

Junior Leadership Programme at Queen's University Belfast

Queen's Sport are pleased to announce a new opportunity for Young People aged 15 – 17 to be part of this year's Summer Scheme.

This programme is managed and funded by the Queen's Sport.

The Camps can be extremely beneficial and rewarding experiences for young people. They can provide immersive experiential learning opportunities that change the way they see themselves, their relationships with peers and other groups, and ultimately their future. The experience of being in a new or different environment, especially if there is a significant outdoor element, is often a sharp contrast from 'normal' day-to-day routines - and can be life-changing.

Background to Queen's Junior Leadership Programme for 2024:

- The Junior Leadership programme at Queen's offers young people aged 15-17 with the opportunity to assist activity leaders and team leaders to deliver activities and coaching for children aged 6-14 on Queen's Sport's annual summer scheme.
- There is a focus this year on how to be a good coach, where participants will learn how to plan and deliver a sports session to a group of young people. There will also be a focus on good relations and the required outcomes are largely based around participants' positive attitudinal change, learning and appreciation of cultural difference and diversity, and the development of new friendships between young people from different backgrounds.
- The programme uses a youth-led approach, giving young people from diverse backgrounds responsibility and the opportunity to be role models for younger children
- It gives young people the chance to take part in a wide range of sporting activities, greatly boosting their skills, future opportunities and health
- It enables them to achieve recognised sports leadership qualifications through Sport NI and provides them with expert training from Queen's Sport staff
- The project will provide each participant with up to 118 contact hours with other young people from different backgrounds
- Young people will be able to experience the excellent sporting facilities at Queen's University
- It places young people in a University environment, potentially for the first time, creating an early connection between them and a leading University and raising aspirations about going to University.
- This project reinforces Queen's commitment to making an impact in our local community and wider society as part of our Social Charter - <https://www.qub.ac.uk/social-charter/>

Who can apply?

Any young person who lives in Northern Ireland and is aged between 15 -17 years' old at the start of the scheme. Young people should have an interested in gaining new skills, having fun and be willing to work as part of a team. Young people must attend all induction and training sessions and be available to attend one of the camps below.

What activities, training and support is available to the young people before during and after the camps?

There is an extensive pre camp induction and fun programme of training and workshops that includes good relations, sport leadership, safeguarding and 'how to coach young people'. Young people are supported during the camp by a full time Camp Leader alongside the Summer Scheme staff.



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Below are the compulsory dates for the training.

- **Thursday 20th June, 4.30-7.30pm** in the PEC
- **Saturday 22nd June, 9.30-12.30pm** in the PEC

When does it take place?

The summer scheme runs for 7 weeks during July and August, and each 'Junior Leader' will complete two weeks of 'camp' during the summer scheme in groups of approximately 16.

In total, this programme will be delivered in 3 camps.

- Camp 1: Monday 1st July – Friday 11th July (9 days only)
- Camp 2: Monday 15th July – Friday 26th July (10 days)
- Camp 3: Monday 29th July – Friday 9th August (10 days)

It is compulsory for all young people to attend the **Pre Camp (induction and Training Programme)** and this will be delivered over one evening and a weekend in June.

How do I register my interest?

Applicants must complete a short application form and have written consent from a parent or legal guardian to take part in the programme.

Applications can be found at www.queenssummerscheme.com

Is there a cost?

There is a set fee of £30 per young person, which will cover a camp t-shirt and workshops. Refreshments and lunch is provided (free of charge) during each day of the pre-camp training days.

When will I hear if my application has been successful?

Successful applicants will be informed before **Friday 7th June 2024**

For further information on the Programme please contact:

Queen's Sport | Telephone: +44 (0) 28 9097 7070 | Email: courseenquiries@qub.ac.uk |

Website: <http://www.queenssport.com/>



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