

Put a spring in your step on the way to a new career

INTERESTED in working in film and music or even youth work and childcare?

You can now sign up to a range of exciting courses beginning this month.

Springboard, based in the city centre, is offering anyone on jobseekers the chance to get training for their dream job, absolutely free.

Set up in 1992, the organisation focuses on building communities through personal development, self esteem and confidence building.

Anyone aged 18-28 can apply for the exciting range of courses coming up over the next few months.

Providing both work experience and professional qualifications, participants can get a real taste of what they've always wanted to do.

A total of 10 programmes will run throughout the year, offering a number of skills and training for working life.

As an all-Ireland scheme, 14 people from the North can be accepted onto each course with 7 participants from the South also taking part.

All media moguls interested in TV, Film or Music production can get onboard with the Media Programme, which begins on January 26.

Offering participants the chance to get an inside glance at the glitzy world of production, the programme runs for 20 weeks which includes an eight week placement in Vancouver, Canada.

As the opportunity of a lifetime, taking part in this course will boost the CV and give participants the confidence to get applying for jobs back home.

North Belfast resident, Eoin Keenan is one of the lucky few to take part in this programme and is hoping it will help him in his future career.

He said: "I joined the springboard pro-

gram because it will open up new opportunities for my future.

"It will give me the chance to further my abilities and help me become more self-reliant. Springboard to me is an experience I know I will never forget."

Offering a diverse range of courses, the organisation has set up a specially designed Youth in the Community programme.

Suited for people with a background in youth work, whether voluntary or paid, this 22 week programme combines work experience with study links in University of Ulster.

Beginning on January 26, there are two one week study visits to Germany and Poland focusing on Human Rights and Mutual Understanding.

At the end of the programme, participants will also be awarded a certificate in Youth Studies to boost their CV experience.

For those people with a little less experience in youth work, there is a course to meet their needs exploring youth care in the community.

Options in Care begins on February 9 and runs for 19 weeks with an eight week placement in Montreal, Canada.

Participants do not need to have any experience at all and can learn everything they need to know regarding childcare and youth work.

Paula Quinn, Marketing officer at Springboard believes all the courses offer a one-off opportunity for participants which people should take advantage of.

She said: "These programmes are designed to enhance the capacity of adults from all areas.

"These are unique opportunities people won't get anywhere else.

"They will develop their own personal journeys and notice a positive change in



Paula Quinn, Springboard Marketing Officer

themselves."

As the needs of the youth and communities change, the group has adapted its programmes since it began operating in 1992.

Throughout the rest of the year Springboard offers a number of programmes, which focus on personal development and self-esteem.

Courses in sports, trades and performing arts all begin in the next year.

For more information visit www.springboard-ops.org