

# ignite



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Welcome to our first Ignite for 06! Read on for some opportunities and info to get you off to a great start. This month we had a chat with Matthew Eckford, who will inspire you to get active in your community & workplace. Plus, our cover article can help you out with your goals & new year resolutions - so get stuck in now!

**Need some help keeping on track with your new year's resolutions? Got some goals you're determined to reach? We all need determination and some great tips to help along the way...so read on for some steps that will help you make this year count!**

**Make a note** - If you haven't already, take time right now to write a list of your goals for 2006. This list will remind you of your priorities and things you want to achieve - and don't forget to be specific, the clearer your goals, the easier they are to accomplish! The only more important thing is to make a start! "The most important key to achieving great success is to decide upon your goal and launch, get started, take action, move." ~ Brian Tracy

**Baby steps** - Next, it's a good idea to break each goal down into manageable steps - this makes things seem a lot more achievable, and it also helps you to define a more realistic timeframe for your goals later. So, for example, if your goal is to organise your workspace, break it down - you need to: clear the space, remove items you haven't used recently, clear through drawers/trays and remove old documents...etc. Now, you can clearly see the steps involved in achieving the goal so you have a reliable plan of action!

**Easy there tiger** - Getting too eager at the start of the year can be a set back. Setting too many goals at once can be distracting and overwhelming, making it difficult to achieve any one of them. Look at your list...is it realistic for you to achieve all your goals in one year? If so, you're in luck! If not, prioritise your goals by writing a number next to them to indicate which is: 1- most important, 2- second most important and so on. Then eliminate goals from your list that aren't achievable this year - and keep them for 2007! Throughout the year, work on one goal at a time to maintain focus. "The journey of a thousand miles begins with a single step" ~ Lao Tzu

**Take the time** - A timeframe is important if you don't want to find yourself postponing things this year! Look at all the steps you've written down - how long is a reasonable amount of time to get them done? Set yourself a timeframe for each step and then an overall timeframe for each goal - mark this on your calendar, diary or your mobile and try to keep as close to possible to that timeframe! Go one step further; schedule time on a weekly basis, to help you continue working on your goal amongst other commitments. "Each of us has a fire in our hearts for something... Find it and keep it lit!" ~ Mary Lou Retton

**Reward yourself!** - It's hard work remaining focused all year to achieve change, maintain progress and develop yourself. So, why not reward yourself at the end?! Here's the fun part - go out and grab yourself a gift! Wrap it up and keep it somewhere visible, like at your workspace or on a bookshelf. As you complete a goal, give yourself a reward! This self encouragement will get you ready to take on your next goal!

**Good luck!! :) Make your 2006 awesome!**



# geteducated

**“Education is the most powerful weapon which you can use to change the world.”**

**~ Nelson Mandela**

**Leading the Way: The Vic Govt's strategic framework on mentoring young people 2005-2008.**

Last year Victoria announced a new social policy action plan called 'A Fairer Victoria' which addresses disadvantage in the community.

Read it at:

[www.dpc.vic.gov.au](http://www.dpc.vic.gov.au)

## **Learning Communities Conference**

**Sept 06 - Brisbane**

3 day conference focused on exploring the practitioners' perspective of developing and learning communities

QLD Uni of Technology  
Call for abstracts!

check out:

[www.learningcommunities2006.qut.edu.au](http://www.learningcommunities2006.qut.edu.au)

## **National health initiative**

Mental health & related substance use disorders are the no. 1 health issue affecting young Aussies, and early intervention can make a huge difference. So the **National Youth Mental Foundation has been established**

For info contact Michelle Marven on 0401 825 772.

## **Using iPods to help you party safer: An Aussie first!**

This year, Somazone has launched Australia's first podcast about safe partying for young people. It's available @ the Somazone site and through iTunes.

For info & the podcast, visit:

[www.somazone.com.au](http://www.somazone.com.au)

or contact Johanna on (03) 9278 8109

**If you aspire to lead in business, govt, the professions or community services then the **Vincent Fairfax Fellowship** may be for you!**

The next round opens May 06 for a Jan 07 start.

