

## **Vacancies: Active Campus Ambassador Role x12**

Fixed term 10-month contract, required from Monday 18<sup>th</sup> September 2023 to Friday 14<sup>th</sup> June 2024.

uea+sport seeks to employ 12 x highly motivated Active Campus Ambassadors to drive participation opportunities for students to engage in low level physical activity initiatives at the University of East Anglia, in order to improve student wellbeing. The Active Campus programme attracts a wide and diverse range of students to participate in physical activity, thus improving their physical and mental wellbeing.

- The aim will be to promote and deliver high quality introductory level participation and wellbeing programmes organised to generate and sustain interest in physical activity participation within the university.
- The driving factor behind all activities and competitions will be to enhance student wellbeing and offer a wider range of activities outside the traditional uea+sport offer.

### **Volunteers are required for the following programmes:**

#### Navigate Norfolk Day Trips

These trips offer students the opportunity to explore the wider county of Norfolk. Transport is provided and each trip involves between 2 to 4 hours of walking among Norfolk's beautiful countryside. The trips are £5 to join and take place on fortnightly Saturdays during term time.

#### Wellbeing Dog Walks

These walks allow students to take a 'paws' from studies and get to know the campus' green spaces by taking a group of dogs for a walk around Earlham Park. The dog walks are £1 to join and take place every Wednesday during term time.

#### Move Your Mind

This programme is an exercise referral scheme available to students who are referred by Student Services with mild mental health difficulties. Referred students can access a range of sport and physical activity programmes free of charge for 6 weeks. Sometimes the referred students like to exercise with a 'buddy' to help them feel more confident and motivated, which is the role we require volunteers for. If volunteering as a buddy, all activities you participate in with the referred student will be at no cost to our volunteers.

The successful candidates do not need to have any sporting or physical activity experience, just a willingness to increase student physical and mental wellbeing as well as a positive attitude and motivation to volunteer when required (e.g. weekends, evenings).

### **For further information please contact:**

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