

## What sort of training do you get?

- Learn what works and what doesn't when making workshops.
- Gain confidence as you practice talking in front of people. Begin with a 30 second spot and then build up your presentational skills.
- Discuss why it is important that we learn to reduce, re-use, refuse, repair and recycle.
- Talk about our consumption habits.
- Watch videos, get more information on the topic.

## Materials

- You will be given: An Ambassador Pack, Poster, CD and leaflets.

You will also have a mentor – someone to whom you can ask questions and get advice from.

How would you like to inspire young people to “be the change they want to see in the world” (Mahatma Gandhi)

Will you  
**Live**The Challenge?



managed by:



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# BETHECHANGECHALLENGE

BeThe Change! SeeThe Change! LiveThe Challenge!

## AMBASSADOR PROGRAMME



Do you care about the environment?  
Do you think Fair Trade is important?  
Does it matter what we  
buy or what we eat?

**If So...**

**Could you get other people hooked?**

Could you make presentations and lead workshops in primary schools?  
Or work with the School Council to run workshops in your own school?

# Join the AMBASSADOR PROGRAMME Promote the Be the Change Challenge

## What is it?

We all have to learn to consume and waste less. The Be the Change! Lifestyle Challenge shows you how. Be the Change! Ambassadors are young people who take the time to introduce the Challenge to others through workshops, games and presentations.

## Ambassadors make three visits to each group:

**Visit One** – You discuss with the school or group which area of consumption they want to focus on – waste, fair trade, food, or energy.

**Visit Two**- You do the presentations, facilitate the workshops and/or play the games that you have agreed to do on the first visit. At the end, you invite everyone to take up the Be the Change! Challenge and sign a Lifestyle Contract, pledging to do things like: turning off lights, not leaving the TV on standby, reducing the amount of waste, etc.

**Visit Three** – You go back four weeks later to see how they have all done. You give certificates to those who have done what they agreed to do in their Lifestyle Contract.

Peace Child International has been promoting the Lifestyle Contract for some time.

BUT WE CAN'T DO IT ON OUR OWN. **WE NEED YOU!**

To reach more young people in schools and groups all over the country.

**We will give you free training and provide everything you need to prepare your presentation in a way that suits you best**



**To find out about upcoming training sessions contact your local Ambassador Coordinator or contact:**

## The Ambassador Programme

### What it can do for you

- Informs you about how to live more sustainably/consume less
- Gives you training in public speaking
- Encourages you to be creative
- Shows you how to lead classroom sessions
- Builds your confidence to speak in front of others.
- Develops skills which can be adapted for other programmes.

### Impressing others:

- It looks good on your CV!
- Colleges and employers will welcome these skills.
- If you do 5 workshops Peace Child will give you an Ambassador certificate.



## The Ambassador Programme for School Councils.

We train School Councils to Be the Change within their school, looking at ways to save energy/ recycle / promote fair trade , look at transport choices or discuss food choices.

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