



2025 - 2026



Welcome to Relay!

Hey, thanks for checking out the Relay Programme, we're so excited you're here!

Relay is a transformative year for many. It's a year of stepping out in faith, deepening your love for Jesus, and making a real impact in CU mission. It's a chance to grow, be stretched, and see God work in ways you never expected.

When Relay launched in 1992, it had two big aims and they still shape everything we do today:

To invest in Relays—so that wherever life takes them, they'll go on living and speaking for Jesus in every area of life.

To equip CUs—by enabling graduates to serve for another year, maximising the impact on CU mission.

If that excites you, keep reading! This pack will guide you through everything you need to know about spending a year supporting Christian Unions—who we are, what Relay is all about, and how to apply. As you explore, I hope you catch a vision for how God might work through you.

Every Blessing

Z. Powell



Relay Cohort 24-25

About Relay

Since 1992, over 1,600 graduates have done Relay—and for many, it's been a year that changed everything. A year of growing in love for Jesus, digging deeper into God's Word, and discovering how He can use you in whatever comes next.

Relay has been a launchpad into all sorts of careers—teachers, accountants, civil servants, creatives, entrepreneurs, and more. Others have stepped into gospel work, serving in churches, global missions (including IFES teams), and even joining UCCF staff.



Could this be your next step?

So why do Relay?

- **Be disciplined** – You'll have a dedicated supervisor who's all-in on helping you grow.
- **Be equipped** – Get first-class training in theology, evangelism, and mission.
- **Be on mission** – Play a key role in pioneering outreach on campus.
- **Be shaped** – See your character and skills formed by God's Word.

Some do Relay to explore ministry. Others do it to build rock-solid gospel foundations before heading into the workplace. Whatever your path, Relay equips you to follow Jesus boldly—for life.

What is Relay

What is Relay About?

At Relay, we believe there are three key areas that make graduates effective for gospel ministry amongst students: Discipleship, Training, and Mission. These three strands are woven into everything we do—shaping your year and equipping you to serve in ways you never imagined.

Discipleship – It's About Who You Are, Not Just What You Do

Effective ministry isn't about how talented or skilled you are; it's about godly character. Your character is shaped by your growing knowledge of and love for Jesus, as God's Spirit works in you.

On Relay, we'll help you build that foundation through personal time with a Supervisor, who will walk alongside you throughout the year. They'll help you grow in Christlikeness, pray with you, and dive into the Bible together. It's all about seeking God, growing in your relationship with Him, and working the gospel into every part of your life.

Equipping Yourself for a Life of Ministry

Relay isn't just about doing ministry now—it's about getting you ready for whatever God has in store for you in the future.

Mission – Impacting Campus Culture for Jesus

Relay is all about sending you into the frontlines of student mission. After graduation, there are many paths you could take, but only with UCCF on Relay will you have the chance to be at the heart of student ministry, working alongside those who are best-positioned to share the gospel with their peers.

You'll be involved in real mission: supporting CUs as they reach out to their campuses and see lives transformed by the gospel. You'll be encouraged to take risks, share your faith, and make an impact that lasts long after your year on Relay.

Core Study

You'll spend around four hours a week on the Relay Study Programme, diving deep into the core doctrines of the Christian faith. This isn't just about head knowledge, it's about growing in your love for Jesus as you explore what the Bible really says about God and His work in the world.



National Training

You'll attend three residential training conferences with your entire Relay cohort—these are foundational times of teaching, fellowship, and growth. You'll also get to go to Forum, a national gathering that brings together hundreds of students and graduates to grow and be inspired.

Elective Study

You'll also spend four more hours a week on elective study. This is your chance to explore your personal interests and passions, and discover how the gospel speaks into every area of life.



Regional Training

Every month, you'll meet with your regional team and receive training from experts who've dedicated their lives to thinking deeply about the gospel and how to communicate it. You might hear from names like Alastair McGrath, Ann Brown, or John Lennox—or from people you've never heard of but whose teaching will still leave a huge impact on you.

So Why Relay?

Because it's not just a year—it's a launchpad. It's where you'll be equipped, challenged, and empowered to serve for the rest of your life. Whether you go on to further studies, full-time ministry, or whatever else God has in store, Relay will prepare you to make a difference for the gospel.

Location – Where Could You Do Relay?

You might want to do Relay in the same UCCF region where you studied, somewhere closer to home, or even in a totally new place. Whatever your thoughts, let us know on your application form, it'll help us figure out your interview location.

While we'll do our best to place you where you'd like, we can't always guarantee it. If that happens, we'll chat with you about the available options. If you're open to going anywhere, just tick the 'no preference' box on your form!

