

empowerment observed by the facilitators. Several comments were heard along the lines of "I learn more here in five minutes than I do in a month of school." At the end of the Course, each participant was asked to complete a written evaluation of the weekend which included a series of questions and a space for recommendations on how the Course could be improved.

Below are some excerpts from the participants' evaluations:

- "Every part of this Course was my favourite part. We all found out what it means to have 'strength in unity'... we learned how to advance agendas set in groups."
- "I feel that I now have the knowledge to initiate fundamental changes in regard to social and economic issues. I feel more prepared to participate actively in the world and to make decisions for the future."
- "Learning about how the UN works and the politics involved is critical to understand if you want to start any groups or run any functions. You have to know how things work before you can know which is the best way to tackle an issue. This is one of the most important things I learned in this Course."
- "I loved all the sessions and being exposed to experts in their field and the knowledge they possess... I consider the info I learned invaluable. Thank you."
- "My favourite part of the Course was being able to meet and discuss REAL things with SMART young people."
- "I really feel honoured to have had the privilege of coming here. I was expecting something dull, dry and theoretical. But it was the exact opposite of that: it was absolutely fabulous."
- "One of the most valuable things I learned was the importance of taking action in my community and around the world."
- "I enjoy picking up knowledge everywhere I go, and this Course was particularly insightful."
- "I learned that anyone can take action and make a difference."
- "Many of the speakers truly opened my mind... I learned so much that to recap I would need to write a whole novel. I absolutely felt that our time was well spent with people with knowledge, enthusiasm, passion and heart."
- "I want to use what I've learned to inform my world issues teacher, because he does not know about the United Nations."
- "I learned that respect and compromise are the cornerstones for any interactions and that you can make your voice heard without shouting. I've never had so much fun. I have had an experience that has opened my mind and increased my awareness of the world around me."