



Camp 1: Motivation



Aim

- To increase interest levels within social involvement and motivate them to become active members of the community.
- To create a sense of empowerment within participants.



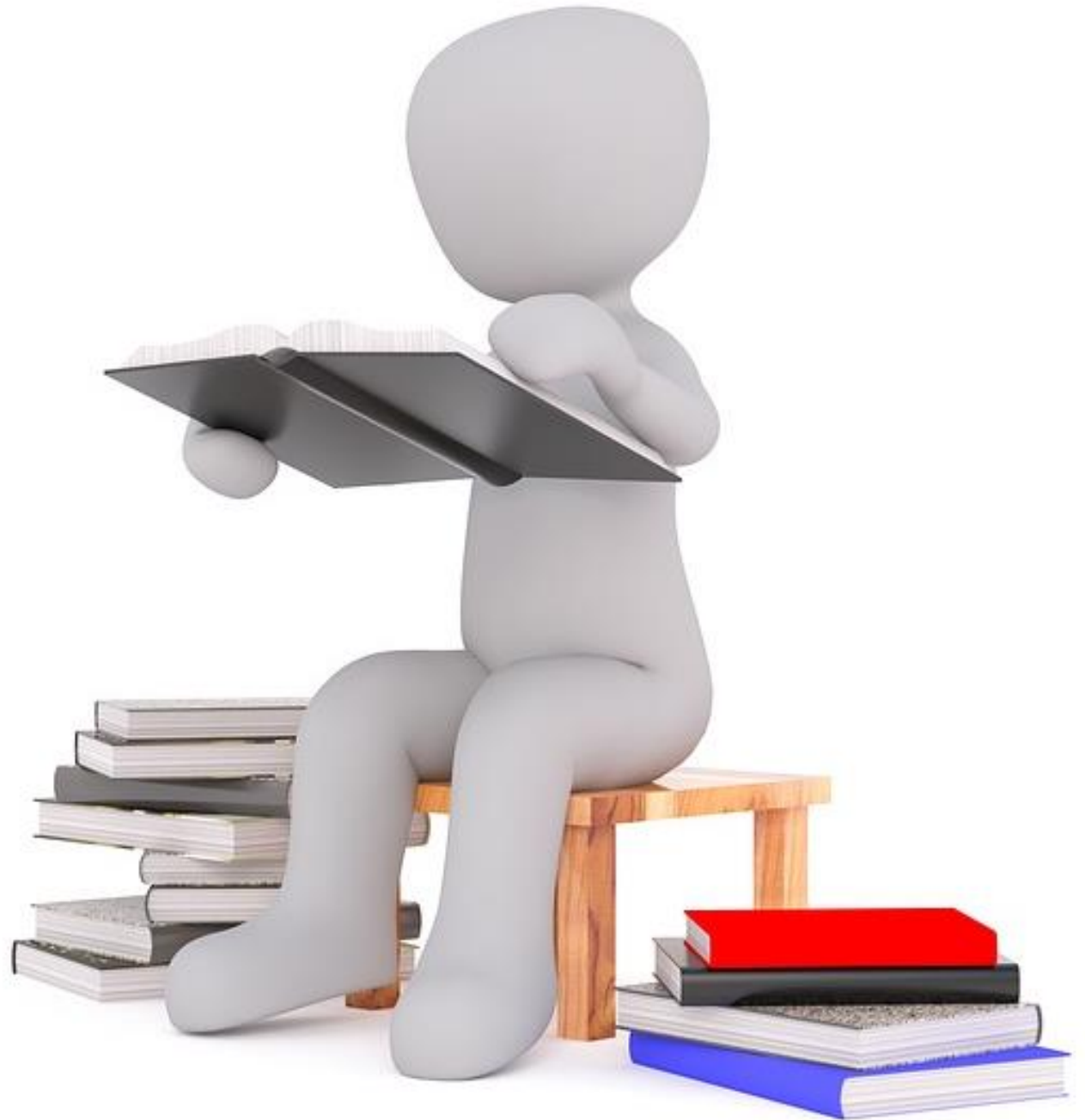
Skills Connected

- Social Skills
- Communication
- Self Confidence
- Attention Span



Camp Environment and Facilities

- Classroom based.
- Rooms that allow group working.
- Writing supplies including a journal for each participant.



Day 1: Activities

- 9:00am

Welcome and introduction to the programme.

- 9:30am

Participants introductions and split into groups in preparation for Task 1.

Day 1: Activities Continued

- 10:00am - Task 1

In groups, allow participants to split into pairs. As a pair they need to take turns stating facts about themselves.

After they return to their groups the partner has to use these facts to introduce their partner to the group. Then to the other groups in the room.

Allows the teacher to gauge the participants social skills and willingness to participate.

Day 1: Activities Continued

- 11:00am

Refreshment Break.

- 11:30am - Task 2

Further Teambuilding exercises.

Give the groups a scenario where they are stranded and can only take 5 must haves for survival. Group discussion.

Allows measure of communication, problem solving and adaptability skills.



Day 1: Activities Continued

- 1:00pm

Lunch Break.

- 1:30pm - Task 2 continued

Further discussion and presentation of decisions made.

- 3:00pm

End of day discussion and finish.

Day 2: Activities

- 9:00am

Introduction to the aims of the day.

- 9:30am - Task 1

Self Reflection- Participants should reflect on how they feel the programme has went so far within their journal. Noting the good and bad points.

Allows the teachers to find out what motivates and empowers participants.

Day 2: Activities Continued

- 10:00am

Participants should set themselves realistic goals that will help them progress. It will also allow them to be accountable for their own actions.

- 10:30am

Refreshment Break.



Day 2- Activities Continued

- 11:00am - Task 2

In groups the participants should use their individual goals combined to create a group poster which will help motivate them throughout the camps.

- 1:00pm

Lunch Break

Day 2: Activities Continued

- 1:30pm - Task 2 continued

Group presentations of the posters with participants offering explanations on the reasoning behind it.

- 2:30pm

Presentation from a young person that has went through similar experiences.

This will allow participants to hear from their peers which will increase the level of motivation to complete the camps successfully.

Day 3: Activities

- All day

Individual meetings with the participants to reflect on the experience and create action points.



Support

- One to one opportunities with a dedicated youth worker.
- Extra materials or additional help on certain activities if needed.
- Reflective/ Progress diary.



Expected Results

- More social skills.
- Rise in communication levels.
- Participants will have more self confidence.
- Participants will have a better attention span.

