

## **Potential exchange-related volunteering opportunities:**

### **HASKAYNE:**

Below are some volunteer opportunities for the CIM Grant requirements. When we ask students to volunteer at events, we require a minimum of 1 hour, so these volunteer options have been set up to ideally replicate the same amount of work, approximately. Our goal with this volunteer is to help students thinking about going on an exchange connect with or hear from students who have been, so content for these submissions should include things like:

- Sharing your experience – why did you choose your host country/institution, what did you love about your experience, what was it like, etc.
- Your big 3 take-aways from the experiences, or 3 pieces of advice you wish you received before going (or did receive and were grateful for).
- Think what you would have wanted to hear from students who had been when you were researching/applying for your exchange.

You can submit in one of the following formats:

### **VIDEO:**

- Minimum length is 5 minutes.
- You can record yourself talking, or you can do a voice-over with pictures. You can also do text over pictures if you like, with background music, but please ensure the music appropriate (IE no mature content please).
- We love pictures, and we're sure students do too, and would love to see some photos in your videos if possible.
- Optional: you can submit shorter videos if you record 2 to 3 videos at the start/middle/end of your exchange to share your experience as you go through your exchange experience.

### **BLOG POST:**

- Minimum length is 2 pages double-spaced (text only).
- Please include at least 5 pictures.
- Optional: you can submit shorter posts if you write 2 to 3 at the start/middle/end of your exchange to share your experience as you go through your exchange experience.

### **PHOTO PRESENTATION:**

- PowerPoint presentation.
- Minimum length is 15 slides/15 photos.
- Text should be on the slide beside/above/underneath the photo(s), rather than in "presenter notes".
- Please include 1-2 sentences per slide/photo to explain their significance.

### **HOST FACT SHEET:**

- 2 to 3 pages of quick FAQ's about your host institution and country
- Examples of information you can include: visa tips (*note this should not be step-by-step instructions as requirements frequently change, but things you learned or would have made things easier had you know before applying*); tips for arrival, things to do, must-see/-do experiences; tips for course selection/enrolment, course workload; etc.
- To see examples please email us at [undergrad.exchange@haskayne.ucalgary.ca](mailto:undergrad.exchange@haskayne.ucalgary.ca).

You can email your submission to [undergrad.exchange@haskayne.ucalgary.ca](mailto:undergrad.exchange@haskayne.ucalgary.ca), or if the file is too large, you can email a link to the file on Google Drive – we'll download it from there to save for future use. Make sure the link is "anyone can view".

### **HASKAYNE EVENTS:**

- Enhance Your Degree Expo: Oct/Feb
- Prospective Student Info Session: Nov
- You at UCalgary: Apr
- Open House Student Panel: Sept

### **IBSA:**

- IBSA events (contact IBSA for dates)
- IBSA blog post (IBSA has requirements and submission instructions)
- IBSA Buddy Program (one term or full year)