



Welcome to the December issue of IGNITE. This is your last opportunity hit for 2009, so make sure you soak it all up! This issue we profiled Sam Dybac of ActivChef, plus keep reading for our school holiday ideas below. Enjoy!



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School holiday ideas with a twist

Not sure what you and your young people can get up to these holidays? We've thought up some ideas we hope will keep you busy!

Market Stall - Got some creative young people on your hands? Arrange to have a stall at your local markets; your young people can sell any craft, music, jewellery, art, stuff they make.

A Mini Olympics - It could be a series of physical sport activities, a Blogging Olympics, or an Online Games Olympics or a Museum Olympics - your imagination is the limit!

Blank Canvas Art - Get some blank canvases or white fabric and get your young people to create some artworks - these can be used as artwork in a space they access at school or your youth centre, or can be given as gifts. Try group art work for a challenging difference - one canvas, a bunch of young people, and brains working together!

Stellar Resumes - Help your young people create one online with the free online resume generator at www.idlogik.com.au. Get a guest speaker in to educate your young people on what should and shouldn't be included in an effective resume.

Tour The Neighbourhood - Make it a historic tour of your local area. Your local library or council might be a good place to start to get info about this, and you never know what you might discover about where you live!

Get some great guest speakers in - Have your young people identify who they would love to meet and hear from, or topics of interest to them. Then find those people online and approach them to come and speak to the group.

Car Know-How - Arrange for your young people to learn how to change the oil or a flat tire. Very important skills for life!

101 Goals in 1001 Days List - Help your young people to create a list of all the actions and experiences they'd like to create for their lives in the next 1001 days!

Slideshows/Collages - Create photo collages and slideshows. All you need are some digital cameras and PowerPoint software. You can even venture out into your local area and capture your own photographs to use. Try coming up with some fun slideshow/collage themes to get ideas flowing.

Online fun - Research and find some good podcasts. Get started with awesome science dude Dr Karl on triple j - www.abc.net.au/triplej/listen/podcast.htm or get some safe partying tips from FreshFM SA - www.cyh.com/SubContent.aspx?p=394

Plus... Some oldies but goodies

- Basketball and other sport competitions - Capoeira Martial Arts - Hip Hop Dancing or Hip Hop Music workshops - Art & Craft or Graffiti days workshops - Performing Arts: drama, dance, play performance

To find out more on how The Frank Team can help you during these holidays please visit - www.frankteam.com.au or call Frank Team HQ on (02) 9518 6244.





“The great aim of education is not knowledge, but action”

- Herbert Spencer

DID U KNOW?

According to a recent UN report, women drive & fly less than men & purchase fewer carbon-intensive goods. Plus, women in industrialised countries were more likely to buy eco-friendly organic foods, more likely to recycle & more interested in efficient energy. Read more @

www.thegreenpages.com.au/index.asp?page_id=1503

UPLOAD

Young Entrepreneurs Camp

20th-24th January, Brisbane

Upload is for young people considering their options - life, love & work... It's an intensive, non-residential week, with a focus on personal development, teamwork & leadership. You UP for it?

Download the info pack @

www.edgeware.com.au/upload.htm

Forbes 30 Women entrepreneurs to follow on Twitter

“These biz-savvy tweeters are excited about helping you grow your company (or project!), create buzz for your brand and stay inspired”. Check out the list @ www.forbes.com/2009/11/24/twitter-forbeswoman-views-forbes-woman-entrepreneurs-natalie-macneil.html

Screeenteens

- acting for 12-16yr olds

Screenwise Screeenteens is film & TV training for young adult actors who want to make a serious move into the film & TV industry. The program starts end of Jan 2010. For info call 02 9281 4484 or check out:

www.screenwise.com.au

Get Productive!

End of the year, lots to get done, not much time to get it done. Sound familiar? Check out these 7 steps to better productivity - you can apply them to home, school, uni, work, or your biz!

www.flyinngsolo.com.au/p311458409_seven-steps-to-better-productivity.html



Stuck for things to do these holidays?

Youth Councils/Committees can get an early start to 2010 by giving The Frank Team a call! We'll get your thinking caps on and get you started on your strategic planning. Get in touch on: hayley@FrankTeam.com.au or call 02 9518 6244.

Happy Holidays!

The Frank Team would like to wish you & your families a wonderful, safe & happy new year. Thanks for tuning in to IGNITE and being part of our 2009. Can't wait for 2010!

Show Me How Workshop Series!

Ever wished someone would show you how to do certain things in your biz? Well Santa has come early! We are now taking Expressions of Interests for our new Show Me How Series set to kick off in early 2010... Workshops will cover topics such as - Excel and Online Marketing. Guaranteed to sell out! Get your expressions across to - hayley@Frankteam.com.au or give us a call on 02 9518 6244 for more info.

