Are you passionate about promoting health?

Would you like to be part of improving the health of International Students at The University of Sydney?

The University of Sydney is seeking passionate international and domestic student volunteers to promote the health of international students. Health promotion best practice shows that involving the community in health promotion action is vital. This is the foundation for the program. The University seeks to partner with international students in order to reach international students.

What is peer education?
Peer education is an approach to health promotion, in which community members are supported to promote health-enhancing change among their peers. Peer education is the teaching or sharing of health information, values and behaviour in educating others who may share similar social backgrounds or life experiences. The program will be designed to be flexible to student exam periods and to the University of Sydney’s calendar. The program will run for the year finishing in November 2020.

What are the benefits of joining?
You will gain practical health promotion and health communication work experience along with other career transferrable skills and valuable connections. University of Sydney volunteer appreciation certificates will be issued upon completion, along with reference letters. This can give you the competitive edge when seeking employment. Peer Educators will also have the opportunity to most importantly socialise with other peer educators and students and will have the opportunity to make a positive difference for international students at the University. Volunteer hours may be counted towards work placement pending approval by your unit coordinator.

What will the peer educators do?
The peer educators will plan and deliver health promotion projects aiming to improve the health of International students at the University of Sydney. The projects will focus on reducing mental health stigma, encouraging students to seek help, sexual health promotion and improving health literacy. The Health Promotion Officer, located within The University Health Service will facilitate the training of the peer educators and will guide the projects.

The role will include:
- Training in health promotion, health education, peer education, mental health and sexual health
- Fortnightly training / planning meetings
- The opportunity to share your personal story of mental health with other students
- Program delivery, this may include group facilitation, health education, social media campaigns, running engagement / outreach activities with international students and more
- Project evaluation and critical reflection to improve future projects

How to apply?
Answer the application questions on the following page and send them in a cover letter along with your resume to miriam.delailomaloma@sydney.edu.au
For any questions about the position please contact The Health Promotion Officer, Miriam Delailomaloma at The University Health Service on 02 9351 3484 or miriam.delailomaloma@sydney.edu.au
Applications close on the 15th March 2020
Application Questions:

1. Why are you interested in being a health promotion peer educator?

2. Will you have time for fortnightly planning meetings, three full days of training as well as additional time to deliver the program throughout semester? A time commitment of 40 hours a semester.

3. Are there any topics or issues you are passionate about? For example, health promotion, international student health, health communication, mental health, sexual health etc.

4. Do you have any volunteer or health promotion experience?

5. What strengths do you bring to the role? For example public speaking, media and communication skills, mentoring experience, people skills, minute taking skills, creativity etc.

6. What do you think are the top three factors that impact health and wellness among international students? Why?

7. Are you a domestic or international student? If you are an international student, which country are you from?

8. What course are you studying? What is your year of study?

9. Please provide your email and phone number