

# Study Good Project Delegate Toolkit



Resource 1

Enrichment Activities

Mapping to Curriculum Areas

Curriculum mapping of enrichment		
<b>Engineering / Carpentry &amp; Joinery</b> <ul style="list-style-type: none"> <li>Eco-marathon enrichment project</li> <li>External Speakers from industry including Rolls Royce</li> <li>Guest speaker former female students- success Story- women in STEM</li> <li>Trips to employers e.g. BAE</li> <li>University trips/visits</li> <li>World Skills Live</li> <li>Work Experience</li> <li>Safer internet day</li> <li>Apprenticeship week - Breakfast showcase</li> <li>Framing project for local Hospice canvas prints</li> <li>Charity project – brace and panel rear door for a disability charity.</li> <li>Project to produce an advertising board for barbering department at Buxton and Leek College</li> <li>Project to produce 15 wooden Christmas trees for Learning for Living and Work Department – to decorate and sell in the shop over Christmas.</li> <li>Project to produce 40 wooden dice for Early Years</li> <li>Foxlowe Arts Centre, restoring all woodwork in a restoration project</li> <li>National Engineering Exposition-NEC</li> </ul>	<b>Health &amp; Social Care</b> <ul style="list-style-type: none"> <li>Sign Language 6-week course</li> <li>Emergency First Aid at Work qual</li> <li>Food hygiene -6-week course</li> <li>Fund raising- Donna Louise Hospice</li> <li>Guest speaker – Radiographer</li> <li>Environmental challenge</li> <li>UoD forensics taster day</li> <li>Parliament day</li> <li>Guest speaker Dementia friends – Raising awareness of dementia</li> <li>Charity netball match</li> <li>Safer internet day</li> <li>Bletchley Park</li> </ul>	<b>Hospitality &amp; Catering</b> <ul style="list-style-type: none"> <li>Commercial Dining</li> <li>Work Experience</li> <li>Lunch Club</li> <li>Guest speaker – Mitchell Collier Belmond Cadogan Hotel</li> <li>Visit to Thornbridge brewery</li> <li>Visit to Gin and Whisky Distillery</li> <li>Fundraising – Children in Need</li> <li>Visit to Manchester Xmas markets</li> <li>Santa dash</li> <li>Guest speaker – Alton Towers</li> <li>Safer internet day</li> <li>Visit to Houses of Parliament (1 student)</li> <li>First Aid at work qual</li> <li>Allergy awareness online</li> </ul>
<b>Hair &amp; Beauty</b> <ul style="list-style-type: none"> <li>Charity Pamper and Wellness Days</li> <li>Days with industry specialists: make-up artist; Balmain Hair extension training</li> <li>Level 3 Avant Garde showcase</li> <li>Award in Business</li> <li>Trips to Wella Studios in Manchester and Paris</li> <li>In-house and national competitions</li> <li>Public Salon – Work Experience</li> <li>Charity netball match</li> <li>Safer internet day</li> <li>Theatrical make-up for road safety awareness event</li> <li>Airbase training</li> <li>Dermalogica Training</li> <li>Mac Training</li> <li>Award in Gel Polish Techniques</li> <li>Bridal Specialist of the Year delivering specialist seminars</li> </ul>	<b>Sport</b> <ul style="list-style-type: none"> <li>Additional qualifications: e.g. First Aid</li> <li>Trips to sporting venues e.g. football stadiums, Edgbaston</li> <li>Guest Speakers</li> <li>Ski Trip</li> <li>DofE award</li> <li>LEL – additional qualification</li> <li>Litter pick-up – Tittesworth reservoir, community venue</li> <li>Coaching &amp; leading project with local school children with learning difficulties</li> <li>Charity netball match</li> <li>Safer internet day</li> <li>Expeditions – Shining Tor- Goyt Valley, Lathkill Dale, Chrome &amp; Parkhouse Hill, Mam Tor, Kinder Scout</li> <li>Visits: Erwood Reservoir Valley, Dove Valley Centre, Peak District National Park</li> <li>Climbing; UoD wall, Awesome Walls, Pear Mill Engine House, Stockport</li> </ul>	<b>LDD/Developing Skills</b> <ul style="list-style-type: none"> <li>Enterprise activities: Crafty Corner / Sparkcart</li> <li>Coffee &amp; Cake morning</li> <li>Mini Charity projects</li> <li>Work Experience – UOD, Retail, Business</li> <li>Beach Clean</li> <li>Breakfast Club</li> <li>Remembrance service display</li> <li>Safer internet day</li> <li>External trips &amp; visits: Trafford centre, Manchester- retail skills; Leek town centre – Horticulture; Buxton town centre; Buxton Opera House – Pantomime; Buxton Town Hall; Salvation Army – Leek; Ninja Warrior</li> <li>Calvert Trust residential</li> <li>John Muir award</li> <li>Staffordshire Wildlife</li> <li>Mental Health Awareness</li> <li>World Skills Event- NEC</li> <li>Christmas Extravaganza</li> <li>Fundraising for 2 charities The Salvation Army and The Kenya Project</li> </ul>
