

SPORT 4 LIFE UK
CHANGING LIVES THROUGH THE POWER OF SPORT

AVANTI WEST COAST

RAIL READY: YOUR ADVENTURE STARTS HERE!

18-29 YRS OLD

Join our free 4-day interactive programme where you'll build confidence, develop practical life skills, meet new people and put your learning into practice on a group trip across Birmingham.

WHAT'S IN IT FOR YOU?

Develop practical life skills, build your confidence and have fun along the way:

- Communication Skills: Learn how to start conversations, connect with others and communicate confidently.
- Managing Your Money: Discover simple ways to budget, travel and enjoy activities without overspending.
- Problem-Solving: Take part in interactive challenges, work together and develop your problem-solving skills.
- Teamwork: Meet new people, build confidence and develop friendships through group activities.

BETTER TOGETHER: BRING A FRIEND!

Know someone aged 18–29 who wants to meet new people, build confidence or enjoy a free day out?

REGISTER HERE

11/01/2027 - 15/01/2027 from 10am - 2pm
Edgbaston Commnity Centre, 40 Woodview Drive, Birmingham, B15 2HU