

SPEAK UP

a collaboration between CUC Snowy Monaro and University of Canberra

EMPOWERING THE YOUNG PEOPLE OF SNOWY MONARO



Country
Universities
Centre

SNOWY MONARO



UNIVERSITY OF
CANBERRA

snowyhydro

ACKNOWLEDGEMENT

We begin by acknowledging Ngarigo/Ngarigu Country – an important place to many Aboriginal peoples – the birthplace of rivers.

Country in our (Aboriginal) way of understanding things is more than just the dirt under our feet, although that is an important part of Country too. Country is the landscapes (high country, swamplands, mountains, plains, and deserts), the animals (from the microscopic to the colossal), the vegetation (grasses, trees, bushes, vines, and flowers), the rocks (from pebbles to mineral deposits), the waterways (puddles, rivers, creeks, and oceans), the seasons (many more than just four), the weather (the sunshine, winds, storms, and dry periods), and the stories (the ancient through to the contemporary).

In acknowledging Country we assert our reliance on Mother Earth for all things (shelter, sustenance, and beauty to satisfy the soul). We equally affirm our respect for the Elders (experts in their cultural ways and holders of the knowledge and stories that are embedded in this place), for their enduring custodianship.

Adam Gowen

**Wiradjuri, connections to Yuin Country, culture, and community
Centre Manager, CUC Southern Shoalhaven**

THE PROGRAM

CUC Snowy Monaro (CUCSM) and University of Canberra (UC) team members will:

- provide a safe and welcoming space to young people from the Snowy Monaro Region who are:
 - turning 16, 17 or 18 years old in 2025
 - a resident of the Snowy Monaro Local Government Area
 - seeking to develop their leadership skills
- provide resources to support leadership and public speaking skills
- support research into local issues via access to local community leaders
- encourage students to stay study focussed while at the Program
- provide university and other course advice as requested
- familiarise participants with CUCSM facilities and support them to feel comfortable studying at the Centre

Program Communication

The CUCSM team will communicate general information with Program participants via the CUC Snowy Monaro via email and social media platforms.

Mentors will not 'friend' or connect with young people on social media or personal communication methods. Appropriate channels for communication will be provided by CUC Snowy Monaro, University of Canberra or the mentors professional organisations.

All adult mentors will have valid Working with Children Checks (WWCC) or , will be directly supervised by another person holding a valid WWCC.

THE PROGRAM

Speak Up provides Snowy Monaro's young people with a platform to share their ideas, values and passions in a balanced, dynamic, innovative and contemporary way.

Participants will work with mentors from CUC Snowy Monaro, University of Canberra, the Region's community and industry to develop their public speaking skills.

CUCSM will provide the following for participants:

- qualified and experienced mentors
- a safe, supportive, fully supervised environment
- fast WIFI
- great snacks and lunches

Where possible, students attending the Program are encouraged to bring their own laptop to work with.

Participants will work with some of our Region's young leaders, experienced leaders, sporting leaders, industry leaders, political leaders, community leaders, volunteer leaders & education leaders....

We have mentors lined up from Federal, State and local government, local industries like Snowy Hydro as well as heaps of others!

TEDX Youth Canberra will provide mentors to help participants develop their speeches and public speaking skills.

OUTCOMES

Speak Up participants will:

- Develop public speaking skills
 - Build confidence when speaking to diverse audiences
 - Master effective body language and vocal techniques
 - Structure speeches for clarity and impact
 - Engage and maintain audience interest
 - Learn to apply feedback constructively
- Establish a network of leadership mentors
 - Access guidance and insights from experienced leaders
 - Build professional connections within the local community and industries
 - Learn diverse leadership styles and strategies
- Benefit from real-life insights and mentorship
 - One-on-one mentorship from current university or TAFE students, providing personal guidance and answering your questions.
- Develop a balanced argument
 - Understand the structure of a balanced argument
 - Identify and evaluate multiple perspectives on a topic
 - Use evidence and reasoning to support both sides of an argument
 - Recognise and address biases in argument
 - Enhance critical thinking and decision-making skills
- Build a Peer Support Network
 - Connect with other young, local, future leaders who are on a similar journey.
 - Join CUC's community, where you can access study groups, workshops, and social events.
- Program Completion Certificate
 - Receive a certificate of completion that can be added to your resume and demonstrate your commitment to further development.

WHEN & WHERE

Program Dates	Time	Location
Tues, 28th January 2025	9.00am-4.00pm	CUC Snowy Monaro
Wed, 29th January 2025	9.00am-4.00pm	CUC Snowy Monaro
Thurs, 30th January 2025	9.00am-4.00pm	CUC Snowy Monaro
Fri, 31st January 2025	9.00am-4.00pm	CUC Snowy Monaro
Tuesday, 15th April 2025	9.00am-4.00pm	Cooma Little Theatre
Tuesday, 22nd April 2025	9.00am-4.00pm	Cooma Little Theatre

Locations

CUC Snowy Monaro

38 Bombala Street

Cooma NSW 2630

Cooma Little Theatre

Monaro Avenue

Cooma NSW 2630

THINGS TO CONSIDER

- Young people must be turning 16, 17 or 18 yrs old in 2025 to participate.
- Participants must genuinely attempt to attend all sessions.
- Participants will work toward presenting a speech in front of an audience.
- Participants are encouraged to invite friends and family along to the presentation.
- Mentors will support participants to develop a well-researched, considered and structured speech.
- Participants will meet local leaders who will mentor them to develop ideas and speeches – a great way to start making some local connections!

