

NCS GUIDE



POWERED BY



NCS (National Citizen Service)

This booklet is full of essential information for NCS including how to prepare yourself and your teenager for the journey ahead. We've broken down each part to provide you with a list of what, where, when and how.

Who are we?

The Challenge is a registered charity founded in 2009. We are the largest provider of National Citizen Service (NCS) in England. Our mission is to design and deliver programmes that bring people together to develop their confidence and skills in understanding and connecting with others. For more information, please visit THE-CHALLENGE.ORG

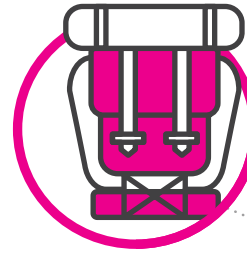
**UCAS RECOMMENDS STUDENTS INCLUDE
NCS IN THEIR PERSONAL STATEMENT**

BUILD THE SKILLS EMPLOYERS REALLY VALUE

**DISCOVER INTERESTS WITHOUT THE FEAR
OF FAILURE!**

ACCESS AMAZING NCS GRADUATE OPPORTUNITIES

BE HEARD!

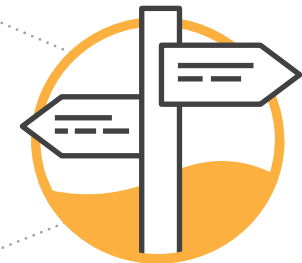


Phase 1: Adventure **Personal Challenge**

Getting to know their team while completing challenges in the great outdoors

Phase 2: Skills **Team Challenge**

Learning new skills and creating a project to showcase to friends and family

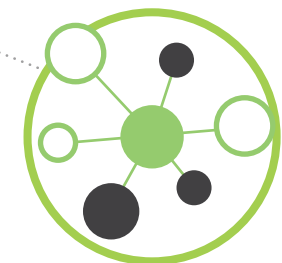


Phase 3: Social Action **Real Challenge**

Bringing all of their newly learnt skills together over this final phase

Phase 4: Beyond NCS **Graduation**

Joining a network of over 400,000 other young people who have successfully completed NCS. **Their Next Challenge begins here.**





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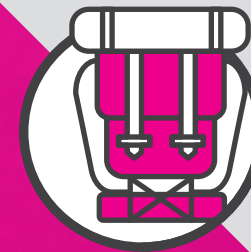
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Their Personal Challenge



The first phase of NCS allows young people to develop leadership and teamwork skills. They will get to know their teammates and take part in challenging outdoor activities such as canoeing, hiking and rock climbing.

THE FACTS

How long?

5  **Days** | **4**  **Nights**

Where and When?

Check your timetable for meeting points and residential details. All of our accommodation provided will be single gender.

*Each day there was a challenge which we overcame not just by ourselves but together as a team.
Can't wait for week 2*

WHAT DO WE PROVIDE?

- All transport that is required between the group meeting points and the programme.
- All outdoor specialist equipment – from wetsuits to harnesses and any safety equipment they might need.
- Experienced and qualified outdoor instructors to guide and support them through each challenge.
- Accommodation, bedding and catering.
- A high ratio of programme staff; We ensure there is one adult to every 13 young people to mentor them and support their needs throughout the programme.



*As standard, The Challenge does not accept responsibility for any medication that a young person brings on NCS. This includes administering medication. Please see our consent statement for more information. If there needs to be an exception for the young person or if you have any concerns, please contact us.

THE PACKING LIST: WHAT TO BRING?

THE BAG: 1 compact bag of luggage, preferably softshell.

THE ESSENTIALS – CLOTHES

- T-shirts and/or thermal base layers.
- Sweatshirts or jumpers
- Warm layers (ideally fleece as some of our adventures include an overnight camping trip!)
- Thick and thin socks for walking
- 2 pairs of trousers for walking: tracksuit bottoms, 'combats', hiking trousers, **but not** jeans.
- Waterproof trousers (optional)
- Trousers/jeans/shorts etc. for wearing during downtime
- 2 pairs of sturdy trainers or walking/ hiking boots (one pair that can get wet)
- A waterproof jacket
- Underwear
- Pyjamas/nightwear
- Sunhat and sunglasses
- Swimwear and board shorts/gym shorts – please note, swimming is not a compulsory activity; we will never ask young people to swim if they don't want to.
- Any religious headwear must be able to fit comfortably beneath any safety equipment such as a helmet. If you have any concerns, please contact us.

