

Join Team

- Uncover your hidden talents and improve your confidence
- Gain new skills and qualifications
- Mix with new people and make new friends
- It won't cost you anything and you won't lose your benefits



3 in 4

of the young people we helped in the last 12 months moved on to work, education or training

- Team is run by an organisation in your area, for example, a local college
- Team is a 12-week course – *see inside for more information*

For more information, please contact:



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Or call free on 0800 842 842 or visit princes-trust.org.uk/team to find out when your nearest Team starts.



Prince's Trust



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Prince's Trust

Team programme

**[DO MORE.
SEE MORE.
BE MORE.]**

Team - New challenges and experiences for 16-24 year olds



Day 1: Meet new people

Don't worry about turning up on your own – there'll be about 12 people joining and everyone will be in the same situation. It'll be informal and there'll be plenty of activities so you'll soon feel part of things.



Week 1: Take action

Over this week, you'll start planning for the weeks ahead – setting out what you want to achieve and finding out how to get your qualifications. You'll also be planning for a week away.



Week 2: New experiences

You'll spend this week away – trying new things and learning how to work with others. This gives you a chance to break away from your current situation. The sort of things you could do include canoeing, climbing, raft-building and much more!



Weeks 3-6: Something to talk about

As a Team, you'll decide on a project to benefit your local community and carry it out. You might be surprised at what you can achieve together. This gives you great experience to talk about at interviews.



Weeks 7-8: Work placements

This is the time to see how the skills you've developed so far can help you in the workplace. It's also a great chance to try out a type of work, or company, to see whether you like it.



Week 9: Plan for the future

Time to plan your next steps after the programme. You'll get help to write a fantastic CV, practise your interview skills and make applications.



Weeks 10-11: Meet the challenge

You and your Team will take on a challenge to help others in the community. This is when you get to test out all the skills you'll have worked on so far.



Week 12: Have your say

In your final week, you'll deliver a presentation with your Team to an invited audience. This is your chance to show off the talents you've discovered! This may sound scary now, but after 12 weeks on Team you'll be surprised at how far you've come.

Don't miss out. Sign up to the next Team today.

Check out when your local Team starts - visit
princes-trust.org.uk/team or call free on 02890 89 5000