



CENTRE FOR  
INTERNATIONAL  
LEARNING AND  
LEADERSHIP



Erasmus+

# **International Leadership Course 2022**

## **A) Social Action**

## **B) Young Entrepreneurs**

**20th to 29th June 2022, London, UK**

# About the Course

The Centre for International Learning and Leadership (CILL) and Momentum World have been running international leadership courses since 2010. These courses have become recognised as some of the best personal and professional development programmes for young people anywhere. They offer a potentially life-changing experience for participants.

On this course you will get a deep understanding of your own leadership style, skills, ambitions and motivations. You will work in mixed groups with people from different countries and cultures, giving you new perspectives on the world, new ideas and networks for your future. This is an interactive and non-formal learning process, so you will have fun as you learn. Activities include teambuilding exercises, discussions, an in-depth personality profiling exercise, coaching masterclasses, visits to businesses and social organisations in London, meetings with inspiring people, and our famous "London Challenge". There will also be a vibrant social programme including a welcome party in central London, an intercultural evening, and a final celebration night.



For some of the activities, this year's course will be divided into two groups. When you apply, you will need to choose one of these:

A) Social Action - for bright and motivated young volunteers, youth leaders, community activists, social action promoters or anyone looking for the skills that lead towards a career in the non-profit sector.

B) Young Entrepreneurs - for young people aiming to set up their own businesses or who want to explore leadership issues, develop entrepreneurial competences, and get a deeper understanding of the world of business and enterprise.

Whichever group you choose, you will work throughout the week to develop a business or social project idea which you will pitch to an invited expert panel at the end of the course - and perhaps develop as a real life proposal afterwards.

The course is led by our expert team of trainers together with a variety of inspiring guests from the UK business and social sector.

# Participants

A) Leadership for Social Action - you could be a youth or social worker, community activist or NGO volunteer. You should be active in youth, community work, environmental or social action projects.

B) Young Entrepreneurs - you should have a real interest and motivation for business and enterprise (in particular, social enterprise). You may already be working on your own business idea.

## Participation Fee

Thanks to co-financing support from the EU Erasmus Plus programme, we are able to offer this course for a fee of only €200 per person. The fee covers all accommodation, meals, London travel, and the full programme of activities. We aim to give you an exceptional educational, professional and personal experience. In addition, your travel costs will be reimbursed (up to an approved maximum amount - see below). The fee should normally be paid in advance, but if requested we can instead deduct it from your travel reimbursement.

# Travel Allowances

As a reminder EU maximum travel allowances per person are:



ARMENIA-	€530
BULGARIA -	€360
ESTONIA -	€275
FRANCE -	€275
GEORGIA -	€530
IRELAND -	€275
ISRAEL -	€530
ITALY -	€275
JORDAN -	€530
PORTUGAL -	€275
ROMANIA -	€275
TUNISIA -	€275
TURKEY -	€360
UKRAINE -	€275
UNITED KINGDOM -	€0 - €180

UK visa fees will also be reimbursed for participants from non-EU countries (but please note we can only pay if the visa application is successful).

IMPORTANT: For all questions about your travel arrangements and to check your proposed flight times and costs please contact Sarah Young  
[sarah@momentumworld.org](mailto:sarah@momentumworld.org) before booking

## Travel & Medical Insurance & Covid

Only participants who have been fully vaccinated or have an official certificate of recovery will be accepted on this training course.

All participants should ensure that they have comprehensive travel insurance which includes cover for all eventualities relating to Covid. We will not be responsible for any injury or loss - medical, financial or otherwise.

You should check what the entry requirements are for when you return to your home country. Some countries may require Covid testing. We will enquire with our National Agency as to whether costs for tests can be reimbursed, but we cannot promise this.



# How to apply

Fill in the application form at:- <https://bit.ly/MWlead22>  
or click on the QR code below. We will offer places to the most suitable and reliable applicants.

Filling in the application does not guarantee a place.

