

From: [YMCA175](#)
To:
Subject: YMCA175 News: London Calling! (Are you ready to get there?)
Date: Thursday, February 21, 2019

 FORWARD TO A COLLEAGUE



GEN UP!

News and information for U.S. YMCA175 Delegates

#YMCA175

FEBRUARY 2019

Planning your travel to London

We're **less than six months away** from YMCA175 and the global delegation is looking strong! As of today:

- So far, **64 U.S. YMCAs** are planning to send **514 U.S. delegates** with more registering every day
- **340** U.S. delegates are fully registered and paid up (if you haven't registered, [start the process](#) today!)
- YMCAs in **87** countries (and counting) are mobilizing delegations to attend

Travelling abroad requires careful preparation. **Don't wait until the last minute** to ensure your passport is up to date, book air tickets and obtain medical travel insurance. [Watch the latest YMCA175 webinar](#) on travel logistics and considerations for guidance on these topics and more!

Apply to lead content at YMCA175



This newsletter is intended to help YMCA175 delegates "gen up" (get prepared) for a transformational experience at the [YMCA175 Global Youth Event](#) in London this August. Share it with fellow YMCA175 delegates and encourage them to [subscribe](#). You can also access past editions [here](#).

Stay Connected!

Email: YMCA175@ymca.net



#YMCA175 #YforAll

Gen Up: Talk Like a Londoner

Cheers: A commonly-used, informal way to say "thanks" or "goodbye."

- "Here's your fish and chips."
- "Cheers, mate!"

Social Media Challenge



Only one week left for your delegation to apply to lead content at YMCA175! The U.S. Planning Committee is seeking proposals for sessions that address the four global focus themes of **health, environment, civic engagement** and **economic empowerment**. Sessions can take virtually any form, including presentations, roundtable discussions, simulations, storytelling, photo exhibits and more! Showcase the ways youth are leading change in your community through the Y. [Learn more](#) and [apply online](#) by **Mar. 1**.

Coming Soon: UK Discovery Visits

YMCA England & Wales, the host of YMCA175, is organizing optional **Discovery Visits** at sites throughout the United Kingdom. Open to all registered delegates, these visits are a chance to get to know YMCA staff and program participants, see YMCA programs in action, learn about the history of the area and experience local culture. Some of the exciting opportunities will include visiting a YMCA farm (who knew!), watching a local rugby match, participating in accessible sport programs and staying in a YMCA hotel where young people learn the hospitality trade, just to name a few. Each visit will accommodate up to 20 people and can be booked on a first-come, first-served basis through a separate registration process (note: Discovery Visits are not included in the standard YMCA175 event rate). Registration for the Discovery Visits will open in mid-March. Stay tuned!

Save the date for World Challenge 2019

Plan to participate in **YMCA World Challenge** on June 8, the Saturday following the 175th anniversary of the founding of the YMCA. To celebrate this historic milestone and the Y's legacy of empowering young people to be a positive force for change, YMCAs worldwide will challenge young people to volunteer 175 minutes of their time to strengthen their community. Start thinking about what your delegation will do and stay tuned for further details.

At its last meeting, the [YMCA of Greater Richmond's delegation](#) spent some time learning about the work of the YMCA in Colombia. **Challenge:** share a photo and update of your delegation's next meeting on social media using **#YMCA175** and **#YforAll!**

YMCA Changemakers

Alex Pardue, a 17-year old high school senior in Burlington, NC, teamed up with his YMCA to raise \$140,000 to launch a program that has served more than 50,000 evening meals to kids in need in his school district. After a picnic shelter was built at the Y to serve the food, Alex arranged for his school system to prepare the meals, then lobbied congressmen last year to continue funding the federal program that covers the cost of the meals. [Read more.](#)

“The YMCA gave me the chance to develop skills to be a leader and help build my country up after the war. At the YMCA, I’m part of something bigger to help other young people, my community and the world.”

- Adhurim, Youth Leader, Kosovo YMCA

Global Leadership Tools



In 2015, world leaders agreed to 17 **Sustainable Development Goals** for a better world by 2030 - goals that have the power to end poverty, fight inequality and stop climate change. Click the video above for a hip hop-inspired introduction to the 17 goals. For deeper learning:

- Visit the UN's [Sustainable Development Goals portal](#)
- Download [lesson plans](#) that relate to the goals
- Watch a [TED talk](#)

International YMCA Spotlight



In Peru, almost one quarter of the population lives in poverty, with 13 percent of young children chronically malnourished. In response, the **Peru YMCA** focuses on the holistic development of children and youth. Click above to watch a video from the YMCA of Boulder Valley's Global Teen Leadership Program, which sent a group of high school students to Peru for a powerful YMCA service-learning experience.