

Project

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

<https://aiesec.org/opportunity/global-volunteer/1282101>

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.

Run an analysis on the NGO progress and focus regarding NCD, substance abuse and/or mental health initiatives.

Research for deeper understanding of the priority NCD of the community, issues with substance abuse and/or mental health needs.

Week 2

Building up your presence in the community: participate of community spaces, distributing pamphlets among community members, run physical engagement activities, etc.

Creating an online presence and engagement on social media (to boost community interest on the campaign).

Plan and create material for outcome data collection.

Define public target base on age and the problem you will target (NCD, mental health and/or substance abuse).

Create a list of stakeholders that can contribute with the project. Approach those who can realistically contribute to the project.

Week 3

Preparing training sessions and workshops.

Alignment spaces with organizations that agreed to be partners to prepare for the activities

Run initial assessment for outcome measurement.

Run introductory workshop to G2K project beneficiaries and present educational plan for the following weeks.

Week 4

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).

Workshop: The key elements for a healthy lifestyle.

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.)

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).

Week 5

The power of journaling: building the habit of reading and journaling to boost mental health

Workshop: Connecting with your emotions

Workshop: Act of kindness and learning the importance of gratitude.

The power of meditation: run a meditation session (tip: seek for a partner to deliver the session)

The power of yoga: run a yoga demonstration class (tip: seek for a partner to deliver the session).

Week 6

Analyse data to determinate outcome results (level of awareness of beneficiaries post-project activities).

Present the results of the campaign to project beneficiaries and add final recommendations for healthy habits moving forward.

Collect data from beneficiaries (you can use surveys, interviews, focus groups, etc.)

Build final project report and presented to AIESEC members and NGO/non-profit representatives.