

Youth Volunteer Corps

Health and Wellness Projects

Youth Volunteer Grant



YOUTH 
VOLUNTEER
CORPS

Welcome

Youth Volunteer Corps creates volunteer opportunities to address community needs and to inspire youth for a lifetime commitment to service.

YVC youth volunteers have planned some awesome volunteer service projects in the last 30 years. The Health and Wellness Projects Grant was developed to support youth-created and youth-led service projects that promote health and wellness in the communities that YVC impacts. **For the second year in a row, YVC's International Youth Advisory Board will serve as the grant administrators, review panel and make grant decisions!**

Review the following guidelines to apply for the 2018 – 2019 Health and Wellness Projects Grant. **QUESTIONS about eligibility or the submission process?** Contact Sagan Hundley at shundley@yvc.org or by phone at 816-265-1363.

HEALTH AND WELLNESS PROJECTS GRANT

Quality YVC service projects have an interactive icebreaker, high-quality service-learning activities, meaningful reflection, and of course – amazing volunteer service that meets a real community need. The goal of this grant is to provide YVC youth volunteers with the funding needed to plan and implement projects that focus on the health and wellness of their community. While YVC youth volunteers can meet just about any community need –

Projects for the Health and Wellness Projects Grant should be focused on issues including mental health, physical fitness, stress management, self-care or anything that would fall under the healthy lifestyles strategic focus area.

ELIGIBILITY

Only **active YVC youth volunteers** from affiliates in good standing are eligible for the Health and Wellness Projects Grant. Affiliates in good standing are current on fees or dues payments, data collection, or reports for YVC (as applicable).

AWARD

The 2018 - 2019 Health and Wellness Projects Grant will be granted to two (2) YVC affiliates: one (1) **\$300** award and one (1) **\$200** award.

SUBMISSION DEADLINE AND AWARD ANNOUNCEMENT

The 2018-2019 Health and Wellness Projects Grant application is due **Friday, January 4, 2019**. To submit, email this application directly to shundley@yvc.org. Grantees will be notified and publicly announced on **Friday, January 18, 2019**.

APPLICATION INFORMATION

This grant application seeks to support health and wellness service projects. These projects may benefit local nonprofits, schools, healthcare organizations, or municipalities.

Not sure where to start? Below is a partial list of potential health and wellness service projects:

Project Examples

- Paint a mural at a local community center or school
- Host a therapy dog event at your local library
- Plan a Family Field Day
- Complete a beautification project at a city park
- Host a citywide yoga class
- Create a ‘stress-free’ space in your community or school
- Explore music or art therapy with the help of a teacher or instructor

REVIEW INFORMATION

The Health and Wellness Projects Grant will support youth-created and youth-led volunteer service projects — and for second year in a row, YVC’s International Youth Advisory Board will decide the grantees! Following the January 4 deadline, IYAB will review and discuss applications during their meeting on Sunday, January 13, 2019. **Grantees will be notified by a designee of IYAB and publicly announced by YVCHQ by January 18, 2019.**

GRANT INFORMATION

Grants will not be made to individual youth volunteers. Grant checks will be sent directly to the sponsoring YVC program and applications require the signature of the YVC program director. Grantees will be required to complete a “Health and Wellness Projects” grant report with the assistance of their YVC program director.

Grant Application

Date:

YVC Name:

Name of Youth Applicant(s):

Contact Phone:

Contact Email:

YVC Program Director Name:

YVC Program Director Signature:

Please provide detailed responses to the following:

STRATEGIC FOCUS AREA – Healthy Lifestyles: How does your project fall under the Healthy Lifestyles Strategic Focus Area? Can it be included in an additional Strategic Focus Area? (You can learn more about Strategic Focus Areas here: <https://www.yvc.org/about-us/strategic-focus-areas/>)

PROJECT NAME: Give your project a fun, creative name!

AGENCY PARTNER (IF APPLICABLE): Where will the volunteer project take place? If the project will occur at your local YVC, whom will the project benefit?

ICEBREAKER/TEAM BUILDER: Describe the icebreaker and/or team builder that will take place on your project.

COMMUNITY NEED: What community need will this project address? Why is this issue important to you? Think creatively about why this project matters. Please reference at least one outside source that supports your claim (a news story, a quote from an agency partner, a research study, etc.)

PROJECT DESCRIPTION: Provide as much detail as you can about your proposed project. When and where will it take place? What exactly will you be doing? Is this a new project? If not, what will you do differently this time that will require grant funding?

SERVICE-LEARNING ACTIVITIES: What is the learning objective of your service project? How will you ensure that participants meet this objective? Discuss the service-learning lesson or activity that will be used during the project.

REFLECTION: Please list three high-quality reflection questions that will prompt discussion after the project. (*Hint: great reflection questions cannot be answered with a “yes” or “no” or “show of hands.”*)

1.

2.

3.

OUTCOMES: What will occur as a result of this project? How will you know it was a success? Some items to include might be: number of volunteers, number of hours served, number of clients reached, etc.

BUDGET: Please include a budget for your service project (maximum \$300). Exactly how will your grant money be spent? Budget Guidelines: Funding cannot be applied toward team leader salary or snacks for youth volunteers on the project.