

PROGRAM & POSITION OVERVIEW

The Wellness Warriors are a community of student volunteers passionate about student mental health and wellbeing. Our goal is to challenge the stigma that surrounds mental health and make sure that students get the support that they need- whether that's fun freebies, awesome activities, or a chill chat.

Position Title	Volunteer
Organisation	Arc @ UNSW
Location	Kensington Campus
Duration	1 Term min.
General Volunteer Time Commitment	3 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
- understand the importance of mental health
- link our activations to the underlying message about mental health depending on the topic of the week
- help set up activations
- guide students to support services (and use our collateral)

Senior Volunteers:

- Lead a shift, manage volleys, and communicate with officers
- Be a good role model to your general volunteers
- Brief volunteers on the given activity and answer any questions they have
- Read given runsheets carefully
- Coordinate unpacking & packing procedures before and after shifts, focusing on safety
- Participate in planning our weekly activations. This includes ideation, risk assessment, and budgeting.

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)