THE ESSENTIALS – ADDITIONS AND TOILETRIES

- A packed lunch for the first day
- School bag-sized day bag (30L rucksack)
- Reusable water bottle
- Towel
- Torch
- Toiletries: soap, toothbrush, toothpaste, shampoo, deodorant, etc.
- Prescribed medication (if needed)*
- Small first aid supplies, for example: painkillers, hay fever tablets, plasters
- Sunscreen and insect repellent
- Spending money: if they would like to bring spending money there is a £10 maximum for sweets and treats.
- Electrical chargers: please note availability may be limited, or not available, at site when camping or within shared accommodation. leave any valuables at home.
- Personal belongings are NOT covered by our insurance, we recommend that you leave any valuables at home.

Got a kit question? Visit our website FAQs

PHASE 2: DISCOVERY

Their Team Challenge



In Phase 2 of NCS, they'll take part in skills building workshops focusing on public speaking and storytelling. They will use these skills when meeting their community partner, they will continue to work with for the rest of the programme. Team Challenge prepares them for Phase 3; delivering a project against a Real Challenge.

THE FACTS

How long?

5 
Days

4 
Nights

Where and When?

Check your timetable for meeting points

Watch out...I have a plan.
Thanks to ncsthechallenge
I have the confidence
to now pursue it.

WHAT DO WE PROVIDE?

- All transport which is required between the group meeting points and the programme.
- Experienced and fully trained specialists to help develop every young person's skills.
- Accommodation, bedding and catering.
- A high ratio of programme staff. We ensure there is one adult to every 13 young people to mentor them and support their needs throughout the programme.

WHEN CAN I GET INVOLVED?

Friends and family will be invited to attend an event where our young people can showcase all the skills they have learned so far. Check your timetable for details on when and where to attend.

We look forward to seeing you all there!

THE KIT LIST: WHAT TO BRING?

THE BAG: 1 compact bag of luggage, preferably softshell

THE ESSENTIALS - CLOTHES

- T-shirts and/or extra thermal base layers
- Sweatshirts or jumpers
- Warm layer (ideally fleece)
- Jeans and/or trousers, shorts etc.
- A pair of trainers
- A jacket (ideally waterproof)
- Underwear and socks
- Pyjamas/nightwear
- Sunhat
- Smart/casual clothes for the community showcase event.

THE ESSENTIALS - ADDITIONS AND TOILETRIES

- A packed lunch for the first day
- 30L rucksack to School bag-sized day bag (30L rucksack)
- Water bottle
- Towel
- Toiletries: soap, toothbrush, toothpaste, shampoo, deodorant etc.
- Prescribed medication (if needed)*
- Small first aid supplies, for example: painkillers, hay fever tablets, plasters.
- Sunscreen and insect repellent
- Spending money: If they would like to bring spending money there is a £10 maximum for sweets and treats
- Electrical chargers: please note availability may be limited when camping or within shared accommodation.
- Personal belongings are NOT covered by our insurance, we recommend that you leave any valuables at home.



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Got a kit question? Visit our website FAQs

PHASE 3: ACTION

Their Real Challenge

In phase 3, our young people will work with the same community partner to design and deliver a Social Action Project to benefit their service users and the local area. Teams will pitch their project plans to a panel of advisors whose expertise will turn their ideas into reality. Friends and family are invited to attend this event where you can see the skills they have developed so far and the Social Action Project they will deliver.



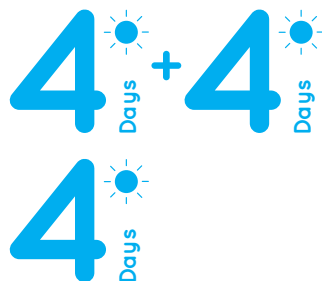
THE FACTS

How long?

4 days community action and planning
+ 4 days carrying out their projects.

Or if they're on our shorter programme:

4 days carrying out their projects,
returning home each evening.



Where and When?

Check your timetable
for meeting points.

Non Residential
(staying at home)

WHAT DO WE PROVIDE?

- Experienced and fully trained staff to help develop every young person's skills.
- A high ratio of programme staff. We ensure there is one adult to every 13 young people to mentor them and support their needs throughout the programme.
- All transport that is required between the group meeting points and the programme activities.

WHAT TO BRING?