APPLICATIONS

Write 500 words describing a local issue that you are passionate about:

Tell us:

- what you are passionate about
- why you are passionate about this issue
- who the key people involved in the issue are

To apply online, click [HERE](#) or scan the QR code.



Apply online here



We are also happy to receive written applications!

Along with the 500 word description of a local issue that you are passionate about, please include the following details:

- name
- birthdate
- gender
- email address
- postal address
- parent/guardian's name
- parent/guardian's phone
- parent/guardian's email address.
- Aboriginal or Torres Strait Islander status
- have an immediate family who have completed a university degree

Please post or drop off written applications to:

CUC Snowy Monaro
38 Bombala Street
Cooma NSW 2630

INFORMATION

This Program is a collaboration with University of Canberra



UNIVERSITY OF
CANBERRA

This Program is a funded by Snowy Hydro Ltd & a private donation from a local community leader



This Program is benefiting from the donated time and skills of experienced TedX Canberra Mentors



CUC Snowy Monaro Contact

Nadine Holland
Centre Manager
0437 344 620
cucsnowymonaro.edu.au



[cucsnowymonaro](https://www.facebook.com/cucsnowymonaro)



[cucsnowymonaro](https://www.instagram.com/cucsnowymonaro)

University of Canberra Contact

Laurie Poretti
Manager, Student Equity and Participation
laurie.poretti@canberra.edu.au
canberra.edu.au/about-uc/widening-participation

CUC Snowy Monaro is funded and supported by:



Australian Government
Department of Education



SNOWY
MONARO
REGIONAL
COUNCIL

PARTICIPANT INFORMATION

Full name: _____

Mobile: _____

Email: _____

Date of birth: / /

Gender:

Female Male Other Prefer not to say

Address: _____

Do you have a disability?

No Yes _____

Emergency contact name: _____

Emergency contact mobile number: _____

Does your family speak any other language than English?

No Yes

Has anyone in your family completed a university degree?

No Yes

Are you of Aboriginal or Torres Strait Islander heritage?

No Yes

School: _____

Unique Student Identifier (USI) _____

Known Allergies: _____

YOUNG PARTICIPANT'S AGREEMENT

Please read carefully the Speak Up Young Participant's Agreement.

- Purpose:
 - CUC Snowy Monaro (CUCSM) is committed to providing a safe environment and ensuring that young people can experience the fundamental right to be protected from all forms of child abuse. Furthermore, CUCSM is committed to ensuring legislative requirements of child protection are fulfilled in line with the following:
 - New South Wales:
 - Child Protection (Working with Children) Act 2012
 - Children and Young Persons (Care and Protection) Act 1998
 - Crimes Act 1900
- Program Requirements:
 - In order to receive a Certificate of Completion, Speak Up participants must attend at least 5 out of 6 sessions. One of those sessions MUST be 22nd April 2025 where all participants will present their speeches.
- Centre Policy:
 - Space will be set up for Speak Up participants to use and, unless advised by a CUCSM team member, this space will be the only study space available to participants.
 - Speak Up participants must use the internet appropriately and for reasons associated with program activities or study only.
 - Speak Up participants must be respectful to CUCSM team members, other adult mentors, other participants as well as other students using the Centre for other higher education study.
 - CUCSM team members may ask to take photos of Speak Up participants to use in funding and governance reports, social and print media as well as other purposes. Written consent from parents and guardians is required before photos are taken and used by CUCSM (see next page).
- Inappropriate, offensive, unsociable and deliberately disruptive behaviour will not be tolerated and may result in the Speak Up participant being asked to leave.
 - Students are responsible for cleaning up any mess they make.
 - Students and parents/guardians are responsible for ensuring students' health and safety during their travel and participation.
 - Any concerns about bullying, harassment, or unsafe situations must be reported to CUCSM staff immediately.

MEDIA CONSENT

I give my consent to photographing and video recordings, containing images of me obtained by Country Universities Centre (CUC) being used by CUC free of charge for the following purposes:

- Use in CUC publications and presentations;
- Use in CUC website and social networking sites;
- Use in media including: newspaper/magazine/television/radio/film;
- Use in research and evaluation.

I understand that images may be published by CUC and while I can withdraw my consent for the use of the images/videos in further publications at any time, I understand and agree that images that have already been published could be viewed in the future and that CUC may be unable to prevent this from occurring.

Name: _____

Email: _____

Mobile: _____

Signature: _____

Date: / /

If you are under the age of 18, you will need to have your parent or guardian sign this document.

Young Person's Parent/Guardian's Consent

I hereby declare that I have legal responsibility for the young person who has signed above and agree to the terms outlined.

