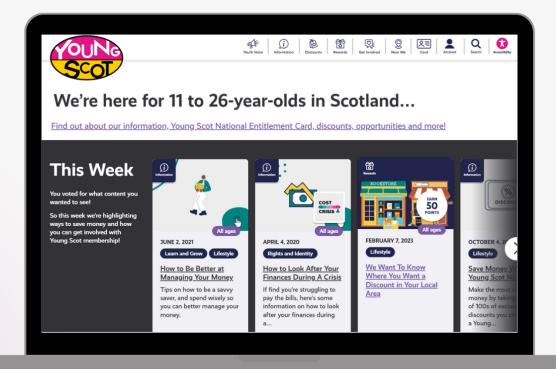






We're Scotland's national youth information service!

Visit us at **young.scot** for Young Scot National Entitlement Card discounts and information on the things that matter to you.



# Young Scot National Entitlement Card



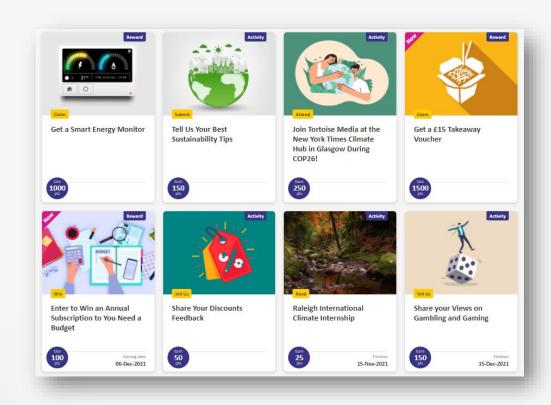
- Free for 11-26-year-olds living in Scotland.
- 500 discounts in Scotland & 100,000 across Europe.
- Free and legal proof of age via PASS (Proof of Age Standards Scheme).
- Vunder 22's Free Bus Travel Scheme
- Find out more at young.scot/card



# Young Scot Membership



- Collect Rewards points by taking part in awesome activities including volunteering and online surveys!
- Exchange points for Rewards including tickets for events, work-shadowing opportunities, study guides, apps, vouchers and tech.
- Access online discounts at PureGym, Leckie, Boo Hoo and more!
- 12-26 years old? Sign up at young.scot/membership



#### Discounts



You can use your Young Scot NEC to access discounts at over 400 retailers and venues across Scotland, including:



















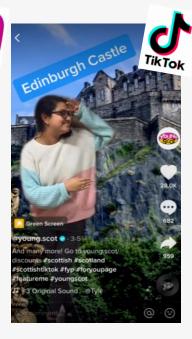


Find out more at: young.scot/discounts

### young.scot

- Information on what matters to you and your life
- If it's not there, let us know!
- Content shared on Snapchat, Instagram, Facebook, TikTok & YouTube.









Find information about how to look after your emotional wellbeing and mental health, discover support from organisations around Scotland and tips on how to promote a positive mindset.

Check out the #AyeFeel tag on social media for the latest updates.



Who to Contact for Mental If you or somebody else is needing a organisations offer a variety of suppor

Health Support



The Cost Crisis

You may have heard a lot recently about the 'Cost Crisis' or 'Cost of Living Crisis'. With inflation in the..



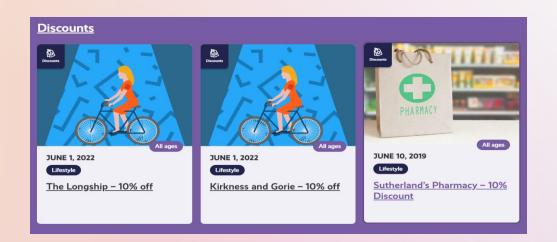
All About Anxiety

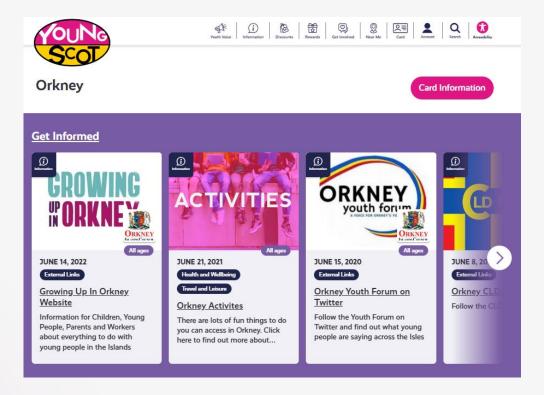
Anxiety is something everyone experiences at times. Feeling anxious is a natural reaction to some situations. But sometimes feelings of...





- Did you know Young Scot has local pages where you can find information about what's happening in your area as well as discounts for local businesses!
- Visit young.scot/near-me





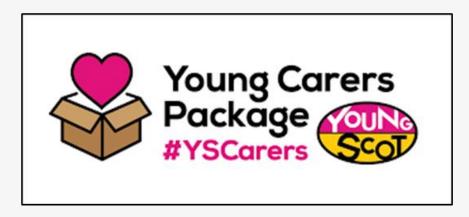
## **Young Scot Hive**

- Volunteer with Young Scot Hive #YSHive and become a systems changer.
- Sain experience, build your CV and make new friends.
- Create a fairer, more sustainable world for your friends, communities and future generations.
- Find out more at young.scot/yshive





#### **#YSCarers**

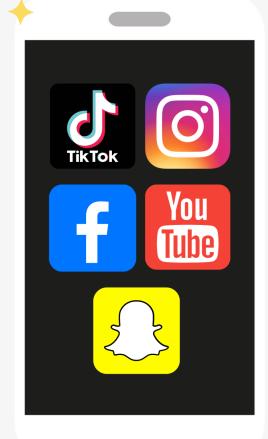


- A young carer is anyone aged 11 to 18 who cares for a family member, friend or member of their community, regularly and on a long-term basis and is unpaid.
- They might help someone get dressed in the morning, or get their shopping each week, or they might provide emotional support. No matter how big or small your caring role is, the Young Carers Package is for you.
- The Young Carers Package is a special bundle of treats **available to all young carers, aged 11 to 18** inclusive in Scotland. It's filled with special treats to help them make the most of their free time and support them in their caring role. Best of all, it's completely free!





- Use your Young Scot NEC for discounts & online shopping
- Sign up to Young Scot Membership
- Follow us on social media
- Check out young.scot







#### **Young Scot**

Caledonian Exchange 19A Canning Street Edinburgh EH3 8EG

youngscot.net/news info@young.scot