<b>Business &amp; IT</b> <ul style="list-style-type: none"> <li>Working with a PLC organisation INTU</li> <li>Environmental sustainability project – ‘The recycle squad’ - Digital promotion working with local recycling company</li> <li>First aid at work – additional qualification</li> <li>Marketing at BLC –</li> <li>Charity event for Cheshire East Hospice</li> <li>Student investor challenge – working with IFS Proshare</li> <li>Recruitment &amp; selection at Sainsburys</li> <li>Visit – INTU Trafford centre</li> </ul>	<b>Art / performing arts</b> <ul style="list-style-type: none"> <li>Cycle of Good project</li> <li>Visit to Liverpool – art gallery &amp; slave museum</li> <li>Visit to Manchester</li> <li>Community art in the park</li> <li>Foxlowe art festival – community event</li> <li>Astound exhibition</li> <li>Safer internet day</li> <li>Performance- Little voice – Foxlowe Gallery</li> </ul>	<b>Childcare</b> <ul style="list-style-type: none"> <li>Bushcraft –Oaklands centre - Outdoor sport activity</li> <li>EDI – Raising awareness of diverse nature of society</li> <li>Story sacks – working with employers</li> <li>Fundraising – Children in Need</li> <li>Guest speaker – Oral Hygiene practitioner</li> <li>Safer internet day</li> <li>Employer event – updates on changes to curriculum, sharing best practice</li> </ul>
<b>Public services</b> <ul style="list-style-type: none"> <li>Houses of Parliament Visit for year 1 Public services and Health and Social Care</li> <li>Leading on remembrance service events</li> <li>Buxton Fire Station Visit</li> <li>Road safety awareness</li> <li>Residential with Atcar army training camp</li> <li>Charity netball match</li> <li>Paintballing – team building</li> <li>Paramedic Visit</li> <li>Police Station Cells visit.</li> <li>Police Riot Training</li> <li>Bletchley Park</li> <li>Guest speaker – retired Prison officer with 30 years’ experience with offenders at stylal prison – key theme rehabilitation</li> <li>Safer internet day</li> <li>Trip – Axe Edge Moor walk</li> <li>First aid</li> </ul>	<b>Buxton Football academy</b> <ul style="list-style-type: none"> <li>Visit - FC United of Manchester</li> <li>Visit - Stockport County FC</li> <li>Guest Speaker – Jim Whitley (Former Northern Ireland and Man City footballer) <ul style="list-style-type: none"> <li>PFA Guest Coaches to deliver specialist training</li> <li>Guest Speaker – Tyrese Campbell (Current Stoke City striker and England Youth international).</li> </ul> </li> <li>Stoke City FC Experience Day</li> <li>Guest Speaker – Viv Anderson (First black footballer to represent England, also played for Man Utd, Nottingham Forest, Sheff Wed and Arsenal). Focus on racism in football</li> <li>Edgbaston Cricket Ground Visit</li> <li>Warrington Wolves Experience Day</li> <li>FA Futsal Coaching Qualification Delivered by Duncan Gilchrist at Stoke City Community Trust</li> <li>First Aid</li> <li>FA Referees Qualification</li> <li>Specialist coaching with local schools at BFC</li> </ul>	<b>Motor vehicle</b> <ul style="list-style-type: none"> <li>Visit – Ferodo, Chapel en le Frith- Transport maintenance</li> <li>Oulton park racetrack</li> <li>World skills</li> <li>Autosport International show NEC 10th January</li> <li>Halfords trade visit</li> <li>Undergraduate open day UOD-motorsport</li> <li>Lightning Car build- small battery-operated cars using recycled materials</li> <li>Derbyshire police visit- police car/specialist equipment presentation with potential employment</li> <li>Go Cart project, strip, re model and re kit/re build followed by an organised race</li> </ul>