Visit:

[www.ethics.org.au](http://www.ethics.org.au)



geteducated

A great idea is one thing, selling it is another. So how are you going to convince people they want your product even if they don't?

Check out some tips @ Catapult:  
[www.abc.net.au/catapult](http://www.abc.net.au/catapult)

Do you have a vision for a better world?

Check out the Vision Generation website for issues that need your attention...

[www.vgen.org](http://www.vgen.org)

### Snap shot of young Aussies in 2005

“95% were in some form of education or training, 87% were in secondary school, TAFE 6%, uni study 5% & 1% were doing apprenticeships.”

- Australian Democrats Youth Poll 05.

Find more facts @  
[www.youthfacts.com.au](http://www.youthfacts.com.au)

The Commission For Children & Young People spoke with 100 + children & young people across NSW about their experiences & ideas for improving education & training.

Find out more @  
[www.kids.nsw.gov.au](http://www.kids.nsw.gov.au)

### Youth Health 06 Adolescent Health Conference

13-15 Nov 06 - Sydney

A call for papers has been issued. For full details on themes & abstracts submissions contact Sharyn on (02) 4572 3079 or [sharyn@mob.com.au](mailto:sharyn@mob.com.au)

Check out:

[www.youthhealth2006.org](http://www.youthhealth2006.org)

### The Child and Family Community Development Research Report

is now available on  
[communitybuilders.](http://communitybuilders.com.au)

Read it at:

[www.communitybuilders.nsw.gov.au/builder/what/fam\\_dev.html](http://www.communitybuilders.nsw.gov.au/builder/what/fam_dev.html)



geteducated

**Need some tips on the art of self promotion?**

**Visit:**

**[www.flyingsolo.com.au](http://www.flyingsolo.com.au)**

**The Health Report Card** provides a snapshot of the health of children & young people in care across Australia. Full report available @ [www.create.org.au](http://www.create.org.au)

The Australian Institute of Health & Welfare has released **a new report on Australia's mental health services** which includes a wide range of data to provide a picture of the range of mental health-related services that exist.

**Read the report @**

[www.aihw.gov.au/publications/index.cfm/title/10193](http://www.aihw.gov.au/publications/index.cfm/title/10193)

**SmARTarts Arts & Cultural Festival 06** is looking for 16 - 26 year olds wanting to get REAL art & events industry experience. Free skills development programs also offered.

Call Tina on: 02 9245 1503 or check out:

[www.pinestreet.com.au](http://www.pinestreet.com.au)  
[www.smartarts.org.au](http://www.smartarts.org.au)

**What do Richard Branson, Sass & Bide, Napoleon, and Dick Smith have in common? They break the rules & so could you!**

If you're someone with a dream you can't let go of, who always questions how things could be done better, then get your school to host a FREE Youth Biz Workshop. You'll pick up skills for kick-starting your career including: innovation & biz start-up skills + training in creativity & promotions + assessment of your skills & values + insights into entrepreneurship & what it takes to run your own biz + inspiration from successful young entrepreneurs!

Check out: [www.youth2youth.com.au](http://www.youth2youth.com.au) or call us at: 02 8437 3578 & let your teacher know that they should be signing your class up today!

Be quick - times & places are limited!!

This program is proudly supported by the National Innovation Awareness Strategy - an Australian Government Initiative.



getinvolved

Young Aussies are given the opportunity to attend a summit for the 100 brightest & most dynamic minds in the country @ the **Brightest Young Minds (BYM) summit** happening in July 06!

ANY Aussie aged 20-25 yrs can apply  
For more info on BYM & the summit, see:  
[www.bym.com.au](http://www.bym.com.au)

**The Inaugural National Volunteering Research Symposium** brings together researchers & students with a strong research interest in the field of volunteering.

7-8 March 06 @ the Carlton Crest Hotel, Melbourne.

