



Healthy Lifestyle Ambassador Program

Description

Introduction:

This program is for newcomer youth aged 15 to 18 years of age. The K-W Multicultural Centre, in partnership with the City of Kitchener, Leadership Waterloo Region, Volunteer Action Centre of K-W & Area and the Centre for Community Based Research, will be delivering a series of workshops and swimming/lifeguard training to 10-12 newcomer youth to prepare them to be Healthy Lifestyle Ambassadors in their schools, cultural communities, places of worship and in the wider community.

Goals:

The target group of this project is youth age 15-18, focusing on multilingual newcomer youth. One of the reasons we focus on newcomer youth is because many developing countries are not accustomed to swimming as a recreational activity and therefore do not emphasize the importance of safety and water in their education. By targeting multilingual, newcomer youth, we wish to increase their awareness through training, workshops and practice in effort to increase their motivation to encourage other members of their community to participate in the "Swim to Survive" training; influence food drives to ensure donated non-perishable items reflect the various cultural needs and norms; and to become leaders within our community. These Healthy Lifestyle Ambassadors will spread their knowledge to friends, family, classmates and other youth. This Program will promote volunteerism and graduates from this Program will realize their abilities and skills to be successful leaders within our community.

Benefits to Youth Participants:

- Free training opportunity, including certification
- Potential employment as Lifeguard or Assistant Instructor
- Development of leadership skills
- Participants will meet the 40 hours of community service required for High School

Key Areas of Responsibility:

- Create awareness on food diversity and healthy eating habits within their school and cultural community
- Attend all the required training sessions (Leadership Development, Volunteer Readiness and Life Guard Training)
- Promote participation in the "Swim to Survive" training and encourage the aquatics program as a recreational activity to cultural communities

Requirements:

- Between the ages of 15 to 18
- Communication, presentation and interpersonal skills
- Fluency in English and/or French and a second language including Arabic, Vietnamese, Farsi, Spanish, Amharic, Mandarin, Cantonese, Dari, Portuguese, Tigrinya, Burmese, Turkish, Nuer, Urdu, Punjabi, Hindi, Somali, Serbian, Croatian or Bosnian.
- Willingness to volunteer/engage in the community and satisfy the role of an Ambassador
- Must pass swim test to qualify for the program
- 2 year commitment (March 2011-April 2013)

How to Apply or obtain an application form:

Completed application must be accompanied with a resume. For application forms, contact Bardish Chagger at the K-W Multicultural Centre by phone: 519-745-2531 x 138 or by email: bardish@kwmc-on.com.

The Healthy Lifestyle Ambassador Program is a partnership between:

Offered by:



CENTRE FOR
COMMUNITY
BASED RESEARCH





Healthy Lifestyle Ambassador Program

Application

Date of Application: _____

Last Name: _____ First Name: _____

Date of Birth: _____ Email: _____

Address: _____ City: _____ Postal Code: _____

Phone #: _____ Alternate Phone #: _____

Languages Spoken: _____

Name of your School: _____ Grade: _____

Please write why you would like to apply for this program:

Are you involved in any extra-curricular activities? YES _____ NO _____

If yes, please list: _____

Are you available on Thursday evenings starting March 24, 2011? YES _____ NO _____

Please answer the following statements regarding your swimming abilities.

I have the proven ability to...	YES	NO
...dive into deep water. (deep = 10 feet or 3 meters)		
...swim to the bottom of the pool and retrieve objects. (bottom = 10 feet or 3 meters)		
...tread water for at least 3 minutes.		
...perform basic breaststrokes.		
...swim 12 lengths of the pool. (1 length = 82 feet or 25 meters)		

Please provide 1 Personal Reference:

Name	Relation to Applicant	Occupation	Phone #

*Please submit this completed application along with a copy of your resume to the Kitchener-Waterloo Multicultural Centre located at 102 King St. W in Kitchener or by email to: bardish@kwmc-on.com (ATTN: Healthy Lifestyle Ambassador Program).

APPLICATION DEADLINE: Monday, February 28, 2011

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