Resource 2

EVOLVE Delivery Model

## DELIVERY MODEL EVOLVE

### LEARNER JOURNEY ENRICHMENT TEAM

(Signposting using my career plan – eTrackr)

### SPORT

Netball  
Football  
Fitness Classes  
Boxing  
Dance  
Yoga

### FUNDRAISING

RAG Clubs  
Save the Children  
Coffee Club  
Netball Tournament  
Santa Dash  
McMillan Coffee morning

### CLUBS

Debate Club  
Life Skills Club  
Ready to Work Club  
Coffee club  
RAG club

### COMMUNITY ENGAGEMENT

Remembrance Events  
Food Bank  
Stroke Awareness  
Big Sleep Out  
Whaley Bridge Dam  
Hustings  
Staffordshire Wildlife Trust Conservation Day  
Cooking for Children  
Cooking on a budget

### TRIPS & VISITS

UCAS Fairs  
Houses of Parliament  
Multi-Faith Day  
Cultural Encounter  
University of Derby

### PROGRESS COACHES (FUTURE FOCUS SESSIONS Mandatory)

### DEVELOPING WORK SKILLS

Building Resilience  
Time Management  
Self-Reflection  
Mock Interviews

### CAREERS PROGRAMME

CVs & covering letters  
UCAS Applications  
Presentation Skills  
Public Image  
Writing a personal statement  
Preparation for HE/ next steps/ Employment  
Job progression – Aspirations  
Interview skills / mock interviews  
Education pathways  
Equal opportunities & employment law  
Apprenticeships including advanced & degree  
Traineeships  
Psychometric testing  
Supporting destinations, reflection & completion  
What is Higher Education  
1-1 guidance interviews

### PREVENT / SAFEGUARDING

Healthy Relationships  
Road Safety  
Discrimination  
Digital Footprint  
On-line Safety  
Anti-Bullying  
Value Life, Drop the Knife  
County Lines

### STUDY SKILLS

Revision Skills  
Reaching Ahead  
Plagiarism  
Research  
Referencing  
Targets & Priorities

### PERSONAL

Budgeting  
Banking  
Right Choice Support  
Mental Health Awareness  
Protect Against Fraud  
Know Your Rights  
Catering on a budget

### CURRICULUM TEAMS

(Signposting using my career plan – eTrackr)

### EXPLORING ARTS & CRAFTS

Art  
Pottery  
Craft  
Drawing Skills  
Photography  
Carpentry & Joinery  
Horticulture

### GAINING ESSENTIAL SKILLS & ATTRIBUTES FOR WORK

World Skills  
DoE Award

### ENVIRONMENTAL SUSTAINABILITY PROJECTS

Art – Cycle of Good  
Engineering, Motor Vehicle & Art –Shell Eco  
marathon go cart -upcycling  
All curriculum teams - National Tree Planting  
Week  
Child Care- Curiosity approach, using recycled  
products  
Litter pick up – Tittesworth reservoir

### GUEST SPEAKERS

Employers / Subject Specialists  
Progression – Alumni, University of Derby  
Radiographer  
Dental hygienist  
Dementia awareness  
Guest lecturer – Oncology  
Guest lecture - Forensic anthropology. Dr  
Bryson- consultant for Derbyshire  
constabulary

