

# Healthy Campus Alberta

## Summit Travel Reimbursement Fund

HCA recognizes that funding for travel might not be accessible for all departments or campuses. The *HCA Summit Travel Reimbursement Fund* was created to increase accessibility to the HCA Wellness Summit for those experiencing financial barriers. The Fund was first introduced in 2023 in collaboration with student members of the HCA Design Team and is being continued for the 2024 Wellness Summit.

### Who is eligible?

- Students who are currently attending and staff who are currently employed at an Alberta post-secondary institution, who:
  - Have tried to obtain funding from their institution and have been denied OR funds are not available; AND
  - Are required to travel from outside of the Edmonton area to attend the Summit.
- Applications from students, individuals living in smaller population centres or rural areas of Alberta, and/or Indigenous or equity deserving individuals will be prioritized.
- Individuals who are experiencing financial barriers to attending the Summit and are uncertain whether the Travel Reimbursement Fund is available to them are encouraged to contact the HCA staff facilitation team directly at [admin@healthycampusalberta.ca](mailto:admin@healthycampusalberta.ca) or [events@healthycampusalberta.ca](mailto:events@healthycampusalberta.ca)

### What is available?

20 reimbursements of up to \$250 are available to offset costs to make attendance more accessible. Additional reimbursement amounts may be approved based on the number of requests received. To qualify for reimbursement, funds are required to be used on hotel room costs at the summit location (Edmonton) or transportation costs to travel from your place residence (outside of Edmonton) to the summit location (Edmonton). Summit registration and food costs are not eligible for reimbursement.

Applications must be submitted by ~~May 10<sup>th</sup>, 2024~~ **May 22<sup>nd</sup>, 2024**.

Application results will be communicated by ~~May 24<sup>th</sup>, 2024~~ **May 30<sup>th</sup>, 2024**.

All approved applications will be required to submit an **expense claim** and **valid receipt as proof of payment** by **June 24, 2024**, to be reimbursed. Reimbursements will be paid by a cheque mailed out in early July. Applications must be submitted personally. Once an application is approved, we will ask for a personal mailing address.

### Not sure where you may have access to funding on your campus?

We have compiled the following list of places for students to inquire about support to attend the Summit:

- Student Association or Student Union
- Student Experience Office, Student Life and Learning (or equivalent)

- Wellness Centre
- Campus Career Services
- If you are employed at your institution as Student Staff: Direct Supervisor, Department Head or Project Lead

Types of funding that may be available:

- Professional Development
- Training / Learning

For staff, professional development funds may be available through:

- Your Department / Faculty
- Human Resources
- Staff Association/ Union

To assist you in applying for funding from your institution to attend the HCA 2024 Wellness Summit, we have written the following summary of the opportunity:

Healthy Campus Alberta is a community of practice focused on post-secondary mental health across the province of Alberta. Comprised of students, staff, faculty, administration from Alberta post-secondaries as well as community organizations and government, HCA's collective vision is to *“educate, collaborate, and advocate; transforming culture and creating caring campus communities throughout the province of Alberta.”*

The annual HCA Wellness Summit is a place for the community of practice to gather to learn, share and celebrate the work being done across the province to strengthen post-secondary mental health and wellness. This year's theme, **Introspection: Looking Back to Look Forward**, will explore four sub-themes, Why We Do What We Do, Navigating Change in an Evolving Community, Finding Balance through Self Regulation, and Supporting Wellness through Meaningful Relationships.

Learning objectives for the Summit include opportunities for attendees to:

- Identify and build diverse relationships across Alberta that strengthen collective action to promote mental wellness.
- Identify the values and beliefs that have influenced the Community of Practice and evaluate their alignment with the COP's mission and goals.
- Recognize the impact of change on mental health within a dynamic community and develop adaptive short-term and long-term strategies to cope with challenges that occur due to transitions and changes.
- To develop and apply self-regulation strategies and evaluate the effectiveness of these strategies.
- Examine the impact of meaningful relationships on mental health and well-being and develop communication and empathy skills to foster meaningful connections.

More information on the theme can be found on the [HCA 2024 Wellness Summit](#) webpage.

**Apply now:** <https://www.surveymonkey.com/r/MWRH35J>