1 7NQ

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