

From: [YMCA175](#)
To:
Subject: YMCA175 News: Let's "Gen Up!"
Date: Thursday, December 13, 2018 2:30:44 PM



GEN UP!

FORWARD TO A COLLEAGUE



News and information for U.S. YMCA175 Delegates

#YMCA175

DECEMBER 2018

Let's Gen Up!

Thank you for signing up to receive updates about YMCA175, the global YMCA youth event taking place next August in London, England (more on that below!). To help YMCA175 delegates from the United States get informed and prepare for a transformational experience, this newsletter will provide the latest news, resources, tips and fun facts to help you make the most of this once-in-a-lifetime journey.

So...what does "gen up" mean?

As a nod to our friends and colleagues in England - the country where the YMCA was born and home to YMCA175 - "gen up" is British slang meaning to *study up* or *get prepared*. And that's what this newsletter is designed to do! We hope you find the process of preparing for YMCA175 exciting and inspiring.

P.S. This newsletter will be published on a monthly basis. For more information, consult with your YMCA's Delegation Leader and connect with the [U.S. Delegation Facebook Group](#). Once you are registered to attend YMCA175, you may receive additional communications from the event organizers at YMCA Europe.

YMCA175: The 5 W's

Stay Connected!

Email: YMCA175@ymca.net



#YMCA175 #YforAll

Forward this newsletter to fellow YMCA175 delegates and encourage them to [subscribe](#).

Gen Up: Talk Like a Londoner

Fortnight: A very common British term meaning a period of two weeks. (Not to be confused with the video game *Fortnite*.)

"Register for YMCA175 within the next fortnight, mate."

Social Media Challenge

As a YMCA175 delegate, you're also now an ambassador between the global YMCA Movement and your friends, family and colleagues back home. To help you build awareness and excitement for this experience, here are key facts about YMCA175 that you can share:

What: A global youth event celebrating the 175th anniversary of the YMCA and its legacy of empowering youth as changemakers.

Who: Event delegates include 5,000+ young leaders between the ages of 16 and 35, from Ys around the world.

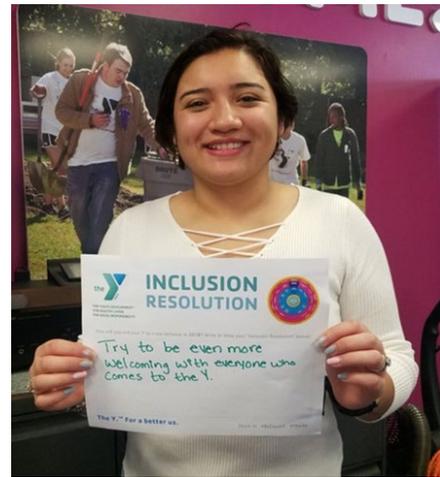
When: YMCA175 takes place Aug. 4-8, 2019, but delegations will work on engaging their home communities long before the event begins and long after it ends.

Where: London, England - the city where the YMCA was born - at the world-renowned ExCeL London.

Why: To connect young leaders, develop their leadership skills and global experience, celebrate the YMCA's 175th anniversary, and create a space for delegates to create solutions to key issues impacting youth.

Apply to lead content at YMCA175

YMCA175 will create space for peer-to-peer learning and collaboration to ensure that everyone can experience diverse global perspectives, enhance their cultural competencies, and gain practical insights that will help them to lead change in their communities upon returning home. The U.S.



What's your "Inclusion Resolution" for 2019?

[Download a template](#) and write or draw your personal resolution to be more inclusive of people of all backgrounds and dimensions of diversity in 2019. Share your resolution on social media with #YforAll and #YMCA175.

YMCA Changemakers



George Williams was only **22 years old** when he founded the first YMCA in London in 1844 to serve the needs of young men facing the dangers and stresses of urban life during the Industrial Revolution. The Y has grown into a global Movement that serves millions of people from all backgrounds in 119 countries!

Planning Committee for YMCA175 is seeking delegates who are interested in leading sessions within the four global focus themes of **health, environment, civic engagement** and **economic empowerment**. Sessions can take many forms, including presentations, roundtable discussions, simulations, storytelling, photo exhibits and more.

Learn more and apply:

- Watch a [video invitation](#) from YMCA Europe
- [Download instructions](#)
- [Apply online](#) by Feb. 1, 2019

“My global Y experience gave me a sense of being part of something that is so much bigger than myself. Hearing the stories, triumphs and struggles of others from around the globe gave me a new lens.”

- **Ashley Funk, YMCA of Central Maryland**

Global Leadership Tools



The Y is in 119 countries!

Did you know that the Mexico YMCA provides migrant youth with shelter, food, counseling and family reunification services? Or that the Russia YMCA provides youth with HIV education and drug prevention programs? Explore an [interactive world map](#) featuring audio highlights from some of the world's 119 national YMCA Movements.

International YMCA Spotlight



Africa Alliance of YMCAs

The Africa Alliance of YMCAs' [#Career Manenoz](#) program focuses on empowering youth through vocational training and job placement support. This is just one of many YMCA programs reaching more than one million youth across 20 African nations, with the overarching goal of empowering African youth to find their voice, space and ability to create positive change for themselves and their communities.

