



THE UNIVERSITY OF
MELBOURNE

Peer Health Advocates 2024

University Health
Promotion Program

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 access to a free program of professional development sessions and social activities
- Be recognised through the Melbourne Plus program
- Receive a \$150 gift voucher upon role completion

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

- ❑ *"I enjoyed that there were various types of opportunities available, from being on the ground and running the HPP stall and interacting with students to going behind the scenes and being part of event planning, like for University Mental Health Day. The PHAs are a very friendly community, and this helped ease any nerves. I felt like it was a community where I could fit in and contribute as well"*
- ❑ *"The PHA program has also been truly remarkable in terms of outreach and engagement, and the impact it has made in just one year!! My experience has not only enriched my personal understanding of the barriers to health (particularly mental and reproductive health) but has also instilled a deep appreciation for the passionate PHA team who work to make a difference in our university community. I'm truly grateful for this opportunity and excited to see where the PHA journey goes."*

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 Relationships, and Healthier Communities.

The HPP is run by a team of students and staff, working together to build a healthier university community. We deliver health campaigns, programs, 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.



About the Peer Health Advocate 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 delivering health-related campaigns, programs, events, and activities. PHAs also help to ensure that all students are aware of, and supported by, wellbeing services – both at and beyond the University.



“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 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 3)
- Interest in delivering campaigns, programs, 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 2024

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 in 'Community Engagement'
- A \$150 Coles gift voucher

Interested in applying?



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Scan the QR code or visit the [**application form**](#) to apply. Applications close 11:59pm
Wednesday 17 January 2024!

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