



## Arc Wellness

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Arc Wellness volunteers (Wellness Warriors) are a growing tribe of students making a difference. Wellness Warriors are passionate about spreading awareness about easy changes students can make in their daily lives to become healthier and happier.

### Responsibilities

Wellness Warriors run pop-up activities around campus (yoga, gratitude tree, massages) and create helpful content (booklets, videos, blogs) to spreading awareness about easy changes students can make in their daily lives to become healthier and happier and to promote support services for students seeking help.

### How to get involved

Semester 2 applications open until end of June. [Click here](#) to apply.

### Position

Wellness Warriors

### Training

There is a compulsory training at the beginning of each semester for the new volunteers. There is also further training during the semester for those they would like to write Wellness articles for Blitz as well as safety training at the beginning of pop ups when needed. Team Leaders have a special full day of training at the beginning of the year and work together to set out the plan for the rest of the year.

### Duration

Semester 1 (weeks 1-9) 2 hours weekly, (week 10) approx 8 hours, as well as training and team meetings. 20 hours total commitment.

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### Accreditation

- Accredited by [UNSW Advantage](#) = Yes  
(For recognition on Australia Higher Education Graduation Statement)
- Accredited by [UNSW Leadership Program](#) = No  
(Eligible for community engagement component)

### Availability of activity

[All year round](#)

## Type of activity

Community volunteering, Development programs, Student led teams

## Provider of activity

Arc @ UNSW

## Interest area

Fundraising & events, Sport, outdoor & physical activities, Writing & editing, Youth work

## Skills required and/or developed

Cross-cultural & global citizenship, Interpersonal & communication, Leadership, Organisational & time management, Team work & networking, Writing & editing

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## Contacts and more information

### Provider

Arc @ UNSW

### Email

wellness@arc.unsw.edu.au

### Website

www.arc.unsw.edu.au/wellness

For more information about co-curricular activities see **UNSW Advantage**.

## Arc Wellness

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