### ADDITIONAL QUALIFICATIONS

Sign Language  
Food Safety  
Paediatric First Aid  
Emergency First Aid  
Dermatitis award  
Football  
Autism awareness  
Mental Health Awareness

### TRIPS & VISITS

Paris  
New York  
Manchester  
Liverpool  
Worlds End – North Wales  
Ski resort - Italy  
Gierynonedd Gorge - North Wales  
Calvert Trust  
Edgbaston  
Gin & Whisky distillery  
Buxton Opera House  
Bletchley Park

## TRACKING AND MONITORING

Resource 3

Example Student Career Plan

Self-Assessment

## Resource 3



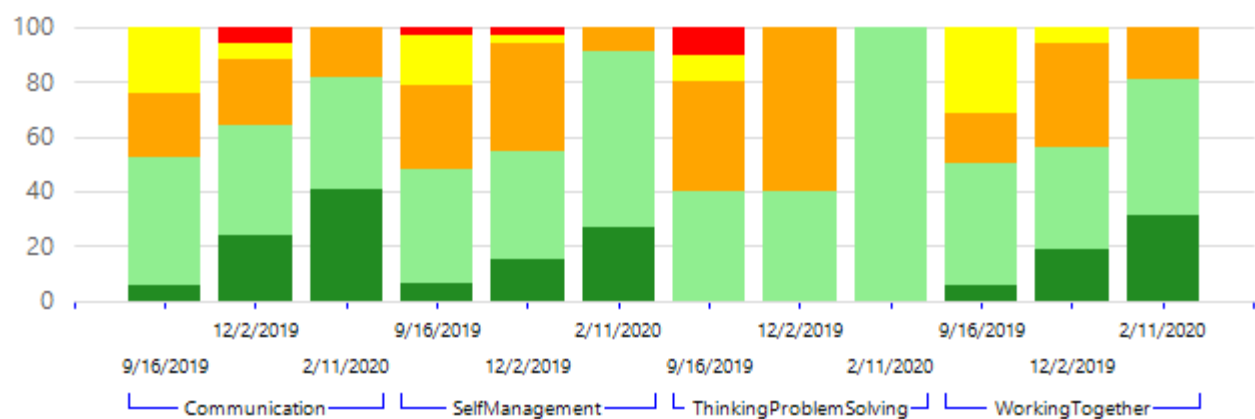
## Career Plan Self Assessments for a Student



Year : 2019/2020

Key:

never rarely sometimes usually always



	commu- nication	self management	working together	thinking			
<i>click on a column arrow to show questions relevant to that area first:</i>					16 Sep 19	02 Dec 19	11 Feb 20
I listen to others without interrupting.	y	y	y		Rarely	Sometimes	Sometimes
I am willing to change my plans to fit in with others.		y	y		Sometimes	Sometimes	Usually
I am a patient person.		y	y		Rarely	Sometimes	Usually
I am confident in speaking on the phone to someone I don't know.	y	y			Sometimes	Usually	Always
I am able to work within timescales.		y		y	Usually	Usually	Usually
I am able to accept guidance and direction.		y	y		Always	Usually	Usually
I get to where I need to be on time.		y			Usually	Always	Always
I can remain calm in difficult situations.		y	y		Usually	Usually	Always
I don't get easily distracted by others.		y			Sometimes	Sometimes	Usually
I feel confident at handling difficult situations.		y		y	Usually	Sometimes	Usually
I am confident at meeting new people.	y	y			Usually	Usually	Always
I am good at communicating my ideas.	y				Usually	Usually	Always
I am confident writing for different audiences and purposes.	y				Rarely	Sometimes	Usually

