



# ADRA DEVELOPS HEALTH

SCHOOL AMBASSADOR PROGRAMME



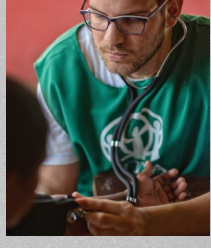
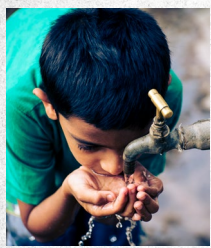
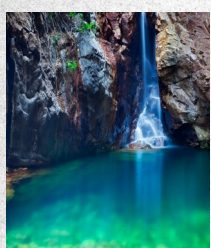
# TERM 2 CHALLENGE:

## ADRA DEVELOPS HEALTH

### CHALLENGE:

#### SERVICE EVENT

In Assembly share the ADRA Water video (the video focuses on Health). Talk about local cleanliness of water and the importance of it for our health, well-being and identity. Organise a service event that cleans up a local waterway, stream, lake or shore. Invite students to bring their friends and family. (Optional: have a BBQ afterwards!) At the event, take photos. Invite the local press to cover your good news story! Afterwards, thank students for their service and the impact they've had on their community.



### DID YOU KNOW?

Health is at the heart of so much of the world's poverty and suffering. When communities don't have enough food, when they depend on unsafe water sources, when they don't have access to reliable health support, every life suffers. Finding sustainable ways to improve access to nutrition, clean water, and health resources can be the difference between life and death for the men, women, and children you help us serve around the world every day.

### TO DO LIST:

- ☐ Meet and set goals to develop your event planning and communication skills.
- ☐ Gather a team to help organise the service event. Plan your best methods of communication.
- ☐ Organise a date for the event, scout out a location. Get permission with the appropriate local authorities.
- ☐ Put up posters and publicise event.
- ☐ Organise a date for assembly. Plan what you will say. Practise!
- ☐ With your team, gather the items you need. Think about safety. Invite the local press, with permission from your school.
- ☐ Organise someone to take photos and video footage.
- ☐ Run the event! Have a blast!
- ☐ Afterwards, thank your team and communicate with your school community about what impact you've made.
- ☐ Debrief with your School Liaison Teacher, send photos and video through to ADRA.

# ADRA AMBASSADORS: REACHING YOUR GOALS

**COMPLETE THIS SECTION AT THE BEGINNING OF TERM**

**DATE:** \_\_\_\_\_

The ADRA Team are committed to growing in the values of **COURAGE, COMPASSION and CONNECTEDNESS**. Our Ambassador Program creates opportunity for young people to develop these life-giving values too! It is our hope that your character will flourish through these experiences, and that you will create really positive memories along the way!

Write bullet point answers below. Discuss with your School Liaison Teacher. (Keep this in your Ambassador folder, so that you can fill in the bottom section at the end of the term.)

---

**By the end of this term, as an ADRA Ambassador, my personal goal is to ...** (make it specific, challenging, attainable)

---

**For what reasons do you want to achieve this goal?**

---

**To reach my goal I will need to do these three key steps ...**

---

**I will know I have reached my goal because...**

---

**The two things that will help me stick to my goal are ...**

---

**Complete this section at the end of term:**

**What has been awesome about achieving this goal?**

---

**Was anything challenging about achieving this goal?**

---

# ADRA AMBASSADORS: EVENT PLANNER

Event Name:

Key Organiser:

Email:

Phone:

Date of Event:

Start Time:

Finish Time:

Rain Date:

What would cause a postponement?

Location:

Purpose of the event (raising awareness, fundraising, education, service, entertainment, other):

Target Audience/Guests:

Number of Audience/Guests:

Special Guests/VIPs?

Volunteer Roles:

To Do List:	Person Responsible:	Special notes:	<input checked="" type="checkbox"/>
Reserve venue			<input type="checkbox"/>
Confirm special guests/VIPs			<input type="checkbox"/>
Discuss and draft a run-sheet for event		Establish who is responsible for each part of the run-sheet	<input type="checkbox"/>
Determine which publicity methods will be most effective for audience			<input type="checkbox"/>
Create publicity/invitations			<input type="checkbox"/>
What signage is needed at event?		(Directions, parking, enter/exit, special instructions, etc.)	<input type="checkbox"/>
Special requirements from school?			<input type="checkbox"/>
Ensure disability guests are catered for		Access Toilets Dietary requirements	<input type="checkbox"/>
Document Health and Safety		(Ask your school for the forms specific to your school)	<input type="checkbox"/>
Travel/Transport			
Budget			<input type="checkbox"/>
Communication (announcements, posters, newsletter messages, social media, newsletter reminders)		(Create a calendar for sharing volunteer info, publicity drops)	<input type="checkbox"/>
Discuss and finalise run-sheet		(Include set up, when and where volunteers meet, event run -sheet, pack down)	<input type="checkbox"/>





# ADRA AMBASSADORS: EVENT DEBRIEF



**DISCUSS THE FOLLOWING  
DEBRIEF WITH YOUR  
TEAM AND YOUR SCHOOL  
LIAISON TEACHER.**



Positives/What worked well



How well did we achieve the purpose of the event?



