

You're in control. Get help from a dedicated mentor to discover your potential, boost your personal skills and improve your confidence.

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@princestrust









## ON THIS EXPLORE COURSE YOU'LL:

- Take part in activities including outdoor learning, sports, arts and more.
- · Develop key skills like teamwork, confidence and communication.
- · Learn in a fun and engaging environment with support from experienced mentors.

## **DATES FOR YOUR DIARY:**

Course dates: 19th Sept - 11th Oct 2023.

Location: Prince's Trust, Ancoats, Manchester

Eligibility criteria: Age: 16-25



