



# Celebrate Youth at **may** FESTIVAL

To celebrate Scotland's **Year of Young People 2018** the University of Aberdeen May Festival has a dedicated strand of exciting events and activities for all ages.

## Tuesday 22 May

### **PechaKucha: The Next Big Thing**

6.00pm – 7.30pm | FREE/No Booking Required

Belmont Filmhouse, Belmont Street, Aberdeen, AB10 1JS

An evening of inspired thoughts captured in 6 minutes and 40 seconds. At this PechaKucha event you will hear from up and coming researchers presenting the innovative and fascinating topics they are exploring at the University of Aberdeen. The nights bring together science, art, research and fresh ideas. PechaKucha runs in over 500 cities across the world, gathering people together in a relaxed, simple and enjoyable format to share their work, meet and network.

## Friday 25 May

### **Growing up, Our Different Journeys Combined for an Exhibition**

1.00pm – 2.00pm | FREE/Booking Required

Linklater Rooms, University of Aberdeen

Masters Students taking the 'Curating an Exhibition' course have been working on the summer exhibition about 'Growing Up' which is on display at the King's Museum. Shortly before the exhibit opens, they will share their thoughts about the topic and the process of turning these ideas into a public exhibition.

### **Mindfulness Workshop**

1.00pm – 2.00pm | Ages 16+

FREE/Booking Required

New King's 10,  
University of Aberdeen

Want to improve your wellbeing, increase your awareness and pay more attention to the things that matter to you? Come along to our Mindfulness taster session. Here we'll introduce you to skills that are scientifically proven to help you focus and stay calm, to build resilience and improve your fulfilment. Curious and want to find out more? Facilitated by AberdeenMindful, Mindful Stonehaven and Grampian Mindfulness Network.



**Please note:** All children and adults require tickets for each ticketed event. When booking tickets, please indicate how many adults and children will be attending. Children must be accompanied by a parent/guardian at all times.

For more information and to book online go to [www.abdn.ac.uk/mayfestival](http://www.abdn.ac.uk/mayfestival)  
To book by telephone call Aberdeen Box Office **01224 641122**



## Friday 25 May

### Dr Elly Barnes MBE: Educate & Celebrate

6.30pm – 7.30pm | FREE/No Booking Required

King's College Conference Centre, University of Aberdeen

Dr Elly Barnes MBE will share her experiences of how to effectively transform your school, college, university or organisation into an LGBT+ friendly place. As a long serving teacher, Elly developed her Educate & Celebrate Award – an accredited Best Practice Programme which hundreds of schools have accessed. Elly will take you on a journey to the land of social justice where we are all treated equally and fairly!



## Saturday 26 May

### Scientists on the Spot

10.30am – 11.30am | Ages 10+ | FREE/Booking Required

New King's 14, University of Aberdeen

Come along and watch scientists face tough questions from our challenging presenters. The SHMU Youth Media Team will pose the questions and showcase their latest short film about what science means to them. Audience participation will be encouraged too!

*Funded by the Wellcome Trust and Children In Need Curiosity fund to create change for young people in the UK.*

### 'Relax Kids' – for Parents and Children

11.00am – 12.00pm | Ages 3–7

FREE/Booking Required

Drama Studio, MacRobert Building,  
University of Aberdeen

A seven step programme of activities taking children from a high energy to a low energy. Sessions support children's mental and emotional well-being and give them tools manage stress and be more resilient, calm and confident. Relax Kids helps children learn valuable mindfulness and relaxation tools, develop good mental health, improves self-esteem, manage anger, anxiety and stress and to feel happier.



### Exploring childhood

11.00am – 3.00pm | All ages

Free/No Booking Required/Drop-in

The Sir Duncan Rice Library, University of Aberdeen

Come and explore childhood! A hands-on experience to find out about how people have grown up in different times and places in a fun-filled family adventure. Organised by students working with the University's Museums and Special Collections. Join us for arts, crafts and other activities.

### Aberdeen Sports Village Obstacle Course

12.00pm – 4.00pm | Ages 2+

FREE/No Booking Required/Drop-in

King's Lawn, University of Aberdeen

A day of fitness and fun! Come and join the team from the Aberdeen Sports Village and see if you have what it takes to conquer their obstacle course, as well as the range of other sport activities on offer.



## Saturday 26 May

### Circus Workshop

12.00pm – 4.00pm | All ages

FREE/No Booking Required/Drop-in

King's Lawn, University of Aberdeen

Come along and learn the art of entertaining at this circus workshop! Scotty's Circus will provide a drop-in workshop where you can learn a whole bunch of different circus skills including plate spinning, diabolos, fun wheels, skipping and stilts. It is great interactive fun for all the family.



### 'Relax Kids' – for Parents and Children

1.00pm – 2.00pm | Ages 8 – 12

FREE/Booking Required

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A seven step programme of activities taking children from a high energy to a low energy. Sessions support children's mental and emotional well-being and give them tools manage stress and be more resilient, calm and confident. Relax Kids helps children learn valuable mindfulness and relaxation tools, develop good mental health, improves self-esteem, manage anger, anxiety and stress and to feel happier.

### Guarana Street Band and Drum Stars

2.00pm – 2.30pm | All ages

FREE/No Booking Required/Drop-in

King's Lawn, University of Aberdeen

The Guarana street drumming group is the whackiest bunch of street-drumming maniacs you are likely to encounter just about anywhere. Founded in 2003, they have been seen (and heard) regularly at festivals, galas, and community events in and around Aberdeen and throughout Scotland and England. In this performance the youth band (Drum Stars) will join forces with the adult band (Guarana) to give a performance that you will not want to miss!



## Sunday 27 May

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### Hall of Mayhem

12.00pm – 4.00pm | All ages

FREE/No Booking Required/Drop-in

Elphinstone Hall,  
University of Aberdeen

Lots of fun interactive, hands on stalls for all the family! Hunt for mini beasts, learn about DNA with lego and find out about some of the awesome wildlife in Aberdeenshire, plus much more. One for all the family to enjoy, all ages welcome.

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**Under 26? Fancy winning a £50 Amazon voucher?** To be in with a chance of winning all you have to do is attend a Celebrate Youth event, fill out an event feedback form and drop it into one of the feedback boxes at the festival or hand it to a member of May Festival staff.

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