

Youth Ambassador Program 2025

For Students Ages 12–18
July & August 2025

What's This Program About?

This summer, students ages 12–18 can volunteer at Victoria Glen Manor to help brighten the lives of our residents! As a **Youth Ambassador**, you'll get to:

- Build friendships with seniors
- Play games, do crafts, and share stories
- Learn important life skills like empathy, communication, and responsibility
- Get experience in the workforce to prepare you for future success

We treat our Youth Ambassadors like part of our team, with a short interview, orientation, and fun training to help you feel confident.

Volunteer Time Commitment

- Youth can choose between **two daily shifts**:
 - **Morning Shift:** 9:30–11:30 AM
 - **Afternoon Shift:** 1:30–3:30 PM
 - You can pick different shifts on different days—whatever works for your schedule!
 - Volunteer **1 to 2 hours per day**, no more than **2 hours a day**
 - Sign up for **up to 3–4 days per week**
 - Please arrive on time and stay engaged during your shift
 - Attendance matters—if you miss too many shifts without notice, you may be removed from the program
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What Kind of Training Will I Get?

You'll be fully prepared before your first shift! We'll cover:

- A tour of the building and your role
- Tips on how to talk to residents, including those with dementia
- What to do in an emergency
- How to ask for help if you're unsure about something

What Will I Do During My Shift?

There are lots of ways to help and have fun!

Examples:

- Color or do puzzles with a resident
- Sit and chat or read stories
- Help with crafts, music, and games
- Walk with residents in the halls or outside
- Join in on Bingo or other group activities
- Help bring residents to and from activities

(Don't worry—no personal care is expected!)

Morning Shift (9:30–11:30 AM)

- 9:30–10:30 Coffee Shop (Coloring, puzzles, chatting)
- 10:15 Help bring residents to the activity room
- 10:30–11:15 Morning Exercises & Devotions
 - Join the workout
 - Read the morning devotion or lead the Lord's Prayer
 - Help escort residents to their rooms for lunch
- Before you leave: write a quick journal entry about your experience

Afternoon Shift (1:30–3:30 PM)

- Mon/Wed/Fri: Bingo Time!
 - Hand out cards, help residents, call numbers, pass out prizes
 - Not into Bingo? Visit residents who don't play:
 - Walks, puzzles, reading, coloring, or just chatting
 - 3:00–3:30: Optional card games, puzzles, coloring, visiting
 - Before you leave: write your journal entry for the day
 - Tuesday and Thursdays are social afternoons! We may have a BBQ or special snack out in our courtyard.
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Key Dates

- **Apply by:** July 1, 2025 (online form available)
<https://www.vgm.ca/youthambassador>
- **Interviews:** July 2–9
- **Mandatory Orientation:** July 14

Why Do We Do Interviews?

Just like applying for a job, our Youth Ambassador Program includes a short interview to help students practice professional communication and prepare for future workplace experiences. It's a great way to build confidence, learn how to speak about your strengths, and understand what it means to show up prepared.

Don't worry—it's not scary! We'll ask a few simple questions to get to know you better and help match you with the right activities. It's all part of helping you grow and get real-life experience in a supportive setting.

Why Do We Do Orientation?

Orientation is a chance to set you up for success before your first shift. We'll walk you through the building, explain your role, and go over what to expect when working with seniors—including those living with dementia.

It helps you feel confident, prepared, and ready to jump in! Orientation also gives you a chance to ask questions, meet other volunteers, and learn how to handle different situations safely and respectfully—just like you would in a real job.

Important for Parents to Know

- This is a **structured volunteer program**, not a child care service
 - Youth may only stay for their **scheduled 2-hour shift**.
 - Participants are expected to be respectful, engaged, and on time
 - Our staff will guide them—but this is a chance for independence and responsibility
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