



## **What does it mean to “global up”?**

To “Global Up” means equipping teenagers with tangible global competence skills for today and their future studies and careers.



## **About Global Up Teen:**

Global Up Teen is a research-based programme, featuring a closed minors-only platform for connecting and sharing with learners worldwide. Teenagers will engage in reflection, live dialogue sessions, peer forums and use their experience as a way to make intercultural theories come to life. Plus, they get the award-winning AFS Global Competence Certificate!

*“I’ve learnt there are many proficient ways to cope with difference, struggles and being part of a whole. This program taught me heaps that I am applying to my life every day. You created a safe and honest space for each of us to express ourselves and our thoughts.”*

Participant in the 2025 NZ cohort of Global Up Teen

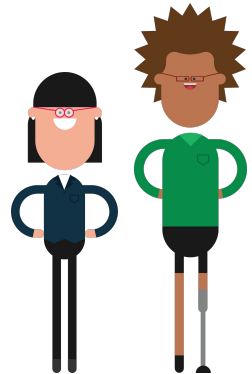
## The Global Up programme includes:

- Exclusive access by individual accounts to our virtual learning environment
- Online modules with video content in English or Spanish and subtitled in multiple languages
- Interactive forum space for reflecting with peers from around the world
- Online quizzes and assignments related to content
- Guided reflection sessions run by a Qualified Facilitator
- The award-winning AFS Global Competence Certificate upon completion

*"It has taught me about different cultures, equality, and how to be a better person in general.*

*Thanks to the modules, I definitely feel like I have made progress in understanding different cultures and how I can manage conflicts."*

Participant in the 2025 NZ cohort of Global Up Teen



## 2026 New Zealand Programme Dates

- 2026 Cohort 1: 20 April - 17 May 2026  
Live sessions on Sundays 26 April, 3, 10 and 17 May 2026
- 2026 Cohort 2: 20 July - 15 August 2026  
Live sessions on Sundays 26 July, 1, 8 and 15 Aug 2026

**Programme Fees:** \$225 per person (\$175 pp for a minimum of 10 participants)

## Curriculum

### Discover

1. Welcome & Roadmap
2. Learning Styles
3. Metaphors of Culture
4. Who Am I?
5. Leaving your Comfort Zone
6. Exploring Perspectives
7. Stereotypes & generalizations

### Deliver

8. Empathy & Listening
9. Suspending Judgment
10. Cultural Value Dimensions
11. Communication Styles

### Deepen

12. Dealing with Conflict
13. Coping & Being Resilient
14. Understanding Inequality

### Debrief

15. Microaggressions
16. Power & Privilege
17. Skilling Up for the Future
18. Taking Action

## Program Features

<b>Participants</b>	<b>14-17 Teens</b>
<b>Total Modules</b>	<b>18</b>
<b>Modules Time Estimate</b>	<b>10-12 hours</b>
<b>Total Facilitated Dialogue Sessions</b>	<b>4</b>
<b>Total Estimated Time</b>	<b>16-25 hours*</b>
<b>Facilitated by</b>	<b>Trained Qualified Facilitators</b>

*\*depending on the Live Sessions.*



*Some of the diverse and inclusive characters used in the video modules of the Global Up programmes.*