Wherever you are, you'll be part of an incredible UCCF Regional Team, supported by a supervisor who will help shape your year. You'll get stuck into team meetings, regional events, and initiatives—finding encouragement, challenge, and a whole lot of community along the way.

Homestart – Preparing for Mission Abroad

Relay isn't just about what happens in the UK—it's also about what happens after. If you're passionate about international mission, Homestart is an amazing opportunity to prepare for serving cross-culturally after your Relay year.

During your time on Relay, you'll be equipped for mission beyond the UK, with time set aside for language learning and training. Then, after Relay, you'll have the chance to put that into action through IFES, serving students across Europe.

If you've got a heart for sharing the gospel across cultures, Homestart could be the perfect next step.



Relay+ – Mission with a Creative Edge

Do you love social media, videography, web design, event management—or something else that could support the mission of CUs in a fresh way? That’s what Relay+ is all about!

Relay+ gives you the chance to use your unique skills to serve, while gaining hands-on experience in areas that support CU mission across the UK. Think of it this way: Not everything we do is direct mission, but everything we do is for mission.

If you love creativity, strategy, or innovation, Relay+ could be the perfect fit for you. Check out the different Relay+ options on our website!



Below is a plan of what a typical week might look like for a Relay Worker

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Core Study	Impact Group Leader Training	Supervision	Core Study	1-1 Bible study on Campus
Afternoon	1-1s on Campus	Admin	Praying for 1-1s + Events week meeting	1-1s on Campus	Elective Study
Evening			Impact Group	CU Central	

Working Life

Every Relay Worker’s timetable looks a little different—that’s the beauty of working with students! Your schedule is flexible, shaped around ministry opportunities and personal rhythms.

Your working week is structured into three blocks per day: morning, afternoon, and evening. Each lasting around 3-4 hours. You’ll typically work up to a max of 12 blocks per week, often across five days, with some evenings and weekends free. You’ll agree on your schedule with your supervisor to ensure a healthy balance.

Over a typical month, this adds up to 160-180 hours of work, with an absolute cap of 200 hours, a limit in place for your benefit. To help you rest well, we require you to take one full day off per week and that means no admin, student ministry, or travel from conferences or Team Days!

On Relay we have an emphasis on giving your best in ministry while maintaining sustainable rhythms of work and rest.

Application Process

We know big decisions can feel overwhelming, but applying for Relay isn't about jumping through hoops, it's about helping you figure out if this is the right next step for you.

The Relay application process is designed to guide you through prayerfully considering where God might be leading you next. It's not just about us getting to know you—it's about you getting to explore whether a year of discipleship, training and mission is where God is calling you. We'll ask about your faith journey, your passions, and why you're considering Relay. There's no 'perfect candidate' we're not looking for people who have it all together, but for those who want to grow in their love for Jesus and share Him with others.

All applications are considered carefully, and a successful applicant would typically go through the following process:

Microsoft Forms Application

This is an application form where you get to share your story of your student experience and also have a chance to share your understanding of the Christian faith.

Relay Interview

As part of the interview, you'll give a 5-minute gospel talk and answer some questions we have off the back of the talk. Then we'll chat about who you are, why you're interested in Relay, and your experience of university and UCCF. We'll also dig deeper into how you've shared Jesus at university and how you've grown in your faith during this time. This is a great chance to share your heart for the gospel and how you see Relay fitting into your journey!

References Check

You'll need to include your references as part of your Microsoft Form application. These should be people who know you well and can speak to your character, faith, and suitability for Relay. As part of the application process, these references will be followed up after your Relay interview.

Confirm acceptance of a place on the programme.

You'll receive feedback after the interview process, whether you're successful or not. If you're successful, you'll need to pay a £100 deposit to confirm your place on the programme.

Relay is a self-funded programme, and as part of this, there is a Relay Training Contribution of £975 to cover costs for attending conferences, the books we provide, and other ministry expenses.

We have a fantastic team ready to support you in support raising, and if you're concerned about finances, please get in touch. We offer bursaries and financial support to help make Relay accessible to everyone.

No one out of the 1,600+ Relay Workers has ever had to leave the programme because of financial issues.



Thank you for reading!

I hope this pack has helped you picture what a year on Relay could look like for you. As you consider your next steps, can I encourage you to pray for the Lord to lead you and show you if Relay could be part of your story?

If you have any questions, please don't hesitate to ask, whether that's your staff worker or me directly. I'd love to hear from you! You can drop me an email anytime at zpowell@uccf.org.uk.

We're praying for you as you think this through, that the Lord would guide you, watch over you, and give you wisdom. Whatever you decide, I pray that you continue to grow in your love for Jesus and your desire to make Him known. If Relay is the right next step for you, we'd love to have you on board!