Application deadline is 22nd May



# Where you will stay

The training course will be held at Brunel University London, Kingston Lane, Uxbridge, Middlesex, UB8 3PH <http://www.brunel.ac.uk>

Accommodation will be in single en-suite bedrooms.





# Arrivals & Departures

You should aim to arrive at Brunel University between 2pm and 5pm on Monday 20th June. Your return flight should be some time after breakfast on Wednesday 29th June.

If you wish to arrive in the UK on an earlier date or depart later this is possible but please note that any additional accommodation or transport will be at your own expense.

Brunel University is located in Uxbridge, London. The campus is easily accessible by public transport.

Meeting point: this will be communicated to you prior to the start of the course.

## Arriving by Train

West Drayton is the nearest mainline station, approx 1.5 miles from the campus. Services run from London Paddington (approx 20 minute journey time) or from the West (Bristol).

From West Drayton station take one of the following buses towards Uxbridge: U5 (get off at Station Road), or U3 (get off at Cleveland Road).

West Ruislip Station is the mainline service from London Marylebone (approx 20 mins journey time) and the North (Aylesbury, Banbury and Birmingham) and is approx 4 miles from the campus.

From West Ruislip Station take the U1 bus (towards Hillingdon Hospital) and get off at Kingston Lane.

# Arriving by Underground Train

If you are travelling through London it is easy to travel to Uxbridge by the Underground. Take the westbound Metropolitan Line to Uxbridge (approx 40 mins from Baker Street station).

Or take the westbound Piccadilly Line to Uxbridge (approx 45-50 mins from Earl's Court station)

Once you arrive at Uxbridge, take one of the following buses to the campus:

- U3 (get off at Cleveland Road)
- U1, U4 and U7 (get off at Kingston Lane)
- 222 and U5

## Bus from Heathrow Airport

The U3 bus departs from Heathrow Airport Central Bus Station approximately every 15 minutes. It goes direct to Brunel University. Get off at Cleveland Road.



## From Luton Airport

Bus from Luton Airport to Luton Airport Parkway. Train from Luton Airport Parkway to London St Pancras. Underground from St Pancras westbound Metropolitan Line to Uxbridge (approx 45 mins).

Once you arrive at Uxbridge, take one of the following buses to the campus:

- U3 (get off at Cleveland Road)
- U1, U4 and U7 (get off at Kingston Lane) or 222 or U5

## From Stansted Airport

Train from Stansted to London Liverpool St (approx 20 mins). Underground from Liverpool St westbound Metropolitan Line to Uxbridge (approx 55 mins).

Once you arrive at Uxbridge, take one of the following buses to the campus:

- U3 (get off at Cleveland Road)
- U1, U4 and U7 (get off at Kingston Lane) or 222 or U5

**It is also possible to get a National Express bus from Luton or Stansted to Heathrow and take the U3 bus from there**

# From Gatwick Airport

Train from Gatwick Airport to London Victoria. Underground from Victoria to Green Park on the Victoria Line. Change at Green Park to the Jubilee Line to Baker St. At Baker St take the westbound Metropolitan Line to Uxbridge (approx 40 mins from Baker Street station).

Once you arrive at Uxbridge, take one of the following buses to the campus: · U3 (get off at Cleveland Road)

- U1, U4 and U7 (get off at Kingston Lane)
- 222 and U5

# Activity Programme

The outline programme is as follows. A more detailed programme will be provided in due course.

Day 1 Monday 20 June

Arrivals and welcome session

Introductions and icebreaker games

Day 2 Tuesday 21 June

The London Challenge

Welcome party in London

Day 3 Wednesday 22 June

Review of the Challenge

Expectations for the course; contract setting

Personal insights and personality profiles

Intercultural evening



Day 4 Thursday 23 June

Digital media skills

Ideas to change the world (1): business and social action project concept generation

Day 5 Friday 24 June

Visits to businesses / social projects in London; inspiration meetings

Free evening in London

Day 6 Saturday 25 June

What makes a high-performing team?