- Oyster card or travel pass (if applicable)*
- Packed lunch for each day
- Prescribed medication (if needed)**

WHERE CAN I GET INVOLVED?

Friends and family are invited to attend the Pitch Event where you can see the skills they have developed so far and the Social Action Project they will deliver in the coming days.

We look forward to
seeing you all there!

*Need support with travel please contact us so we can help.

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PHASE 4: CELEBRATION

Beyond NCS

We want to celebrate the incredible work our young people do and their achievements across the programme. Your teenager will be invited to a formal Celebration to be presented their certificates surrounded by friends and family. This is just the start of their NCS journey, as we have lots of opportunities for them to develop as a graduate.



WHEN CAN I GET INVOLVED?

Family member(s) will be invited to attend the event to cheer on and applaud the success of all our young people. We can't wait to see you there! Look out for your invite!

We can't wait
to see you there!

What's on offer?

Once your teenager becomes an NCS Graduate they join a network of over 400,000 other young people who have successfully completed Phases 1 - 3 of the programme. Their Next Challenge begins here. Your teenager will have the opportunity to continue their personal development through social impact projects, volunteer in their local community and grow their professional networks.

How can I find out more?

All participants will find out more during Phase 3 of the NCS programme and once graduated will receive a regular newsletter about how they can get involved. Check out our Graduate page: www.ncsyes.co.uk/grads alternatively, if you have any questions please email graduates@the-challenge.org

Find out more by visiting our website: NCSYES.CO.UK Graduate sign up opens after graduation

Our Promise

The safety and wellbeing of our young people is of paramount importance to us. We are committed to ensuring all our staff are DBS checked and have undertaken training to ensure they deliver our programme to the highest possible standard.

- We work with experienced partners such as the Youth Hostels Association (YHA) and Field Studies Council (FSC) along with fully qualified mentors and instructors to ensure we comply fully with Adventure and Activities Licensing Regulations (2004).
- We produce detailed risk assessments for all of our activities and our staff are trained to identify and mitigate any risks that might occur.
- Our ambition is to create an accessible NCS programme for all eligible young people by providing them with an effective, tailored level of support throughout their NCS journey. If your young person requires extra support please contact us on: **0333 150 2425**

Their promise

Our young people are asked to adhere to a code of conduct to ensure they can challenge themselves in a safe environment. Those who seriously or persistently break the following code of conduct will be asked to leave the programme at their own cost:

- Follow all the safety rules and regulations put in place by NCS and its providers.
- Only leave the programme site accompanied by a mentor.
- Be in your room or tent by 10:45pm.
- Respect people's privacy, do not enter other people's rooms or tents.
- Do not bring prohibited items such as alcohol, illegal drugs, legal highs, fireworks, pen knives or weapons onto the site. Please note you will not be allowed to buy cigarettes on site.
- Respect and include other people, including not using discriminatory language.
- Challenge yourself! - Take part!





FAQs

What if my teenager needs extra support?

Please make sure you have given us full and up to date medical and support information so we can ensure we provide appropriate care for your teenager. We do our utmost to arrange for any adjustments to the the NCS experience required by our young people by developing effective and tailored levels of support. If your teenager requires extra support on their NCS journey please contact: 0333 150 2425.

What if my teenager has specialist dietary requirements?

We cater for a wide range of dietary requirements on the programme including vegetarian, halal, kosher, vegan and gluten free. If you have not already made us aware of any of the above requirements or food allergies please contact us as soon as possible on 020 351 05050.

How do I get in contact with them?

The Challenge will not provide routine updates while young people are away on

NCS. Young people can bring their mobile phones on NCS and will be able to use them during downtime to contact family and friends. However, we are not able to insure personal belongings such as cameras or mobile phones; young people who bring these do so at their own risk. Please note that during “Phase 1” mobile reception and access to charging points can vary due to remote outdoor locations.

What if my teenager needs to be absent for a day?

We expect all young people to try and complete 100% of the NCS programme. However, if a young person needs to be absent for part of the programme, please check our absence policy and contact the team to make a request in advance.

What if there is an emergency?

In the event of an emergency, when your child is in our care, please call **020 351 05050. This is a 24 hour service but is only open during programme delivery.**

More questions?

Visit NCSQUESTIONS.THE-CHALLENGE.ORG or contact us



Phone
020 351 05050

Opening hours:
Monday - Friday, 09:00 - 20:00
Saturday - Sunday 09:00 - 18:00

Website
NCSYES.CO.UK

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

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