

<b>Job Title</b>	<b>Active Campus Ambassador</b>
<b>Positions</b>	<b>x12 roles available</b>
<b>Liaison</b>	<b>uea+sport department, UEA Student Support Services, UEA Student Union &amp; Sportspark</b>
<b>Remuneration</b>	<p><b>Voluntary position with benefits:</b></p> <ul style="list-style-type: none"> <li>• Enrolment on the uea+sport volunteer academy which provides a programme of continual professional development opportunities.</li> <li>• Free uea+sport volunteer academy kit/uniform</li> </ul>
<b>Contract Dates</b>	<b>Monday 19<sup>th</sup> September 2022 – Friday 16<sup>th</sup> June 2023</b>
<b>Purpose of Role</b>	<p>uea+sport wants to utilise the power of physical activity to improve the mental health of the most inactive students at UEA. The main objective is for students to take part in a range of our Active Campus initiatives to improve their wellbeing by becoming healthier and more active. The particular focus for this volunteering role is to assist the uea+sport department in the planning, promotion, delivery, and evaluation of their Active Campus initiatives with the overarching aim of improving student wellbeing. You have a choice of getting involved with any or all the following activities:</p> <ul style="list-style-type: none"> <li>• Navigate Norfolk Day Trips (Fortnightly Saturdays in term time)</li> <li>• Wellbeing Dog Walks (Weekly Wednesdays in term time)</li> <li>• Move Your Mind (exercise referral scheme – ad hoc)</li> </ul>
<b>Key Responsibilities</b>	<ul style="list-style-type: none"> <li>• To assist with the organisation, promotion, delivery, and evaluation of the Active Campus programme</li> <li>• Gather appropriate insight and feedback on programmes to enable effective reporting, monitoring, and evaluation of activities.</li> <li>• Attend all relevant uea+sport and uea(su) training</li> <li>• Be a welcoming, friendly face at all activities attended to ensure participants have a good experience of the programme</li> </ul>
<b>Commitment Required</b>	<p><u>Navigate Norfolk Day Trips</u></p> <ul style="list-style-type: none"> <li>• Ambassadors must attend 50% of the trips each semester (approx. 8 trips over the year)</li> </ul> <p><u>Wellbeing Dog Walks</u></p> <ul style="list-style-type: none"> <li>• Ambassadors must attend 25% of the walks each semester (approx. 8 walks over the year)</li> </ul> <p><u>Move Your Mind (exercise referral scheme)</u></p> <ul style="list-style-type: none"> <li>• Ad hoc depending on referrals for the scheme</li> </ul>
<b>Competencies/ Experience/ Attributes Required</b>	<ul style="list-style-type: none"> <li>• Passion for engaging inactive students to become physically active</li> <li>• Desire to improve student mental health and wellbeing</li> <li>• Good planning, organisation, administration, and communication skills</li> <li>• Understanding of the benefits physical activity can have on improving mental health amongst students</li> <li>• Good level of IT skills (Microsoft Office efficient)</li> <li>• Knowledge of uea+sport programmes</li> <li>• Ability to self-motivate and work autonomously</li> <li>• Professional approach to work</li> </ul>
<b>Qualifications Needed</b>	<ul style="list-style-type: none"> <li>• Current UEA student</li> <li>• First Aid qualifications (desirable but not essential).</li> </ul>