Name: _____

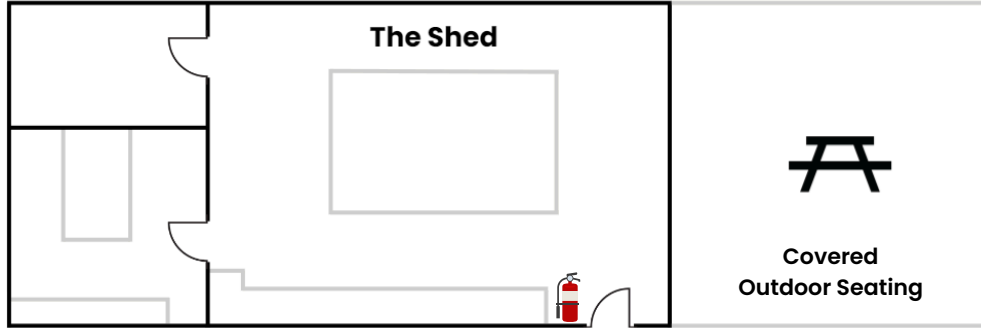
Email: _____

Mobile: _____

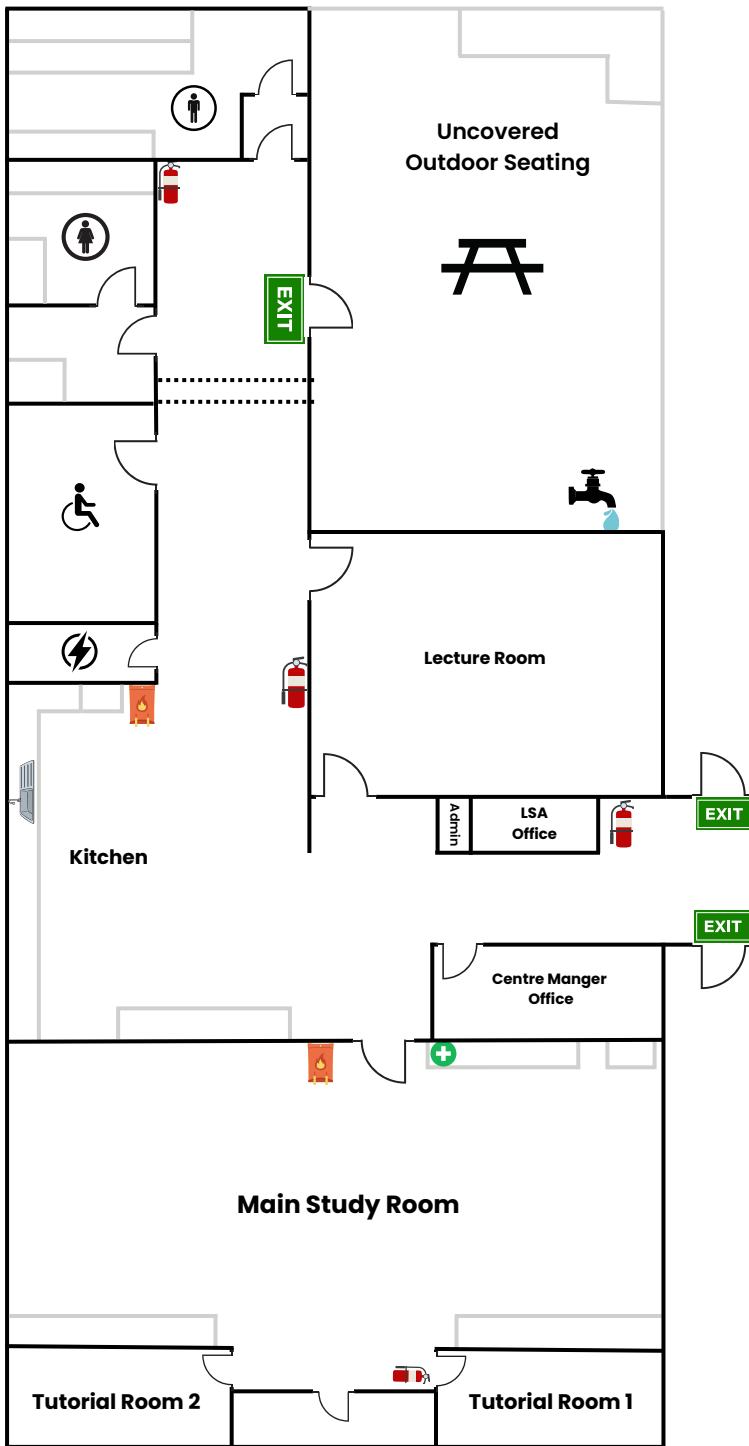
Signature: _____

Date: / /

EVACUATION DIAGRAM



- P
- P
- P
- P
- P
- ♿



- ### Key
- Fire Blanket
 - Fire Extinguisher
 - Outdoor Water
 - First Aid
 - Exit Door
 - Electrical Room
 - Outdoor Seating
 - Disability Parking
 - Parking

- ### Contacts
- Emergency Services 000
 - Cooma Fire Station 6453 4763
 - Cooma Hospital 6455 3222

Driveway

**ASSEMBLY AREA
ACROSS
THE ROAD
(Bombala St)**