When working in groups I am not afraid to voice my opinions.	y	y	y		Usually	Always	Always
I find it easy to get up and out of my home in the morning.		y		y	Never	Sometimes	Usually
I find it easy to get started on tasks or activities myself.		y		y	Usually	Sometimes	Usually
I am confident in planning how to get to somewhere I have never been before.		y		y	Sometimes	Sometimes	Usually
I know how to research different areas/topics to support me in my assessments and career planning.	y			y	Sometimes	Usually	Usually
I am confident in presenting things in front of others.	y	y			Sometimes	Never	Usually
I am good at finding solutions and solving problems.				y	Usually	Sometimes	Usually
I stick at things when faced with a problem.		y			Sometimes	Usually	Usually
I am happy to take feedback from others and use this to improve.		y	y		Rarely	Sometimes	Usually
I am happy to adapt to whatever situation I find myself in.		y	y		Usually	Sometimes	Usually
I manage and cope, whatever life throws at me.		y			Usually	Sometimes	Usually
I take responsibility for my actions in a range of situations.		y			Sometimes	Usually	Usually
I can identify relevant information to support my opinions.	y			y	Sometimes	Usually	Usually
I can take information and put it into my own words.	y				Usually	Sometimes	Usually
I can construct an argument using evidence to back it up.	y				Always	Always	Always
I am happy to take the lead in a group.	y	y	y		Usually	Always	Always
I think before I speak.	y	y	y		Rarely	Rarely	Sometimes
I communicate in an open and honest fashion.	y	y	y		Usually	Usually	Usually
I say what I mean and I mean what I say.	y	y	y		Usually	Always	Always
I learn from my mistakes.		y		y	Sometimes	Sometimes	Usually
I change my behaviour depending on the situation and people I am with.		y	y		Sometimes	Usually	Usually
I prioritise what I need to do and when.		y		y	Rarely	Usually	Usually
I believe in my own abilities.		y			Always	Always	Always
If I say I am going to do something then I will.		y	y		Usually	Usually	Usually
I finish what I start.		y	y		Sometimes	Usually	Always
I listen to others even when I don't agree with what they are saying.	y	y	y		Rarely	Sometimes	Sometimes
I don't panic when a problem comes along.	y	y			Usually	Usually	Usually



## Resource 4

# Social Action and Community Engagement Activities

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## Resource 4

Social Action			
<b>Volunteering</b> <ul style="list-style-type: none"> <li>• Business students at Santa Dash</li> <li>• Wellness Wednesdays</li> <li>• Staffordshire Wildlife Trust</li> <li>• Football academy coaching in the community</li> <li>• Volunteer week – guest speakers</li> <li>• Peak Park</li> <li>• Coffee Club – For elderly people to come in for a chat, play games and look at old photos</li> <li>• Grow Moorlands – Community Gardens</li> <li>• Foxlowe Art Centre repairs</li> <li>• Jewish faith</li> </ul>	<b>Giving Money / Fundraising</b> <ul style="list-style-type: none"> <li>• Donna Louise Hospice</li> <li>• RAG Clubs</li> <li>• Netball tournament – Asthma UK</li> <li>• Children in Need / Sport Relief</li> <li>• Breast Awareness Calendar (H&amp;B)</li> <li>• Stroke Awareness – Mini treatments</li> <li>• Christmas Jumper Day</li> <li>• Santa Dash – Cheshire Hospice</li> <li>• Australian Wildlife (student led initiative)</li> <li>• Christmas Jumper – Save the Children</li> <li>• Salvation Army</li> <li>• MacMillan Coffee Morning</li> <li>• Children in Need</li> <li>• School in Ghana</li> </ul>	<b>Community Action</b> <ul style="list-style-type: none"> <li>• Remembrance events</li> <li>• Carol Service</li> <li>• Breast Awareness Campaign</li> <li>• Big sleep Out</li> <li>• Tree planting</li> <li>• Coffee Club</li> <li>• Support our local food banks</li> <li>• Caring at Christmas Club</li> <li>• Recycling bins- alternatives for hard to recycle items</li> <li>• Whaley Bridge Dam thank you meal</li> <li>• Hustings</li> <li>• Beach Clean</li> <li>• Rubbish Pick up</li> <li>• Paint Railings – Buxton</li> <li>• Gudwara</li> </ul>	<b>Campaigning</b> <ul style="list-style-type: none"> <li>• Rainbow Roam – LGBT</li> <li>• Mental Health Awareness</li> <li>• Road Safety</li> <li>• Internet Safety</li> <li>• Black history month</li> <li>• Black ribbon (Domestic violence and fundraising)</li> <li>• Environmental projects</li> <li>• Henna Tattoos</li> <li>• Multi Faith Centre</li> <li>• Go Blue – Blythe House</li> <li>• Love our Colleges</li> </ul>