Problem-solving team exercise and debrief

Elements of Leadership

Looking to the future: hopes and fears

Discovering my leadership style

Day 7 Sunday 26 June

Masterclass sessions on leadership, project and business skills

Ideas to change the world: preparation

Day 8 Monday 27 June

Ideas to change the world: presentation of business and social project concepts with feedback from an expert panel

Refining the ideas, preparing and filming your elevator pitch

Presentation to an invited audience; networking reception

Celebration party

Day 9 Tuesday 28 June

Review of yesterday

Self-guided reflection: where do I go from here?

Managing change: the transition curve

Coaching skills and coaching practice

Course evaluation

Day 10 Wednesday 29 June

Departures

# How to prepare

Please bring a personal object that you can use to talk about yourself. This could be a gift from someone you love, a souvenir from a journey, something you have made, or anything else which has a significant story.

You will need to think carefully about yourself, your skills, your experience, your ambitions, and the choices you have made so far in life. What does leadership mean to you? Who are the people you most admire and why?

Please research two leaders (one international, one from your own country) who you find interesting. Be prepared to talk about them during the course. Note: these do not have to be political leaders - they can be from any walk of life.

For participants in the social action group: what are your project ideas and how will these make a social impact? How can you promote and implement them? What obstacles might you face?



For participants in the young entrepreneurs group: what are your innovative business ideas? How can you promote and implement them? What obstacles might you face?

Note: we will ask you to complete an online questionnaire before the start of the course.

Please also prepare for the intercultural evening. Think of something fun, interactive or surprising that you could do to teach other participants about your own culture. Maybe bring a national costume to wear. Bring some traditional food and drink from your country. Alcohol is allowed but please remember you must either buy it from Duty Free at the airport, or pack it in your checked luggage. Please do not bring food that needs cooking, because we will not have the resources for this. We will provide items such as cutlery and paper plates.

Please bring a large flag of your country – we will use these to decorate our venue.

# What to bring

- Everyday clothes – shirts, trousers, T-shirts, underwear, socks etc
- Outdoor Clothing – be prepared for hot, cold or wet weather – English weather is very changeable!
- Comfortable practical shoes for walking out
- Toiletries – toothbrush, toothpaste, soap, shampoo, shower gel etc.
- Towels
- Pens, pencils and paper will be provided but you may like to bring your own anyway. There will not be too much reading and writing on this programme. Any necessary medication – if it is serious medication let the staff know. (A first aid kit will be supplied by Momentum World for emergencies).
- Small bag or backpack for going out
- Items for your intercultural evening (Food, Drink and Flag from your countries)

## **Most important of all please bring:-**

Positive energy \* Respect for others \* Sense of humour \* Your true self

## Power Adapters

Remember that when visiting the UK you will need a UK power adapter for electrical items. This is a three point adapter and can be purchased in most travel stores and airports.

## Facilities, IT and Phone Use

There is a supermarket, bank, chemist and cafes on the campus. WiFi is available at select places on the university campus.

## Weather

The weather at this time of year in the UK is usually starting to get warm, but can be changeable. The average temperature is 20 degrees centigrade but it can sometimes be hotter (or colder). There is also always the chance of rain showers!



# Money

The currency of the UK is pounds sterling (GBP). During the course all your accommodation, food and transport will be provided by us. You will only need pocket money to buy occasional food and drinks while out, and maybe some souvenirs.

Most of the time you can pay with your credit or debit card. However, we advise you to bring a small amount of cash (perhaps £30 - £40). You can change money at the airport when you arrive.

## Contact Numbers

Please make sure that you give your family / next of kin the following emergency contact numbers and emails for the Momentum World team:

Andrew Hadley: 07795 554202 [andrew@momentumworld.org](mailto:andrew@momentumworld.org)

Trevor Keough: 07810 542322 [trevor@momentumworld.org](mailto:trevor@momentumworld.org)

Sarah Young: 07961 356362 [sarah@momentumworld.org](mailto:sarah@momentumworld.org)



**We look forward to welcoming you to  
London**

