

NARRATIVE REFLECTIVE REPORT

Organization: Assistarc
Foundation



*Youth Empowerment Bootcamp – 23–25
September 2025, Goodwood, Cape Town*



Introduction

The Youth Empowerment Bootcamp was a three-day training held in Goodwood, Cape Town, from **23 to 25 September 2025**. Each session ran from **8:30 a.m. to 2:00 p.m.**, focusing on **self-leadership** and **technology** as key tools for empowerment. The program aimed to strengthen the confidence and skills of **young refugees aged 19 to 30 years**.

A total of **12 youths** completed the screening process, of whom 8 attended the training while 4 were unable to participate due to personal reasons. Among those who attended, 6 were female and 2 were male. Refreshments and transport were provided to ensure comfort and engagement throughout the program.

WORKSHOP OVERVIEW

The workshop was facilitated by skilled trainers who led participants through interactive group activities, self-reflection exercises, and practical skill-building sessions. These activities encouraged participants to explore their identities, strengthen leadership abilities, and enhance digital awareness.

The sessions provided a safe, supportive, and engaging environment where participants shared their life stories and experiences, learned from one another, and built confidence in applying their new skills.

The focus on self-leadership helped participants recognize their strengths and take initiative in shaping their personal and professional growth. One particularly effective activity involved giving participants a list of online learning platforms that offered a variety of categories of skills to explore different career paths. This helped them see that they are capable of finding and developing new skills on their own.

Overall, the bootcamp successfully fostered **self-discovery, teamwork, and motivation**, leaving a lasting impression and a strong desire for continued learning.



CHALLENGES



A Brief Story About The Problem

While the bootcamp met its goals, a few challenges were observed:

- Time constraints limited the depth of facilitation and reflection, as participants needed more time to process discussions and practice new skills.
- Limited human and financial **resources** made it difficult to extend the training or provide structured follow-up sessions.

Despite these challenges, valuable lessons emerged. Participants showed great enthusiasm and commitment, proving that short, focused programs can spark meaningful personal growth. The experience highlighted the importance of interactive learning, safe spaces for open dialogue, and consistent mentorship.



CONCLUSION

The Youth Empowerment Bootcamp successfully equipped participants with essential self-leadership and digital skills, while fostering confidence, motivation, and personal growth. The high level of engagement and positive feedback demonstrates the program's strong potential for community impact.

With additional resources, extended timelines, and structured follow-up, **Assistarc Foundation can expand this initiative into a sustainable empowerment program that** promotes inclusion, self-reliance, and long-term transformation for young refugees and other vulnerable groups

- I like acquiring skills and learning gaining experience and becoming the best version of myself
- persistent in assurance that my goals and are accomplished
- Taking lesson from

