

## Young Scots show their motivation

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Young people from Central Scotland have been given the opportunity to take part in two life-changing overseas expeditions this autumn, thanks to Motive8; a unique programme run by education charity Raleigh International.

The Raleigh International Motive8 programme is funded by the European Social Fund and aims to help disadvantaged and socially excluded young people in the UK. It currently offers young Scots the opportunity to transform their lives through life-skills training, residential courses, help with securing jobs and college places and for some participants, Raleigh overseas expeditions.

Three young people from Glasgow have recently set off to Costa Rica and one has travelled to Malaysia. Their challenging ten-week expeditions in Borneo, Malaysia and Costa Rica and Nicaragua will involve community projects and environmental studies in remote areas of all three countries. On their return to Scotland they will be involved in the Motive8 Scotland exit programme which helps individuals to pursue a positive future into education, volunteering or employment.

The Motive8 Scotland programme has already proved to have long-lasting positive benefits for its participants. Recently, 30 young people have returned from expeditions to Borneo, Namibia and Costa Rica and Nicaragua. They have already been able to put their new-found skills and confidence to good use with the majority finding jobs and/or places on training programmes. 16 returned participants have successfully completed the Motive8 Scotland exit residential which takes place twice a year in Tiree, an island situated on the West Coast of Scotland. The residential is designed to foster the motivation and self belief of returned participants whilst providing them with an opportunity to concentrate on next steps – creating CVs, practising interview skills and obtaining advice on job/college applications. The involvement of participants in Tiree has been remarkable, with all taking part in worthwhile sustainable environmental projects that have had a direct impact on the heritage of Scotland.

The Motive8 programme is designed to increase young people's confidence, motivation and skills and to help them move on in their lives by engaging them in training, jobs, study and volunteer work. Young candidates are referred to the scheme from other Scottish charities including Fairbridge Scotland, Prince's Trust Scotland, Venture Scotland and the Tulloch Trust.

"For the young people on the Motive8 programme the opportunity to go on an overseas expedition is exciting, daunting and represents a huge personal challenge," said Laura Sharpe, Motive8 Project Manager.

"Past participants have included young people with a history of drug, alcohol or substance misuse, homeless young people and those involved in criminal activity. On expedition they learn how to get on with people from very different backgrounds including local volunteers, how to lead a team and how to motivate themselves and others around them. Motive8 expedition participants have proved time and again that giving them the opportunity to take part in a transformational activity like a Raleigh expedition can really pay dividends. The young people return to Scotland with enthusiasm, confidence and the desire to put something back into their local community, as well as make more of their lives."

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**Photography is available on request**

For more information about Raleigh International's expeditions for disadvantaged young people please contact Duncan Purvis on 020 7183 1281 or [Duncan.purvis@raleigh.org.uk](mailto:Duncan.purvis@raleigh.org.uk)  
For more information about Raleigh International, please visit [www.raleighinternational.org](http://www.raleighinternational.org)  
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Case studies, pictures and further information about the Motive8 volunteers currently on expedition are available. Please email [anne.consedine@raleigh.org.uk](mailto:anne.consedine@raleigh.org.uk)