



# SUMMER WELCOME PACK

THREE WEEK PROGRAMME

Here's a quick guide to where you'll be going, who your contacts are and what you need to bring to have the best NCS experience this summer!

Provider Name:

Contact Name:

Phone:

Email:

Week 1 Location,  
date and time:

## COVID-19 and your health

We can assure you that we are working to Government guidelines and advice when it comes to your safety.

# TURN NO YOU CAN'T INTO NO WE CAN THIS SUMMER



Take part on NCS this summer and enjoy three weeks worth of activities that'll help you make up for some of the time you lost over lockdown. You'll meet a bunch of new people and have a load of fun, gain skills that are great for the future and your CV. It's time to try things you've never tried before, show off your creative side and boost your confidence.

You'll also get the chance to be involved in your local community and create a positive, lasting impact through social action. Because let's face it, as we all start to navigate our way around this new normal, everyone could do with an extra bit of help - and this is the perfect place to start if you're not quite sure how to do it!

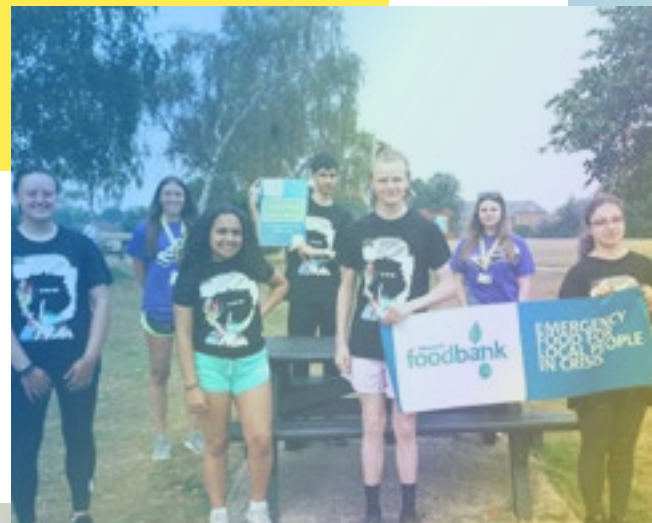
## What to expect

The programme will give you new skills and you'll take part in adventurous activities as well as workshops and activity sessions.

Then you will plan and take part in your own community project to create a lasting impact.



DON'T FORGET  
YOU'LL GET YOUR  
VERY OWN NCS  
T-SHIRT



## What happens next?

### Log-in to MyNCS

Don't forget to check out MyNCS, where you'll find all the details you need about your programme. Check your inbox for how to log in.

### NCS Events

On the lead up to your NCS programme we will host a number of events to give you a flavour of what your NCS experience will be like. More details of our events on Page 4.

### Turn up

Meet us and any friends you're coming with at the designated spot and time (See Page 1) and have fun!

# DON'T FORGET



You'll get a lot out of NCS if you turn up by yourself, but it's also fun to take part with a friend! If you know someone who'd like to join in - get them to sign up and share your experience.

Items you may want to bring if you have them are:

Toiletries	<input type="checkbox"/>	Waterproof coat	<input type="checkbox"/>
Bath towel	<input type="checkbox"/>	Day Bag	<input type="checkbox"/>
Walking boots	<input type="checkbox"/>	Warm clothes	<input type="checkbox"/>
Trainers	<input type="checkbox"/>	Facemask	<input type="checkbox"/>
Sun cream	<input type="checkbox"/>	Notepad and pen	<input type="checkbox"/>
Drinking bottle	<input type="checkbox"/>	Bag for wet clothes	<input type="checkbox"/>
Clothing	<input type="checkbox"/>	Swimwear	<input type="checkbox"/>
Hat or cap	<input type="checkbox"/>	Nightwear	<input type="checkbox"/>
Underwear	<input type="checkbox"/>	Sunglasses	<input type="checkbox"/>
	<input type="checkbox"/>		<input type="checkbox"/>

## FREQUENTLY ASKED QUESTIONS

### Coronavirus - how are you keeping everyone safe during NCS?

We're following the government and the National Youth Agency's guidance on managing youth sector activities and spaces during COVID-19.

### Do I need to bring extra money?

We provide meals whilst on the phase 1 residential, but you will need to bring money or lunch for week 2 and 3 of the programme. Any financial assistance can be discussed with the local delivery partner.

### Can I bring my phone?

Of course! How else will you post selfies on Insta?

### What if I'm nervous?

We totally understand, all our staff are really friendly though and we will help you make new friends.

### Is there a contact number I can give my parent/guardian?

Once you've started NCS, your local team will give you an emergency number that parents/guardians can call if needed.

### Who will I be with?

You'll be in a team of around 15 other young people from your local area. If your friends have signed up for the same dates but aren't in your team of 15, chances are you'll be at the same location.

### What if I have dietary requirements?

If you have any special dietary needs please let a member of our team know, either by email or by phone.

**To see full list of FAQs visit:**  
**[wearencs.com/faqs](https://wearencs.com/faqs)**





## NCS EVENTS

Event:

Location:

Description:

Date/Time:

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# THE NCS WAY



NCS is all about defining yourself, breaking the mould and showing the world exactly what you are capable of. To ensure that everyone gets the chance to have an incredible summer, we do have a few guidelines to help you feel safe, secure and make sure everyone is treated with respect. Please follow these guidelines during your time on programme, as breaking them might result in you being asked to leave.

## **Respect**

Have respect for everyone and everything, including yourself.

## **No bullying**

Physical, verbal, mental and cyber bullying will not be tolerated.

## **No sex, drugs or alcohol**

You don't need them to have fun!

## **Include everyone**

Don't leave anyone out. It's your chance to make new friends and meet all kinds of different people!

## **Site rules**

Please stick to all the site rules of where you will be based or working.

## **No weapons**

This includes pen knives.

## **Consideration**

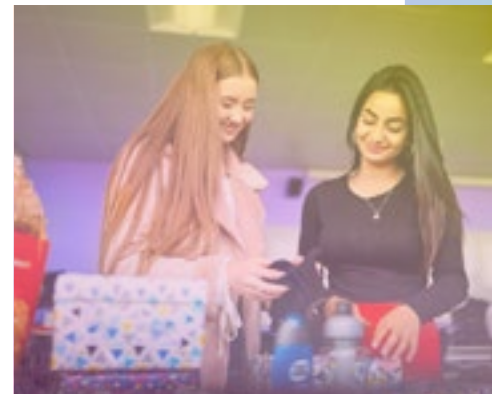
Keep noise levels low in public spaces and be mindful of others. Please do not swear.

## **Be positive**

Give everything your best shot! You never know until you try!

## **Have an amazing time!**

We want you to have the experience of a lifetime. So if you have any concerns or just need to talk, our friendly staff will be on hand at all times.



## **Share your experience**

We love seeing your photos! Don't forget to tag @ncs in your socials.

SEARCH **@NCS**