Core Community Engagement		
<ul style="list-style-type: none"> <li>• Coffee Club</li> <li>• RAG Club</li> <li>• Sign Language</li> <li>• Volunteer Speakers</li> <li>• Staffordshire Wildlife Trust -</li> <li>• Charity Campaigns</li> <li>• All College Tournaments</li> <li>• Awareness Days</li> </ul>	<ul style="list-style-type: none"> <li>• Links with local community e.g. Foxlowe Arts Centre</li> <li>• Equality &amp; Diversity Calendar dates</li> <li>• Food Bank Peak Wildlife</li> <li>• Links with local PSCOs – focus on:               <ul style="list-style-type: none"> <li>○ County lines</li> <li>○ Stalking</li> <li>○ Value life drop the knife</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Union of students – Feel good event</li> <li>• De-stressfest</li> <li>• Student employability event</li> <li>• UCAS fair</li> <li>• Discovery academy careers day</li> <li>• BLC Festival</li> <li>• FE Awards</li> <li>• World Skills</li> </ul>

## Resource 5

### Activity: New York Bingo

<b>New York Bingo!!!! The first person to present a completed Bingo Sheet on the return flight, wins a prize.</b>				
Find the whispering wall at Grand Central and use it to tell someone a fact about GCS	Statue of Liberty fact- What does the statue symbolise?	United Nations Fact- when was it founded?	Keep possession of without losing purse/wallet/phone/passport/boarding pass/personal possessions	United Nations Fact-Who is the current secretary General?
Use a subway map to plan journeys	Make at least 1 new friend	United Nations Fact- Who were the founding Members?	World Trade Centre Fact-What is recorded on the memorial fountains?	Ellis Island Fact- How many immigrants to the US were processed between 1892 and 1954?
Convert pounds into dollars and vice versa for purchases	Ellis Island Fact-What were the three staircases used to decide?	United Nations Fact- How many member states are there now?	Use a Map to locate meeting points/landmarks	Try a food item that you have never tried before
World Trade Centre Fact- How were the twin towers destroyed?	Wall Street Fact- what must you touch for good luck on Wall Street?	Natural History Museum- Find and photograph the blue whale skeleton and give 1 fact	Pack all liquids (less than 100ml) in a clear plastic zip lock bag before arrival at the airport	Statue of Liberty fact- What is written on the statue?
Download maps of the Natural History Museum and the Metropolitan museum of Art to navigate your way around them	9/11 Fact- How many people died on September 11 <sup>th</sup> on planes/ at the WTC and surrounding area and at the Pentagon?	Be on time for all activities/head counts	United Nations Fact-Who was the previous secretary general?	United Nations Fact-What are the 6 main organs of the UN?
Metropolitan Museum of Art- find the temple and take a selfie	Do one thing that takes you out of your comfort zone and requires you to be brave. State what it is.	Grand Central Station Fact- What is wrong with the ceiling on the main concourse?	World Trade Centre Fact- in what year were the twin towers destroyed?	Calculate the tip on all food service (15% or double the tax)
Take a selfie of Central Park from the Top of the Rock with the Empire State Building in it.	Statue of Liberty fact-who was it a gift from?	Natural History Museum- Find and photograph the biggest dinosaur skeleton and give 1 fact	Metropolitan Museum of Art-Find a painting by Salvador Dali and state 1 fact about it.	Use a ticket machine to buy a subway pass