Visit:

[www.volunteeringaustralia.org](http://www.volunteeringaustralia.org)

**National Youth Week 2005** was a great success!

More than 1,400 live events across Oz. Over 400 entries across the 5 National Talent Competitions. Hundreds of young people voiced their opinions & over 9,000 young people entered Win Free Stuff!

So make sure you get involved in 06 - all you gotta do, is add you!

[www.youthweek.com](http://www.youthweek.com)

**Conservation Volunteers Australia** is offering a **unique opportunity** for Aussie & New Zealand young volunteers to assist with activities at **Gallipoli for Anzac Day**.

The program will take place from 21st April - 1st May 06.

For more info visit:

[www.conservationvolunteers.com.au](http://www.conservationvolunteers.com.au)  
or call 1800 032 501

**Coming your way in April 06...**

**Bridges** is a strategy strengthening communities to respond positively to alcohol & other drug issues.

You are invited to join in as they **Celebrate the Power of Community on April 2nd 06, 12 - 6pm @ Dawson Mall, Mt Druitt** with presentations from young people, live music, interactive drama, dancing, free BBQ, stalls & much more!

Services & schools are invited to participate at this event.

Want more info? Contact Sally or Natasha @ [info@bridges.org.au](mailto:info@bridges.org.au) or call (02) 9622 7511

Their website: [www.bridges.org.au](http://www.bridges.org.au) will be up and running very soon!



# getinvolved

**“I have been impressed with the urgency of doing. Knowing is not enough; we must apply. Being willing is not enough; we must do.”**

**~ Leonardo da Vinci**

**lip** is a Canberra publication for young women produced & written by young people! They're so excited about the intro of a new reader's letters section, that they're giving you the chance to win a stylish pair of Polli earrings!  
Find out how @ [www.lipmag.com](http://www.lipmag.com)

## Get involved, get a job!

**Youth Conservation Corps** kick starts the careers of young people under 25yrs by providing hands on experience, free training, career & employment.

**2006 projects are recruiting now!**

For info call: 1800 077 700 or visit:  
[www.greeningaustralia.org.au](http://www.greeningaustralia.org.au)

**The National Investment for the Early Years annual conference** will be held on 8-9 Feb 06 at NSW Uni.

The conference theme is "PREVENTION: Invest Now or Pay Later".

More info @ [www.niftey.cyh.com](http://www.niftey.cyh.com)

**Vibewire** will again hold its "e-festival of ideas" during National Youth Week this year, featuring interactive panels & guests.

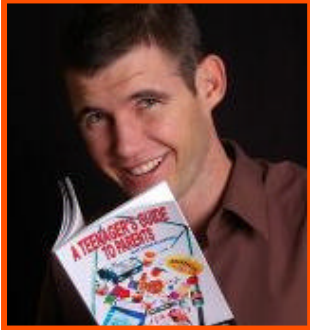
**Who would you like to chat to or hear the opinions of this time round?**

Check out this thread in the forums & contribute your thoughts:  
[www.vibewire.net/2/index.php?option=com\\_content&task=view&id=10629&Itemid=49](http://www.vibewire.net/2/index.php?option=com_content&task=view&id=10629&Itemid=49)

**The Victorian Govt is updating its youth policy.** To meet your needs they need as much feedback as they can get! **Have your say by completing an online questionnaire.** Aged 12-25 yrs? You can also enter the naming competition - suggest a name & go into the running to win an Xbox 360!

**Visit:**  
[www.youthcentral.vic.gov.au/youthconsultation](http://www.youthcentral.vic.gov.au/youthconsultation)

## in.profile



Meet 25 year old, **Matthew Eckford**, QLD Finalist of the Young Australian of the Year Award 2006, author & rural advocate!

**1. When and how did you first get involved in your community?**

I launched my first community initiative Rural Industry Connect in March 2001. It's an Internet website initiative dedicated to assisting business communication throughout rural and regional Australia. I'm originally from a family rural property, and we still struggle today to easily source products and services applicable to our family business. The aim of this initiative is to assist those in rural and remote areas of Australia to source what they need much easier by going to one place on the internet.

