

## About our programme

Our outreach programme 'Ysbrydoli Cymru' (Inspire Wales) aims to engage with the youth across the country through bespoke sessions, designed to inspire the next generation to motivate and develop key skills, within sport and in day to day life

We have a range of options available to you and this can focus on one particular area such as EDI, Nutrition and individual sport focus sessions. Our sessions vary from school assemblies, athlete Q & A's, and class presentations to engaging sport sessions. We cover primary school pupils through to A Levels.

## Digital outreach

In addition to physical visits we also offer a digital opportunity to interact with athletes – whether it be a Q & A with athletes on screen or focussed sessions on particular areas of interest.



## EXCLUSIVE COMPETITIONS FOR ALL VISITS WITH OUR PARTNERS

sports Wales  
chwarae Cymru



Cardiff  
Metropolitan  
University

Prifysgol  
Metropolitan  
Caerdydd

Nathaniel

PURECYBEF  
Insurance for your business

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watkin davies  
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EXPERIENCE



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OWENS

## We visit:

- Primary
- Secondary
- GCSE
- A Level
- Sports clubs
- Youth clubs
- Brownies, Guides, Scouts and Cubs



## To book your visit from Team Wales, contact:



[schools@teamwales.cymru](mailto:schools@teamwales.cymru)



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gemau'r gymanwlad  
commonwealth games



# Ysbrydoli Cymru

[www.teamwales.cymru](http://www.teamwales.cymru)