## Resource 6

### New York Trip - Feedback

Please circle a number against each statement indicating how you feel about the following in relation to yourself at the start and end of the trip and use this to update your self-assessment on e Trackr. 7=Strongly Agree 6= Agree 5= Slightly Agree 4= Neutral 3 Slightly Disagree 2=Disagree 1=Strongly Disagree			
		Prior the Trip	End of the trip
<b>Knowledge</b> <b>Numeracy</b>	I understand the value of the dollar against the pound and how much things in the US cost.	2	7
	I am able to calculate how much tip I should leave in restaurants and taxis.	1	6
	I am able to weigh my case and estimate the weight of what I have bought in the US.	3	6
<b>Literacy</b>	I know the English definition of a range of American terms (Sidewalk/Diaper/Sneakers).	3	6
	I can research accurately, information on the major landmarks I have visited on my trip.	1	6
<b>General</b>	I know about the 9/11 attacks and their relationship to prevent and the British Values.	2	7
	I know about New York History, the Statue of Liberty and their role in Immigration/US Culture.	1	7
	I know about the role and purpose of the United Nations.	1	7
	I know about the purpose of museums/theatres and public spaces.	4	7
<b>Skills</b> <b>Self Management</b>	I am confident in planning how to get somewhere I have never been (using subways/maps/ticket machines/navigating the airport etc).	4	7
<b>Communication</b>	I communicate in an honest and open fashion (shops/delis places of interest/airport/peers).	4	7
	I listen to others even when I don't agree with what they are saying (peers/guides/chaperones).	5	7
	I am confident in speaking to someone I don't know (shops/airport/restaurants/guides etc).	4	7
<b>Thinking and problem Solving</b>	I prioritise what I need to do and when (punctuality/organisation in planning for and during the trip).	4	7
<b>Behaviour</b> <b>Self-Management</b>	I am willing to change my plans to fit in with someone else (peers/friends/classmates/group leader).	3	7
	I am able to remain calm in difficult situations (airport/public building security/crowds/new places).	3	7
	I am confident at meeting new people (on trips/in shops and restaurants/organised tours/in public).	2	7
	I take responsibility for my actions in a range of situations (airport/sightseeing/hotel/public transport)	5	7
<b>Working Together</b>	I listen to others without interrupting (trip chaperones/airport staff/peers/hotel staff/guides).	4	7
	I am able to accept guidance and direction (teachers/parents/trip leaders/peers/airport staff etc).	5	7

### Comments Students

The trip to New York has given me such insights into the Country, the people, money, health and employment work over there. I have gained so much knowledge about New York, ie the importance of the United Nations, the Statue of Liberty and how it came about, the museums, the whole 911 and what it meant , how it changed America and the world. We visited Wall Street, the richest powerful people working there and the stock exchange. Every moment of the trip was educational, not only with the landmarks and tourist attractions but learning new things about myself and getting to know new people as well as speaking with the locals. I feel much more independant, able to deal with anything unexpected there and then. I feel a much more confident woman, we had to be "bolshy" out there. I have always been too curtsy so adopting this outspokenness is a real positive change for me. it's also made me appreciate what England has to offer and not to complain about taxes, nhs etc anymore. It's been lovely to see my friends' confidence growing out there throughout the week. I feel the trip has made me want to visit more city breaks and educational places. I was petrified about coming over to New York on this trip beforehand and I doubted myself alot and whether I'd make it there and back ok, yet after going and being back it was the best decision I made to go. I also got insight into my mental health and alot of what I would feel I would question and get anxious about is just "normal" and have overcome so much. I have made many new friends that have come to feel like a family. We had fun, laughed, and talked. I have improved on punctuality so much too getting to meeting places at certain times. punctuality has never been a strength of mine before and now i just want to be out and about in general like we did on the New York the trip. The whole experience has changed me for the better all of this i write is what i am aware of but i feel as time goes on over the next few weeks and months there are going to be further changes for the better, what they are specifically i don't know but there are changes happening within me and how i feel for the most positive.

I have truly enjoyed every second of the trip with the best people. I am so thankful to have been given the opportunity to be on the adventure making memories that will last a lifetime. thankyou for the amazing experience.