

## 406- Youth and the Y's Club Movement

### 1. The iGo Program-

An iGo internship is built to be a unique learning opportunity for a young person early in his/her professional journey. More than a simple transfer of skills and knowledge an iGo work experience should foster a sense of global community and international solidarity. The programme is built around four key actions:

2. Engage
3. Connect
4. Build
5. Empower

### 2. Short Term Exchange Programs- (2024 Currently being revised by International committee)

<https://www.ysmen.org/our-work/cultural-exchange/short-term-exchange-programme/>

### 3. TOF- Time of Fast has a Youth Volunteer Program.

Y's Youth and Young Members from the age of 18 are also invited to consider volunteering at an active [Time of Fast](#) project. A standard programme may last between 2 to 6 weeks. A list of participating TOF projects can be found here: [TOF Volunteer Opportunities](#).

In case of financial need, up to 50% of the expected travel costs (capped at CHF 2,000) may be paid through the [Building Fellowship](#) programme. There are two grants available each year.

Apply to become a TOF volunteer through the BF application form.

### 4. To find more on how youth in your clubs can become involved see the youth Magazine for more details.

<https://www.ysmen.org/publications/youth-world/>

(Revised 2024)