

FREE



FRESH FRONTIERS

Fresh Frontiers Youth Exchange Programme is a cross community youth development project for 16-24 year olds from the Mid and East Antrim Council area.

- **PERSONAL DEVELOPMENT WORKSHOPS**

(Good Relations, Interpersonal Skills, Conflict Resolution, Communication Skills, Presentation Skills, Confidence Building)

- **ONE TO ONE MENTORING**

(Tailored individual support with career development)

- **COMMUNITY PROJECT**

(Practical involvement in project to benefit the local community)

- **VOLUNTARY WORK PLACEMENT**

(Within local business, social enterprise, community organisation or statutory sector)

- **CROSS BORDER VISIT**

(2night/ 3 days cultural awareness visit)

Phase 1 Larne

Phase 2 Ballymena

Phase 3 Carrickfergus

Eligibility: you must be aged 16 – 24 years

For more information contact LEDCOM tel: **028 2826 9973**

email: info@ledcomwbp.org or visit www.ledcom.org/programmes