**2. How did you find out about all the opportunities out there for young people?**

I started to find out there were more and more opportunities out there for young people as I became more involved with the Foundation for Young Australians. It's a great organisation which provides a wide scope of opportunities.

**3. So you've written a book! Tell us about it and why you wrote it.**

I started writing "A Teenager's Guide to Parents" when I was 21 as a lot of the advice and opinions my parents had given me over the years prior was starting to make sense. I noticed that there weren't any books that explored parents, written from a teenager's perspective, to accurately explain why they say and do the things they do. Hopefully the book helps bridge the gap between parent and teenager relationships.

**4. Congratulations on becoming a finalist of the Young Australian of the Year 2006! How did it feel to be nominated for the award again?**

I'm a partner in a commercial real estate agency and being a commercial real estate agent is my main career focus. Managing Rural Industry Connect, writing "A Teenager's Guide to Parents" and being involved with the Foundation for Young Australians are certainly 'outside of normal work' commitments. It's rewarding to receive the nomination for time and effort spent doing things I do not consider my main career focus.

**5. In fact, you've won a heap of awards in the last few years! Which are you most proud of?**

Probably the Young Citizen Award from my local shire council in Julia Creek. It's great to receive recognition from the place and people I originally grew up with.

**6. How do you find it balancing different components of your life - career and various other involvements?**

Challenging! But I always have my favourite quote in front of me at my desk: "A master in the art of living knows no sharp distinction between his work and his play, his labour and his leisure, his mind and his body, his education and his recreation. He hardly knows which is which. He simply pursues his vision of excellence through whatever he is doing and leaves others to determine whether he is working or playing. To himself he always seems to be doing both."

**7. What is the next achievement you're aiming for?**

To see "A Teenager's Guide to Parents" in schools around Australia and hopefully one day, overseas.



**get**enterprising

**Wanna work in Timor- Leste as  
Social Economics Trainer?**

**The ACIAR/AusAID Seeds of Life  
Program is looking for culturally  
sensitive recent graduates with 1-2 yrs  
work experience (not necessarily in  
agriculture) who are interested in  
volunteering!**

Read more @:  
[www.ayad.com.au](http://www.ayad.com.au)

**“Never let the odds keep  
you from doing what you  
know in your heart you  
were meant to do.”**

**~ H. Jackson Brown, Jr.**

### **Free websites!**

ThinkHost Inc. provide high  
performance website hosting services  
with a special interest in assisting  
non-profit orgs.

ThinkHost has some free  
hosting accounts left to give away  
this year for orgs who qualify!

So find out more, visit:  
[www.thinkhost.com/socialchange](http://www.thinkhost.com/socialchange)

### **They want your films!**

**In The Bin** is now calling for  
entries for the 06 'In The Bin  
Film Festival' in Currumbin this  
Sept. To download an entry  
form visit:

[www.inthebin.net.au/entry06](http://www.inthebin.net.au/entry06)

For more info contact:  
[dana@inthebin.net.au](mailto:dana@inthebin.net.au)

**The 2006 Next Big Thing Award** is a national competition to find  
and showcase new Australian products with the potential to become the  
'next big thing'. The award celebrates and promotes Aussie  
Innovation and is a key event of the 2006 Australian Innovation  
Festival. The 2006 Next Big Thing Award prize is \$5000 and advertising val-  
ued at over \$4000! The Peoples' Choice prize is \$2500! 15 finalists will be dis-  
played during May in a month long exhibition at the Centre for Innovation +  
Technology Commercialisation in Melb.

