



WE EMPOWER PEOPLE AND
COMMUNITIES TO CREATE
POSITIVE CHANGE

WORKSHOPS
AND **TRAINING**
FOR
YOUNG PEOPLE

VIDEO & RADIO

ONLINE JOURNALISM

PHOTOGRAPHY

AFRICAN DRUMMING

WHO ARE WE?

ProMo-Cymru is a registered charity and social enterprise that has evolved, developed and diversified over the past 30 years whilst always remaining true to its principles of working together in cooperation.

Our mission is to **'empower people and communities to create positive change'**.

As well as our technical ability and extensive experience, we believe we offer something unique within the way we approach our projects; a unique and sensitive way to engage. We work collaboratively to ensure your project has the most relevant set of skills behind it.

Our delivery staff are qualified youth workers as well as being credited with **PTTLS** (preparing to teach in the lifelong learning sector). This offers an unique understanding of how best to engage people, help them to feel comfortable and confident, as well as working with them to enjoy the process and learn through their active participation.

ALL OUR COURSES CAN BE TAILORED TO YOUR NEEDS AND BESPOKE TO YOUR ORGANISATION



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RADIO PRESENTING AND BROADCASTING

This exciting course gives young people a taster of being a broadcast journalist. They will learn how to put a show together, record interviews and features and at the end of the course 'go live' and present a live radio broadcast.



We have portable equipment, so can deliver anywhere, as well as the use of a real radio station (if the course is delivered in Cardiff).

PRIOR EXPERIENCE? This course can be adapted to suit beginners or intermediate levels

LENGTH: Full day

COST: £750 full day

ACCREDITATION AVAILABLE - ACU Entry Level 3: 3 credits (additional fee applicable)

VIDEO PRODUCTION



Learn how to plan, shoot and edit your own videos!

Learners will use their creativity to write scripts and storyboards during the preproduction process and master their filming and directing techniques during the shoot.

They will also learn how to edit, add a soundtrack and animated text to give their movies a professional finish.

PRIOR EXPERIENCE? None

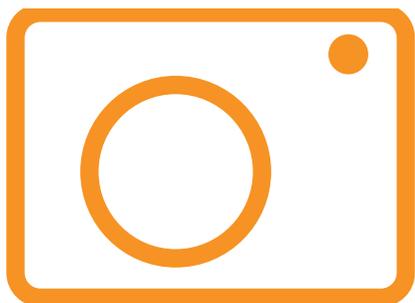
LENGTH: Half or full day

COST: £750 full day / £400 half day

ACCREDITATION AVAILABLE - ACU Level 1 in Create a Video Production (additional fee applicable)

MASTER YOUR PHOTOGRAPHY

This course is all about taking better pictures using smartphones. Learners will explore different apps and what they can offer and how to use their cameras like a pro. There are a number of topics that can be explored including: portrait photography, action, picture diaries, using lighting and backdrops and taking the perfect selfie! Young people will then learn how to edit their pictures and discuss responsible sharing and online safety.



We can also teach this course using professional SLR cameras, depending on the level of the learners.

PRIOR EXPERIENCE? None

LENGTH: Half or full day

COST: £750 full day / £400 half day

AFRICAN DRUMMING & DRUM MAKING WORKSHOPS



Our drumming workshops are fun, interactive and educational. Through making music in a group, we are able to build confidence, encourage teamwork, promote creativity and improve coordination.

Participants will first be introduced to different African drums and percussion instruments and then be taught to create their own music and rhythms. Through this process, participants will learn to work as a team and express themselves through music.

We also offer a drum making workshop where young people are taught to make their own drums and percussion with the materials provided. Learners will then get to create music and rhythms with their newly made drums and also bring home their instruments as souvenirs.

PRIOR EXPERIENCE? None

LENGTH: Half or full day

COST: £750 full day / £400 half day

“It was a great workshop – it was really interesting and inspiring! The tutors were knowledgeable, fun and full of energy. It was a fantastic experience!”