Challenges/things to improve



How did I grow through this experience personally?

☐ Video and photos from the event have been provided to ADRA



# TIPS FOR SHOOTING GREAT MEDIA:



## BATTERY CHARGED

Make sure your phone is charged so that you aren't going to run out of battery while filming.



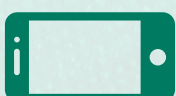
## CLEAN YOUR LENS

An unclean lens will give your footage a "milky" look. Use a microfibre cloth... or your t-shirt if you have to! Don't forget the lens that is on your phone's screen as well as the back of your phone.



## LIGHTING

Use front Light. Film so that subjects are illuminated, avoid backlit shots (don't shoot into the sun) because people will be silhouetted.



## LANDSCAPE

Rotate your phone to film in landscape orientation.



## AUDIO

Use a plug-in lapel microphone if possible for any interviews for better sound. Or move them into a quieter area with less background noise.



## USE A TRIPOD

Steady your shot, stable video is easier to watch. If you don't have a tripod, try resting your arms on a table or lean against a wall. Move the camera slowly and steadily if you are capturing the action/environment.



## FOCUS/EXPOSURE

In the camera app, tap and hold the screen to lock in your focus and exposure. On an iPhone when you tap and hold, a yellow box will appear for focus and a slider with a sun icon to adjust the exposure.

## CAPTURING THE STORY

**Plan Your Shots** Think about what you want to capture before hand, e.g. group shot of the team, people enjoying the initiative, close ups showcasing event.

**Establishing Shots** Show some wide shots of the activity to help people see all the action.

**Look for Interesting Close-ups** Take some footage of pictures to feature the details of what is going on, set a mood and make viewing interesting.

**Multiple Perspectives** Capture footage from different angles and perspectives, i.e. from 'audience' and also 'presenter' if in school assembly.

**Personal Touch** Capture comments from people involved e.g. a volunteer, a teacher, a parent, community recipient.

**More is Better** You can always edit and cut footage, but can't retake... so if in doubt take more then you need. Enlist the help of multiple people to get footage.





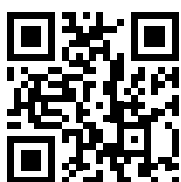
# SHARING YOUR MEDIA WITH ADRA



WHEN YOU ARE READY TO SEND YOUR MEDIA FOLLOW THESE SIMPLE STEPS, OR GIVE US A CALL AND WE CAN TALK YOU THROUGH THE PROCESS.



IF YOU NEED ASSISTANCE AT ANY STAGE, CALL 0800 488 911 AND WE CAN HELP.



An easy way to send photos and video is through **WeTransfer**. You do not have to set up an account, and it will ensure the quality of your footage is intact. Sending through other sharing apps will compress the files resulting in reduced quality.



**HEAD TO THE WEBSITE: WETRANSFER.COM  
CLICK ON SEND A FILE ICON**



**SELECT OR DRAG AND DROP FILES**



**SELECT 'SEND AN EMAIL' AS METHOD OF FILE TRANSFER**



**ADD RECIPIENTS EMAIL ADDRESS  
SARAHRYAN@ADRA.ORG.NZ**



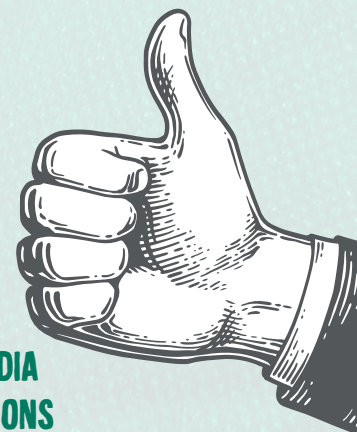
**ENTER A VERIFICATION CODE**



**YOU ARE DONE! ADRA WILL GET  
A NOTIFICATION TO DOWNLOAD FILES!**



**ADRA WILL SEEK PERMISSION TO SHARE MEDIA  
BEFORE USING IN ANY PUBLIC COMMUNICATIONS**







**YOUR GENEROUS SUPPORT WILL ENABLE ADRA'S DISASTER AND EMERGENCY RELIEF SERVICES TO RESPOND WHEN PEOPLE NEED IT MOST!**