For more info visit:

[www.innovic.com.au/nextbigthing](http://www.innovic.com.au/nextbigthing)



# getenterprising

Youth groups in regional NSW have secured 30 out of 44 Partnership Grants for 06 from the youth music network, Indent. Indent grants enable young people to produce their own entertainment events & develop organisational & social skills in a safe drug & alcohol-free environment. The list of winners is @ [www.indent.net.au](http://www.indent.net.au)

**The Sustainable Living Foundation** is a community based not-for-profit org committed to promoting, celebrating & practicing the principles of sustainable living. Check out their awesome website @ [www.slf.org.au](http://www.slf.org.au)

**Word War One** is a unique MC battle/radio show that started on 1st Feb on SYN 90.7 A selected number of MCs will battle it out in various forms over an 8 week block. The program will air every Wednesday night at 9pm to 11pm on SYN 90.7 & via webcast. Find out more & register at: [www.planeturban.com.au](http://www.planeturban.com.au)

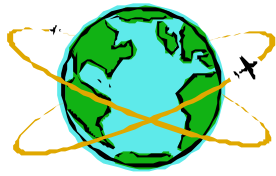
**Mitre 10 Junior Landcare Grants Program** - Any school or youth group seeking to educate young Australians about the environment can apply for funding. This round of applications closes 23 Feb. More info is @ [www.landcareonline.com](http://www.landcareonline.com)

## Wanna be on radio?

SYN is the Student Youth Network - comprising of radio station SYN 90.7, print magazine Pecado, as well as several programs on Channel 31. The SYN studio is based at RMIT's city campus.

**SYN is currently looking for people under 26 yrs to become newsreaders.** This involves researching and reading news bulletins/updates over the airwaves. **SYN will provide training to newsreaders to ensure they are confident on air!** Not only does this provide invaluable media experience, it also provides an opportunity to develop skills to become a reporter, producer or presenter for SYN in the future!

If you're an interested student email Gillian at SYN FM [g.terzis@ugrad.unimelb.edu.au](mailto:g.terzis@ugrad.unimelb.edu.au)



getglobal

## Creativity Courses in Europe and New York: Spring/Summer 06!

The Creativity Workshop helps people believe in & develop their imagination through a unique series of exercises in a non-competitive, nurturing atmosphere.

Info can be found @

[www.creativityseminars.net](http://www.creativityseminars.net)

“Be the change you wish to see in the world.”

~ Gandhi

## The International Foundation for Science

is providing research grants & supporting services to young researchers in development countries in Africa, Asia & the Pacific, Latin America & the Caribbean. Application forms & more info about the program are @ [www.ifs.se](http://www.ifs.se)

Youth for a Sustainable Future Pacifica are starting the first Pacific Youth Grants program this year & are looking for some young people to join their team as volunteers: A Youth Policy Director & a Youth Projects Director.

Check out their new website for more info:

[www.pacifikayouth.org](http://www.pacifikayouth.org)

## This Valentine's Day say I love you with Fair Trade Valentine's Day Chocolates!

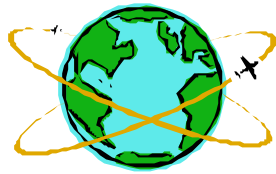
Global Exchange has created a gift that will show your love for your sweetie and at the same time you show your love for cocoa farmers & the environment :)

Purchasing gifts that are Fair Trade-certified guarantees that the farmers and artisans who produced them are paid a living wage for their labour & that the products aren't made in sweatshops or by exploited child labourers. Fair Trade also promotes production techniques that will not harm the environment!

Check out: [www.globalexchangestore.org](http://www.globalexchangestore.org) for yummy gifts.

Then while you're there, get involved by contacting Nestle to remind them about an agreement they made last year, promising to end abusive child labor on cocoa farms. It's as easy as sending the fax already written for you at the fax action page. Go to:

[www.globalexchange.org/getInvolved/actnow/nestleslavery.html](http://www.globalexchange.org/getInvolved/actnow/nestleslavery.html)



# getglobal

**Pupaza Din Tei newspaper** is the only paper in Romania written & managed entirely by children aged 9-14 yrs.

They're **looking for support** from around the globe for the development of their magazine & are also trying to find some young people to have exchange trips with. To experience a little of its universe, visit:

[www.pupazadintei-iasi.ro](http://www.pupazadintei-iasi.ro)

**High-profile international artists. Classic Lennon tracks. United for human rights.**

**Make Some Noise** is a mix of music, celebration & action in support of Amnesty International.

**Music can change the world, but only with your voice.**

Go to:

<http://noise.amnesty.org/site/c.adKlIVNsEkG/b.1199681/k.BE16/Home.htm>

## The World Peace Forum - Canada 23-28 June 06

The Forum will organise panels, workshops, public forums, arts & entertainment activities & networking events to offer you an open space for discussion & performance within the main theme of Cities and Communities: Working together to end war & build a peaceful, just & sustainable world.

