

बेहतरी की ओर एक कदम बढ़ाने को,  
उजाले को एक नज़र भर देखने को,  
खुले स्वच्छ आसमाँ में एक सच्ची  
साँस लेने को,  
हम यूँ हुए थे रूबरू |  
आप से - अपने आप से,  
रूबरू



Rubaroo - simple meaning to come face-to-face; with myself, society and issues around me, my choices, my values, my fears, and everything that becomes my identity.

Taking from its meaning, Rubaroo aims to be an organization where adolescents and young people can come together to learn from each other. It aims to be an empowering space where young people co-create the space to understand themselves better, understand issues and take action in society, and nourish relationships to become socially conscious leaders in their own capacity.

Rubaroo's co-founder Neha Swain, won the Queens Young Leaders' Award for the year 2016.

## our partners



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## WHY?

Social spaces around us become critical in the growing-up phase of our adolescent life, as they often represent the handed-down values and beliefs from our family, friends and other spaces where we spend our time. We, at Rubaroo, believe that change begins by finding/co-creating spaces where individuals are enabled to challenge and question all that they have known or have been told by others about themselves and the world around them. It is important to do so because only by breaking down their own 'stories', and challenging themselves, that they can unleash within them the leadership to become conscious decision makers.

We believe that sustainable social change emanates from individuals. By developing a critical mass of young people with the right values, attitudes and skills, we believe systemic change will necessarily follow. Young people are at a stage where they are keen to understand themselves, eagerly exploring inter-personal relations, and questions about life. At the same time, they are confronted with the daily dilemma of witnessing values under pressure.

## WHO?

We're a team of Instructional Designers and Facilitators. Our skills lie in partnering in co-designing programmes along with institutes and working with them to understand the needs of their participant groups.

We contextualise all our programmes based on understanding the learning needs of our participants.



## HOW?

A lot of fun goes into our learning! As we create experiential learning processes in everything that we do, we get participants to challenge their own comfort zones, while building a support group along the way.

Rural-exposure camps and 'in-turn-ships', self-awareness workshops, film screenings, open sessions, conversations with inspiring persons, exploring music and other art forms, are some of the many journeys we undertake together as we work to build a platform where young people can come together to learn, to teach, and to unlearn; to have fun, take action and become proactive participants in their communities; to come face to face with themselves.

## Toh chalo thoda रूबरू ho jayein?

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Things I learnt from my Orientation Camp experience:  
1. Comprehending the real essence of life - it being satisfaction or happiness. 2. Adapting to a new environment and accepting it. 3. The beauty of culture, relations, trust, which eliminates language from being a barrier. 4. Understanding when change is really required and giving importance to retaining culture.

~ Khusbhoo, Participant, SMILE In-turn-ship 2015

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**Rubaroo with Communication:**  
This workshop looks at conflicts positively to create a win-win approach. We see teachers as key people who work with multiple dialogues and relationships at school with various stakeholders. We support them with tools of how to handle these relationships, handle conflicts better and strengthen their communication skills.

**Rubaroo with Self:**  
Teachers reconnect with their own life journeys to rediscover their childhood as adolescents and understand young people and their lives.

**Rubaroo with Gender:**  
This workshop enables teachers to become comfortable with gender and understand the implications of gender roles in their classroom environments and adolescent development.

**Rubaroo with Facilitation:**  
This workshop enables teachers to become facilitators and mentors with students. We provide them with tools of youth work and how to create adolescent friendly classrooms.

**Rubaroo with Classroom:**  
This workshop enables teachers to understand the learners in their classroom and how to create inspiring spaces while working with adolescents. It also equips teachers with understanding personality styles in a classroom and how to work with them better.

**Rubaroo with Life Skills:**  
This thematic focuses on enabling teachers to work with modules in their classrooms and integrate life skills into each of those. Teachers customise and redesign their text books syllabi.

**Teacher Induction Workshops:**  
This workshop looks at inducting newly recruited teachers at the beginning of an academic calendar. Team building, vision building & alignment, and classroom management are some of the themes that are covered.

**Big Ticket - Instructional Design & Facilitation:**  
Done in partnership with Pravah, this workshop equips teachers with specific tools of creating learning modules and integrating them into their classroom environments and subjects.

These programmes are for teachers and parents. They are customized interventions designed in collaboration with schools to support them in nurturing the holistic development of young people. These processes also support the adult in rediscovering their own journey to initiate greater self-awareness and strengthen their relationships with young people. These programmes are all co-designed in partnership with schools - understanding their needs, availability, and investment.

## THE NURTURER PROGRAMME

**Group Exposure:**  
Travel to a grassroots organisation to experience and explore the facets of a different culture, and through that, come face-to-face with your truths, fears, and desires, and begin a beautiful journey to unravel those, and simply, live life.

## THE YOUTH PROGRAMME



**International Citizen Service:**  
A three-month international volunteering exchange programme, where young people are selected and paired with volunteers for the UK. They spend three months in a grassroots community volunteering, learning about themselves, exploring cultures, and becoming global citizens.

## THE ADOLESCENT PROGRAMME

**Inside-Out Campaigns:**  
Get involved in our campaigns where young people build stances and make informed choices. Campaigns at Rubaroo look at various issues from a lens of 'How do I as a young person connect with the issue?' They engage with constructive ways of influencing policy makers along with experiencing varied realities.

**SMILE In-turn-ships:**  
A month long 'in-turn-ship' with an organisation in rural India where young people join in to interact with communities they work with. This is a journey of exploration, where they learn from their mentors, peers, the communities they live with, their surroundings, and very importantly, from themselves. The three phases of the programme are - an Orientation Camp, the In-turn-ship experience, and a Debrief Camp.

**Circle of stories:**  
These are adventure and leadership camps where learning, fun, and adventure become core to the process. A five-ten day opportunity to travel to a grassroots organisation to experience and explore the facets of a different culture, and through that, come face-to-face with your truths, fears, and desires, and begin a beautiful journey to unravel those, and simply, live life.

**Looking Within: Leaders for Change:**  
A Year-long programme, where adolescents engage with various components of leadership. These are intensive programmes that are built into the academic calendar with schools. These long-term interventions enable young people to be participants in a journey for sustainable growth. Through this journey a young person is better equipped to handle real time challenges, social pressures, and make informed choices.

**Rubaroo with Social Issues:**  
This programme is designed along with schools to work on specific themes of Gender, Leadership, Civics and Politics, Social Identities, Ecology and the Environment, Culture, Economics, Development, Media, among many others. All the issues are designed with the youth at the core and the understanding of influencing social issues on them.

**Ladder to Leadership:**  
A four-year programme where adolescents explore various stages of Self-Awareness, Leadership, Community Exposure, and Action Project Implementation. This programme is built into the academic curriculum with schools for four years. These interventions focus on engaging with classroom curricula and connecting them with realities around them.