

JOIN US FOR A MIDTERM **YOUTH WAVE!** WEEK

ALL OF OUR WORKSHOPS, BINGO AND ROCKET YOGA ARE CONDUCTED OVER ZOOM.
IF YOU WOULD LIKE TO SIGN UP FOR ANY OF THE WORKSHOPS JUST CLICK THE LINK
BUT BE QUICK, SPACES ARE LIMITED!!

[HTTPS://FORM.JOTFORM.COM/YOUTHWORK/YOUTH-WAVE-WEEK](https://form.jotform.com/YouthWork/Youth-Wave-Week)

**TUESDAY
27TH OCTOBER**

SUSTAINABLE DESIGN WORKSHOP (11:00AM - 12:30PM). This workshop is aimed at young people aged 12 to 18 years and introduces young people to the concept of sustainable design and how essential sustainability is to our lives. During the workshop we will explore the principles of sustainability, and product lifecycles as well as group and hands-on sustainable design activities. *Delivered by The Rediscovery Centre (max. 30 participants).*

COOKERY WITH AISLINN (1:30PM - 3:30PM). Join Aislinn Stembridge from Rathkeale in Limerick for an online tutorial on how to make home-made Pizza and Chocolate Chip Brownies! *If needed have an adult close by for oven supervision!!* *Delivered by Aislinn Stembridge and supported by Grainne Stembridge (max 25 participants).*

**WEDNESDAY
28TH OCTOBER**

BEING A GOOD GLOBAL CITIZEN (12:00PM - 1:00PM). Let's get real about Global Citizenship! Have you heard the term Global Citizen & wondered what that means? In a World that is ever more connected are you up for 1 hour interactive engaging celebratory workshop that Lets YOU Get Real About what is really means to be a Global citizenship in a diverse and fascinating world of 7.8 Million people. *Delivered by Cate O'Connor, Youth Work Ireland Tipperary (max. 24 participants).*

BINGO!! BINGO!! BINGO!! (3:00PM - 4:30PM). Join us for a fun interactive game of Bingo!! *(max 50 participants).*

**THURSDAY
29TH OCTOBER**

HALLOWEEN ECO CRAFTS WORKSHOP (11:00AM - 12:30PM). This workshop is aimed at young people aged 12 to 18 years, and examines the waste that we produce, looking at ideas for reducing, reusing, and recycling. This workshop includes a wide range of hands-on eco craft activities on the Halloween theme where participating young people can complete the hands-on crafts in their own homes. We will send a list of required materials for the different activities in advance. The activities include making a Halloween eco costume, Halloween wreath, and making decorations from waste materials. *Delivered by The Rediscovery Centre (max. 30 participants).*

FAST FASHION (12:00 - 1:00PM). Let's get real about Fast Fashion Have you heard the term Fast fashion & what to know more? Are you up for 1 hour interactive engaging creative workshop that Let's US Get Real About the inequalities in the Fast Fashion Industry, negative impacts to both people and planet and how we can use our Power for change in 2020! *Delivered by Cate O'Connor, Youth Work Ireland Tipperary (max 25 participants)*

**FRIDAY
30TH OCTOBER**

ROCKET YOGA (2:00PM - 3:00 PM) Join us for an amazing experience of Rocket Yoga! Rocket Yoga is a fast-paced dynamic style of Yoga, which includes standing poses, seated poses, twists, bends, fun arm balances and inversions. In Rocket Yoga young people can modify and make their own interpretation of the traditional poses, making it a lot more accessible for all. In this hour long session we will move and explore, breaking down funky arm balances like crow, side crow and baby grasshopper pose. Who's ready to join? 3..2..1.. BLASTOFF!!!!!! ** Comfortable Clothing is a must ** *Delivered by Shelley Tobin (max 30 participants).*