For info check out:

[www.worldpeaceforum.ca](http://www.worldpeaceforum.ca)

**Youth unemployment is one of the pressing challenges in Rwanda with 100,000 + young people entering the labour market yearly and only 12,000 jobs created. Whilst there has been some growth in the tourism, transportation & services sector, substantial investment is needed.**

Read more @

[yesweb.org/december2005\\_8.htm](http://yesweb.org/december2005_8.htm)

## Y2Y up.date

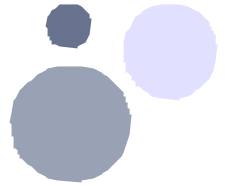
**Youth 2 Youth helps schools, universities, colleges, councils, youth organisations and corporates to inspire and develop their young people.**

2006 is already off to a flying start. We're flat out organising a second series of free workshops around Australia for Yr 10 & 11s all about entrepreneurial and innovation skills. If you want more info on the program, check out [www.youth2youth.com.au](http://www.youth2youth.com.au) or call us!

We're also excited to be heading over to Bahrain to work with over 100 young people on their leadership and community skills. And we just spoke to Yr 12 at Willoughby Girls High, helping to prepare them for their journey into life after school.

Youth 2 Youth has just recruited a new Project Manager and we're also on the look out right now for an SA and WA based Y2Y facilitator. If you're a young person running their own business with awesome presentation / facilitation skills - we want to hear from you asap!!

Youth 2 Youth has also just moved office! Our new contact details are: p: 02 8437 3578 f: 8437 3579 - 65 Hume Street, Crows Nest NSW 2065. Pls update your address books!



## >ignite enewsletter

is created by Youth 2 Youth and is a free monthly e-newsletter for enterprising young people

to join the free email subscription list go to [www.youth2youth.com.au/maxmail2](http://www.youth2youth.com.au/maxmail2) or email [anna@youth2youth.com.au](mailto:anna@youth2youth.com.au)

send your IGNITE story contributions to [anna@youth2youth.com.au](mailto:anna@youth2youth.com.au) or Ph: 02 8437 3578

### IGNITE Editor - Anna La Grassa

and now for the necessary legal stuff...Youth 2 Youth is not liable for any advice given in this newsletter. The contents of this newsletter are subject to copyright. Reproduction in full only is permitted for distribution to your networks. All rights reserved. © 2005 Youth 2 Youth

**about us...Youth 2 Youth** assist schools, universities, colleges, councils and youth organisations to develop and inspire their young people!

Through Youth 2 Youth, young people develop the skills needed today to get ahead, turn their ideas into reality, take charge of their life, and create their own inspiring career, life, and biz opportunities.

### Y2Y is run by

Jessica Kiely and Karen Miles, two enterprising young Australians who have individually been running their own businesses for years and who have come together through a shared passion to ensure more young Australians get educated - get involved - and get enterprising.

### our programs

Our programs are flexible and unique, fun and engaging, and most importantly created, written and presented by 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@youth2youth.com.au](mailto:jessica@youth2youth.com.au)

### guest speaking

The Directors of Youth 2 Youth are available as inspiring, genuine guest speakers for both small to large groups of young people - perfect for assemblies, SRCs, student groups & classes, or special 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 youth enterprise industry and other successful young entrepreneurs, and get out there and make your goals a reality!

for more info>> go to [www.youth2youth.com.au](http://www.youth2youth.com.au) or ph: 02 8437 3578