



## Get Active! Physical Activity Mentor (Volunteer)

### Organization Overview

The University Neighbourhoods Association (UNA) is a unique nonprofit society created to provide municipal-like services (streets, streetscapes, parks, playfields, playgrounds, community centres, social services and a full range of recreational services) to approximately 12,000 residents living in designated neighbourhoods on UBC Vancouver Campus. Our Parks and Recreation Division offers a wide range of services including arts, fitness, education, social programs and special events for all age groups.

### Volunteer Role Description

Reporting to the Program Coordinator, you will be responsible for planning activities and mentoring participants in the *Get Active! Physical Literacy for Women* program at Wesbrook Community Centre. *Get Active!* is an initiative aimed to make recreational activities more accessible for women by reducing social, cultural and financial barriers to participation. The program will build physical literacy and provide the skills and confidence for women to participate in physical activities beyond the program.

#### Responsibilities

- Assist in developing, planning and implementing program activities
- Mentor a group of 7 participants
- Introduce mentee to available recreation activity options (not limited to UNA programs)
- Determine the mentee's interests/goals and develop a plan to increase physical activity
- Regular check-ins with the Program Coordinator

### Qualifications

#### Education and Experience:

- University level courses related to kinesiology, recreation, or other related fields is preferred
- Experience working in recreation, health, fitness and/or personal training

#### Knowledge, Skills and Requirements:

- Interested in a career in recreation, health and/or fitness
- Passion for helping others live a physically active lifestyle
- Must have a good work ethic (be reliable and punctual)
- Professional communication with participants and staff
- Second language (specifically Mandarin) is an asset
- Must provide valid Criminal Record Check with Vulnerable Sectors Clearance

### Volunteer Role Details

- 1-3 hours per week from August 29 – December 16, 2022
- Mentor orientation: last week of August
- Monthly social activities: 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of the month from 6-8 p.m.
- Regular check-ins: flexible timing between M-F (10 a.m. – 5 p.m.)
- Mentorship: flexible timing
- An honorarium will be given at the successful completion of the program.

Please send a resume and cover letter to [josie.chow@myuna.ca](mailto:josie.chow@myuna.ca) by **August 19, 2022 at 5 p.m.**

We appreciate all applications. However, only short-listed candidates will be contacted for an interview.