

GLOBAL VOLUNTEER PROGRAM SAMPLE



Global Project

Heartbeat

The project aims to impact the SDG #3 by raising awareness on prevention of non-communicable diseases and the importance of mental health.

6 weeks

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3 GOOD HEALTH AND WELL-BEING



SDG contribution

Every project we run focuses on a target to help meet the Global Goals.

Good Health and Well Being - Target 3.4

By 2030, reduce by one third premature mortality from non-communicable diseases through prevention and treatment and promote mental health and well-being.

Role

About the job and the activities, you will be doing. Global Volunteers will be involved in community outreach in the public health field by creating and running outreach activities that aim to raise awareness on prevention of non-communicable diseases, healthy lifestyle habits and mental health in the community.

Project Activities

- **Week 1**
 - Start building the plan for following weeks based on community and NGO needs, focusing on the issue that is more relevant for the community in the moment.
 - Getting to know the NGO/non-profit representatives.
 - Research for deeper understanding of the priority NCD of the community, issues with substance abuse and/or mental health needs.
 - Run an analysis on the NGO progress and focus regarding NCD, substance abuse and/or mental health initiatives.
- **Week 2**
 - Creating an online presence and engagement on social media (to boost community interest on the campaign).
 - Building up your presence in the community: participate of community spaces, distributing pamphlets among community members, run physical engagement activities, etc.
 - Create a list of stakeholders that can contribute with the project. Approach those who can realistically contribute to the project.
 - Define public target based on age and the problem you will target (NCD, mental health and/or substance abuse).
 - Plan and create material for outcome data collection.

- **Week 3**
 - Run initial assessment for outcome measurement.
 - Preparing training sessions and workshops.
 - Run introductory workshop to G2K project beneficiaries and present educational plan for the following weeks.
 - Alignment spaces with organizations that agreed to be partners to prepare for the activities

- **Week 4**
 - Workshop: The key elements for a healthy lifestyle.
 - Substance abuse: run a workshop on the negative consequences of substance abuse and their connection with NCD and mental health disorders (tip: seek for a partner to deliver the session).
 - Eating: run an interactive workshop on healthy eating habits, basics of nutrition and/or the importance of a balance diet (tip: seek for a partner to deliver the session).
 - Session: The good habits commitment (a session where beneficiaries debrief their learning on health lifestyle and make a commitment to implement those that are relevant to them).
 - Exercise: run a demonstration of basic at-home exercise practices and/or activities to keep the body active and healthy (such as dancing, conscious walking, morning running, etc.)

- **Week 5**
 - Workshop: Act of kindness and learning the importance of gratitude.
 - Workshop: Connecting with your emotions
 - The power of journaling: building the habit of reading and journaling to boost mental health
 - The power of yoga: run a yoga demonstration class (tip: seek for a partner to deliver the session).
 - The power of meditation: run a meditation session (tip: seek for a partner to deliver the session)

- **Week 6**
 - Build final project report and presented to AIESEC members and NGO/non-profit representatives.
 - Present the results of the campaign to project beneficiaries and add final recommendations for healthy habits moving forward.
 - Analyze data to determinate outcome results (level of awareness of beneficiaries' post-project activities).
 - Collect data from beneficiaries (you can use surveys, interviews, focus groups, etc.)

POSSIBLE LOCATIONS FOR THE PROJECT:

Austria, Belgium, Bulgaria, Croatia, Republic of Cyprus, Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Ireland, Italy, Latvia, Lithuania, Malta, Netherlands, Poland, Portugal, Romania, Slovakia, Slovenia, Spain and Sweden.

Also, may be available in:

Turkey, Egypt, Ukraine, Lebanon, India, China, Japan, South Korea.

ACCOMODATION:

Provided (Mostly stay only, food is rarely covered during projects)

SALARY:

Not provided