Young Entrepreneur Opportunities

Offering a wide variety of workshops and courses throughout 2010, The Frank Team is aiming to equip you with the programs and skills you're searching for! Kicking off with programs such as: Start Up Camp, Marketing Mayhem and Show Me How. For more info about these contact us on 02 9518 6244 or hayley@FrankTeam.com.au

Running out of ideas and options for National Youth Week?

The Frank Team offers fun and interactive workshops that could be perfect for your Youth Week Events! Whether it's high school students, young people on your youth council/committee or a bunch of young people in your community, we'd love to come out and work with you this Youth Week; 10th-18th April.

With programs like: youth forums, career and enterprise workshops, youth council/committee and events training, we've got you covered; we can even put a tailor-written program together for you. So all you need to do to celebrate your young people, and give them a head start this Youth Week is contact us for more info! Check out - www.frankteam.com.au/youth2youth/schools-programs.aspx or call us on (02)9518 6244 for a quote!



Here's where we thought we'd give you a bit more info about one of the programs we've worked on recently at The Frank Team...



Outback Pathways and Careers Inc - QLD

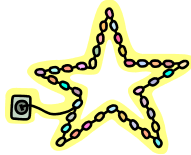
In September of 2009 Outback Pathways and Careers (OPAC) approached The Frank Team in the hope of running a "Road Trip" series of workshops. They were looking to equip their young people over a large area of rural QLD with the skills and knowledge needed for their careers and other experiences during and beyond High School life.

Louise Campbell and Gayle Burling who were putting together a series of educational and training programs came to The Frank Team looking for an experienced and engaging Youth Facilitator to run the "Road Trip" workshops. They were looking to work with someone who could ensure all of the young people present felt comfortable, equipped, and motivated in going forward with the journey of their lives.

The Frank Team worked with Louise and Gayle to create a structure for the series of workshops that would ensure their needs were being met, as well as creating an environment that the young people would enjoy and benefit from.

In October 2009 the young people of Central West QLD were given the chance to experience these workshops! Our Facilitator Tahniah visited Longreach, Blackall, Barcaldine and Winton over five great days, delivering our Power Presentation Workshops, and Youth Biz Workshop.

The Road Trip was a great success with young people wanting to come back for more! Students took with them some positive messages such as "We can do anything we put our mind to" and "Get positive and be motivated. Appearance and impressions make a difference". Other young people commented "Wish I got this years ago" and "It rocked!"



getinvolved

In the 2004 Christmas season Aussies spent \$1500 million on household appliances which produced approx. 780 000 tonnes of greenhouse gases, even before they were plugged in.

- Aust. Conservaton Foundation study, "The Hidden Cost of Christmas"

"They always say time changes things, but you actually have to change them yourself"

- Andy Warhol

Serious about your health

The Inspire Foundation & Brain & Mind Research Institute are serious about understanding the mental health & wellbeing of young people across Oz. If you're aged 16-24yrs, they'd love to hear from you - fill out this short survey @ www.matespeak.com.au

Perspective - get published!

Got a paper, essay, article, you've written that you're particularly proud of? Perspective Youth Journal is looking for submissions from young people under 25yrs, to publish in issue 5 of their journal. Learn more @ <http://unya.org.au/youthrep/downloads/volume-5-call-for-submissions.pdf> or you can contact Leigh at editor@unya.asn.au

Expect Respect Peer Ed Program SA

Expect Respect is a drama based peer education project that engages young people in discussions about legal issues & laws dealing with relationships & sexual relations. The project will train young people aged 18-21yrs to become Peer Educators who assist in running & developing the program; you could get paid to be one of these guys!

Get more info & an application pack by emailing christian.cifuentes@sa.gov.au or call 1300 366 424.

Become an ambassador!

Young People Ambassadors will assist the Commissioner for Sustainability & the Environment on advocacy & awareness of sustainability & environmental issues, mostly in the youth sector (12-25yrs). Wanna be one of the Ambassadors? Expressions of interest are open until 12th Feb 2010.

Get more info & apply @ www.envcomm.act.gov.au/investigations_and_consultations/young_people_ambassadors



getenterprising

Christmas Reading!

