



THE UNIVERSITY OF
MELBOURNE

Peer Health Advocates

Health Promotion Program

Wellbeing Services



About the Peer Health Advocate volunteer role

Peer Health Advocates (PHAs) represent the Health Promotion Program and are a diverse community of student volunteers with a passion for improving health and wellbeing. PHAs bring together many backgrounds, communities, and lived experiences of health.

The PHA role contributes to designing health-related campaigns, events, and activities, as well as delivering these – both on-campus and online. PHAs also help to ensure that all students are aware of, and supported by, wellbeing services – both at and beyond the University.



“Public health and health promotion is an adventure between health for all and all for health!”

– Prachi Kerkar

“Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has.”

– Margaret Mead



What are the benefits of being a Peer Health Advocate?

Being a Peer Health Advocate means you'll get to:

- Meet like-minded peers from many different backgrounds, communities, degrees, and Faculties
- Contribute to a healthier campus, community, and culture at the University of Melbourne
- Gain valuable knowledge and skills across areas that include public speaking, program planning, teamwork, interpersonal communication, and community engagement
- Gain access to a free program of professional development sessions and activities
- Be recognised through the Melbourne Plus program
- Receive a \$150 Coles Group gift voucher

Need more insight? Here's what some of our recent PHAs have told us about their time and experiences with the program:

- 💬 *"Highly recommend being a PHA! If you want experience in the health promotion field, you gain so much in a short amount of time as a PHA. You also get to connect with individuals who have the same passion and values as you with making a change and improving the health and wellbeing of the university community."*
- 💬 *"I loved delivering events, getting to know my fellow students, and completing MHFA! Being a PHA has strengthened my knowledge, skills and experience about health promotion. Additionally, I now have experience in planning, designing, and implementing health promotion activities (both in person and online), as well as more experience in project management, and further strengthening my teamwork and verbal communication skills."*

What are the requirements and how do I meet them?

We're keen to hear from and work with you if you can demonstrate the following:

- 👍 A passion for improving health and wellbeing, along with an interest in at least one of the four pillars of the HPP (outlined on Slide 5)
- 👍 Interest in planning, organising, and delivering campaigns, events, and other engaging activities with a community-building focus
- 👍 Current enrolment as a student at the University of Melbourne – in any Faculty or degree and at any level of study – with at least one semester of study successfully completed

To meet the requirements of the PHA role, you'll need to:

- ✓ Contribute at least 10 hours of volunteer time towards HPP activities throughout 2023
- ✓ Attend at least 4 of the 8 PHA team meetings that are scheduled monthly across each semester/teaching period

Once you've met the requirements, you'll receive:

- 🏆 A signed Certificate of Participation that you can add to your CV and professional portfolio
- 🏆 Recognition via the Melbourne Plus Program
- 🏆 A \$150 Coles group gift voucher

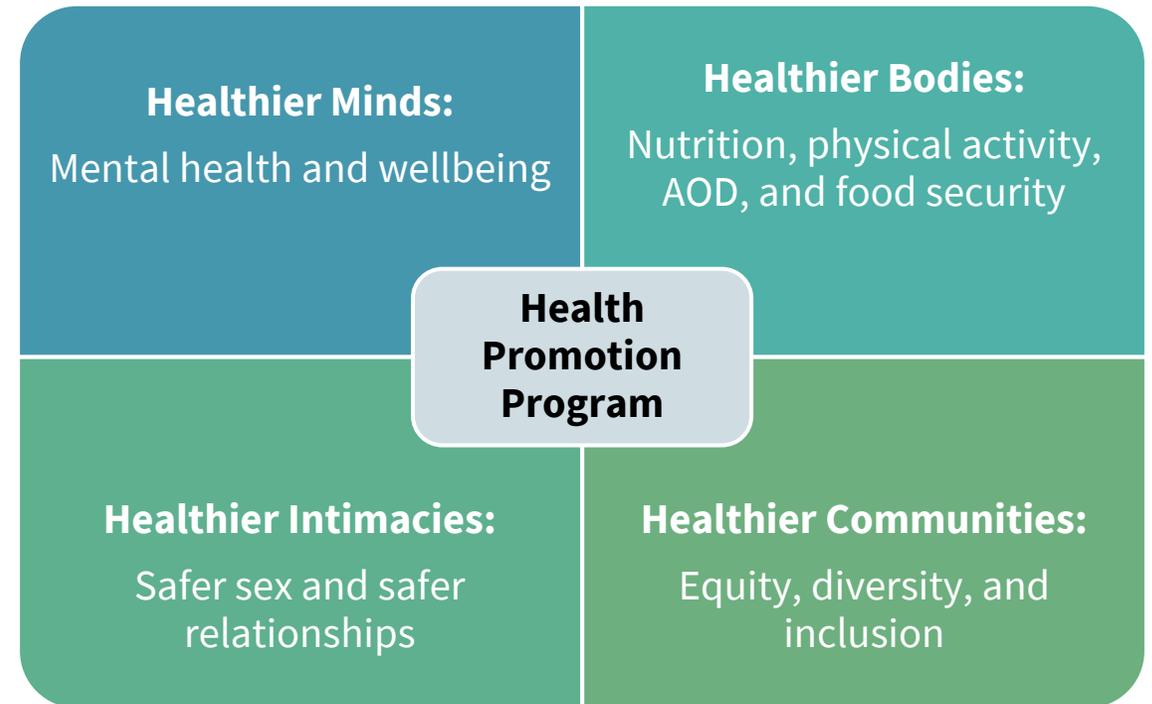


About the Health Promotion Program

The University of Melbourne's Health Promotion Program (HPP) started from humble roots in 2017. It's now an integral part of how the University supports students' wellbeing across four pillars: Healthier Minds, Healthier Bodies, Healthier Intimacies, and Healthier Communities.

The HPP is run by a team of students and staff, working together to build a healthier university community. We deliver campaigns, communications, events, and other activities throughout the year. We also advocate for changes to the University's systems and environments – creating conditions that better support health.

The HPP is delivered in partnership with Bupa, the University of Melbourne's preferred provider of Overseas Student Health Cover.





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Scan the QR code or visit the [application form](#) to apply.
Applications close 11:59pm Friday 20 January 2023!

Any questions? Send us an e-mail – we're happy to chat:
health-promotion@unimelb.edu.au

