Nourish + Flourish Microgrant Application

If you are interested in hosting your own N + F-style event, there is an opportunity to be awarded a microgrant (of up to $300 per applicant). You are eligible to apply if you have attended two (2) or more Nourish + Flourish events and submit an application of interest.

Students selected will also be required to attend a coaching session on facilitation skills, accessibility, and inclusion as well as provided a kit of decorations and assistance booking space on-campus if needed. There can be a minimum of five (5) and maximum of eight (8) current UVic students at your event.

For questions regarding the N+F Microgrant, contact the Coordinator, Student Leadership at [oslengage@uvic.ca](mailto:oslengage@uvic.ca).

The Nourish + Flourish team will distribute up to $300 per applicant per fiscal year via honorarium (April 1st to March 31st). Applications are accepted throughout the semester. The current application deadline is listed on the [microgrant webpage](https://www.uvic.ca/services/studentlife/events-and-workshops/nourish-and-flourish/microgrant/index.php). Applications are accepted via email at [nourishflourish@uvic.ca](mailto:nourishflourish@uvic.ca).

# A. Student Information

|  |  |  |
| --- | --- | --- |
|  | | |
| Group name (if applicable)  **Applicant/Primary Contact** |  |  |
|  |  |  |
| First Name |  | Last Name |

|  |  |  |
| --- | --- | --- |
| V0 |  |  |
| Student Number |  | Email Address |

|  |
| --- |
|  |
| Contact Phone Number |

|  |  |  |
| --- | --- | --- |
| Which Nourish + Flourish events did you attend? | | |
|  |  |  |

Will you be available to attend a 60-minute virtual or in-person coaching session with the Nourish + Flourish coordinators?

**Yes**   **No**

**Tell us about yourself (individual or group). What knowledge, lived experience, and/or skills do you/your group members want to include in your event? Is there a particular community or affinity group that you wish to make space for?**

|  |
| --- |
|  |

# b. Theme and activities

**Please provide the theme and a (max 200 word) summary about your event. This can include topics explored during the course of the dinner and which important student issue(s) or topic(s) does this theme seek to address.**

|  |
| --- |
| Relationship to |
| Theme of your event |

|  |
| --- |
|  |

Brief summary:

# C. event schedule

|  |  |  |
| --- | --- | --- |
|  | | |
| Event Location  Do you require assistance booking a space on campus?  **Yes**   **No** | | |
| **TIME** | **ACTIVITY** (See Appendix A for the Nourish + Flourish structure) | |
|  |  | |
|  |  | |
|  |  | |
|  |  | |
|  |  | |

# D. work plan

**Identify tasks that need to be completed before, during, and after your event. If more space is needed, insert more rows, or attach a separate plan.**

|  |  |  |
| --- | --- | --- |
| target Date | Task | Estimated time |
|  | E.g. create prompts for each section |  |
|  |  |  |
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|  |  |  |
|  |  |  |

# e. budget

**Provide a breakdown of estimated food costs and identify a caterer/restaurant.** There can be a minimum of five (5) and maximum of eight (8) current UVic students at your event.

|  |
| --- |
|  |
| Estimated Number of Attendees |

**Eligible for funding: food. Not eligible for funding*: Equipment, prizes, transportation, or programs/courses worth academic credit.***

|  |  |
| --- | --- |
| Estimated Cost | description of expense |
| $150 | Applicant’s labour |
|  |  |
|  |  |
| **$** | TOTAL (must be less than or equal to $300) |

# F. décor kit

Please indicate the items you would like to borrow from the Office of Student Life.

|  |  |  |
| --- | --- | --- |
| **YES/NO** | **QTY NEEDED** | **ITEM DESCRIPTION** |
|  |  | Candle holders (8), lighter, and tea lights (8) |
|  |  | Mason jars (6) |
|  |  | Table name holders (8) |
|  |  | Craft paper |
|  |  | Napkins |
|  |  | Nametags |
|  |  | Crafting Supplies (Markers, pens, tape, etc.) |
|  |  | Nourish + Flourish Banner |
|  |  | Low Sensory Kit |

Access to printing can be provided by the Nourish + Flourish team.

# G. verification of information

*The University of Victoria collects, uses, discloses and retains personal information only in compliance with the University Act and the British Columbia Freedom of Information and Protection of Privacy Act. The University of Victoria collects the personal Information on this form pursuant to section 26 of the Freedom of Information and Protection of Privacy Act. The information provided in this application form will be used only for the purposes of determining eligibility and approvals for the Student Life activity grant +Anti Racism Supplement. Should you have any questions concerning your personal information, please contact the Privacy and Access to Information Office at* [*privacyinfo@uvic.ca*](mailto:privacyinfo@uvic.ca)*.*

The information provided by me in this application is true and accurate to the best of my knowledge. I understand that if any information I have provided is inaccurate, my application may be denied and/or my grant withdrawn.

|  |  |
| --- | --- |
|  |  |
|  |
| Applicant Signature (right click above to sign) | Applicants printed name |

## Appendix A: Nourish + Flourish Event Schedule

|  |  |
| --- | --- |
| **TIME** | **ACTIVITY** |
| 15 min | Setting Up the Table (15 mins)   * Arrival and casual chatting |
| 25 min | Amuse Bouche   * Welcome and Territory Acknowledgement * Introductions, why or what brought us together * Community Agreement (See Appendix B) |
| 30 min | Mains   * 2-3 prompts for group discussion |
| 30 mins | Dessert   * 2-3 prompts for group discussion |
| 15 mins | Sobremesa   * Summarizing salient points of discussion, lingering questions, and how to take the conversation forward * Thanking and appreciating your group * Connection, unstructured wrap-up |

\*15 minutes for flexibility.

## Appendix B: Community Agreement

A crucial and foundational part of being in relationship with yourself and with your community is in practicing respect, openness, kindness and self-awareness. With that in mind, we’ve jotted down some values and principles for engaging with each other through this program.

* Confidentiality/Sharing Your Own Perspective
  + What’s learned here leaves here, what’s shared here stays here
  + We ask that you only share your own experiences and not those of others. With that being said, in many cultures and traditions, sacred histories are passed down through elders, through intentional choice and storytelling. As you may share and respectfully receive each other’s intergenerational wisdom and ways of being, we invite you to be mindful of this, as often permission is sought to share this teaching with anyone else
* Take Space/Make Space
  + We all arrive at N+F with different identities and lenses, be mindful of who is in the room and how you can make space for others, but also take space when the opportunity arises/it is offered
  + You are invited to use all the available art supplies, and all means in this room to take space and engage with your group
* Respect the range of experiences in this space
  + Be open to self-reflection and respect all levels of knowledge and experience
* We want to acknowledge that we are in a space of learning together
  + If there is disagreement in this space, we encourage folks to listen to one another with openness
* Intention vs. Impact
  + We might mess up or say something that doesn’t sit right with others, so we do ask that we all both assume positive intent from others, but that we also attend to the impacts when we do cause any harm
* Take care of yourself
  + If you need to take a break or leave, look after your physical and emotional needs in whatever way that looks for you and feels comfortable for you
  + There is a low sensory space (Room 112) available for use with a variety of sensory items to use and explore
* Support is available
  + The coordinators will follow-up by email after the event has concluded
  + There will be supports provided to you at the event on your program