

# Challenge yourself to change your world!

Y CARE  
INTERNATIONAL



**Y Care International** is running an exciting programme for young people aged 18-25 to volunteer **overseas** for up to **3 months** and make a difference in some of the world's poorest communities.

Join us to learn more about our work, taking action on global poverty and how **you** can help – both at home and abroad! Lunch will be provided.

**Venue:** YMCA North Tyneside, Church Way, North Shields NE29 0AB

**Date:** Saturday 30<sup>th</sup> September 12:30 – 16:00

Please complete a booking form and email:  
[tyne.samuel@ycareinternational.org](mailto:tyne.samuel@ycareinternational.org)  
or call: 0203 841 2015

**YMCA**

