

PROGRAM & POSITION OVERVIEW

At Wellness Check Point we run events to help students pause and power up their wellbeing. At each event, volunteers distribute free, nutritious food and manage bitesize opportunities to practice the skills needed for good wellbeing.

Position Title	Volunteer
Organisation	Arc @ UNSW
Location	Kensington Campus
Duration	1 Term min.
General Volunteer Time Commitment	2 hrs/week
Senior Volunteer Time Commitment	4-5 hrs/week

Eligibility Criteria

- Be a UNSW Student for the duration of the volunteering period
- Attend mandatory training days/sessions

Rewards & Outcomes

General Volunteers:

- AHEGS Accreditation
- Microcredentials
- Community & friendship
- The opportunity to directly make a positive impact on student wellbeing

Senior Volunteers:

- Leadership opportunities

Key Responsibilities

General Volunteers:

- Communicate with students
- Set up stall and activation
- Manage stock
- Promote good health and healthy food
- Serve food and be aware of food sensitivities/allergies
- Engage in weekly tasks

Senior Volunteers:

- Lead a shift
- Thoroughly read the runsheet
- Help plan activations
- Give feedback to the Officer
- Attend weekly meeting
- Be the main point of contact for General Volunteers

Skills Gained

General Volunteers:

- Communications
- Teamwork
- Organisational and time management
- Event management

Senior Volunteers:

- Leadership
- Volunteer management

Note: This is a volunteer position and does not offer monetary compensation. Submit your application via the Rubric Platform (link available on website)