Smart Company have just released an ebook full of tips. Get your copy of 25 tips from real entrepreneurs at:

www.smartcompany.com.au/images/stories/marketing/pdfs/tips-for-entrepreneurs-ebook_30_11_0.pdf

Sprouter enables global collaboration & networking between entrepreneurs. Get real-time feedback, contribute to topics, & discover relevant events in your local area. Check it out @ www.sprouter.com

Desks available

Shared office space in Ultimo, Sydney for young entrepreneurs & creatives. The Vibewire Enterprise Hub is a space providing resources, connections & inspiration for young entrepreneurs during the launch of their initiatives. Need a home for your project or biz? For info & to apply call: 02 9660 6591 or email: applications@vibewire.org

Youth Challenge Australia Internship, Sydney

Wanna get your foot in the international development sector? Or develop your workplace skills by learning on the job? Youth Challenge Australia have a 2-3 days a week internship opportunity for one young person. Get more info by contacting Shona on: yca@uts.edu.au or call 029514 5512.

Small Business, Big Marketing

A place for sharing your marketing ideas & success stories. Plus, access to a tonne of free articles & podcast interviews that are going to help you & your business... It's all @ www.smallbusinessbigmarketing.com

Women in Business is a website for women in business & female entrepreneurs. It's their mission to support, encourage & promote women in biz! Check it out, become a member, build relationships & promote your business now...

www.womeninbusiness.com.au



getglobal

DID U KNOW?

- 1 ream of paper = 6% of a tree & 5.4kg CO2 in the atmosphere
- 3 sheets of paper = 1 litre of water

“Happiness is not an accident. Nor is it something you wish for. Happiness is something you design”
- Jim Rohn

Wanna get green this Christmas? We love CleanLife's tips...

- Get a 'no junk mail' sign on your letterbox to avoid receiving loads of paper catalogues you don't need; a great way to resist the temptation to buy stuff you don't need too!
- Give as many local & organic foods, wines, chocolates etc, as possible; head to farmers markets or wholefood stores.
- Bake some tasty Christmas treats yourself rather than buying them - yum!
- Make your own wrapping paper & cards from bits & pieces you have left over from last Chrissy - get creative!
- Have a go at making your own enviro-friendly Christmas crackers - could be a good way to make sure the jokes inside are actually any good!
- Give gifts that are useful, think before you buy! There are loads of ideas on the CleanLife site - www.cleanlife.com.au

FRANK Team up.date

The FRANK Team helps schools, universities, colleges, councils, govt, youth organisations and corporates to inspire and develop young people and grown ups.

Well, we've almost reached the end of another year, but this was not before a big visit to schools throughout Nov/Dec! We were stoked to be invited to present to so many high school students just over the last month as part of their end of year activities. Our Facilitators were out and about at: Wagga Wagga and Ulladulla, The Beach School, Shoalhaven Anglican School, St Scholastica's, Magdalene Catholic High School, Sydney Secondary College, Galstaun College, St Patrick's Marist College, Saint Augustine's... and more! Plus, we snuck in some professional development activities with the DEEWR World Skills Finalists in Canberra too.

A big thank you for being part of our year - thanks for tuning in to read IGNITE each month, thanks for the opportunity to work with your young people, and thank you for helping us turn ideas across the country into a reality! A big shout out to all the young people we met in '09 - we hope to frankify your goals again soon!

What's in store for 2010? Frank Team HQ will close its doors over Christmas and New Years for a well deserved break; so we're ready to kick off another amazing year in mid January. IGNITE will be back in your inboxes from February. In the meantime, we're making plans to spruce up our website and welcome a new staff member to the team; exciting stuff! Over and out, talk to you in 2010 :)





ignite

is created by The FRANK Team and is a free monthly e-newsletter for enterprising young people

to join the free email subscription list go to www.frankteam.com.au/ignite or email anna@frankteam.com.au

send your IGNITE story contributions to anna@frankteam.com.au or Ph: 02 9518 6244

IGNITE Editor - Anna La Grassa

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about us...The FRANK Team assist schools, universities, colleges, councils and youth organisations to develop and inspire young people and grown ups!

Through our training, guest speakers and resources, you can develop the skills needed today to get ahead, turn your ideas into reality and create your own inspiring career, life, and biz opportunities.

The FRANK Team is run by

Jessica Kiely, an entrepreneur from a young age with a passion to ensure more young Australians get educated - get involved - and get enterprising.

our training

Our training programs are flexible and unique, fun and engaging, and most importantly created, written and presented by enterprising young people! Whether you're a school, uni, college, youth group, business group, large organisation, or individual, our programs are tailored to your needs - from a 40-minute session, to a half day, full day, or three-day event. Contact Jessica for a brochure on all our workshops at jessica@frankteam.com.au

guest speaking

The FRANK Team are available as inspiring, genuine guest speakers for both small to large groups of people - perfect for assemblies, SRCs, student groups & classes, or corporate functions.

xtra free stuff!

We've also got a whole range of free information, links and articles on our website and at your fingertips to help you build your skills, get connected with the enterprise industry and other successful young entrepreneurs. Now get out there and make your dreams a reality!

for more info>> go to www.frankteam.com.au or ph: 02 9518 6244