

OG Department Stores – Mr Tay Tee Peng Distinguished Undergraduate Student Award

Post Event Report for

Project iAppreciate

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In Collaboration with **Red Cross Youth NTU Chapter**

Overview

Project iAppreciate was held on 26 March 2022 at the ARC and engaged 64 cleaners working inside NTU. Apart from the 14 organizing committee members, 21 volunteers participated in helping out at the event. Due to Covid-19 regulations, the event was separated into five TRs, with the overall theme of “healthier living”. During the one-day event, we provided cleaners with the following:

- educational talks
- DIY activities
- interactive mini-games
- basic health screening
- movies and refreshments

By participating in all activities and collect enough stamps, cleaners could redeemed a gift bag. Appreciation gift bags were also sent to those unable to attend the event due to work.



Figure 1 Organizing Committee

Objective

The project aims to:

1. To show our gratitude and appreciation to the cleaners of NTU for keeping our school compound safe, clean, and conducive to everyday learning.
2. To support and motivate our cleaners as they have been working tirelessly on the frontline to ensure maximum cleanliness and hygiene.
3. To promote healthy and active aging through our series of interactive activities.
4. To raise awareness of service learning and provide an opportunity for students to give back to the NTU Community.

Programme Timeline

Before the official event date, organizing committee members launched a campaign inside NTU to publicize the event to the cleaners and encourage them to join the activities. We also emailed all companies that have dispatched cleaners to NTU, and several companies helped us promote the event to their workers.

The timeline and floor plan for the actual event date is as follows:

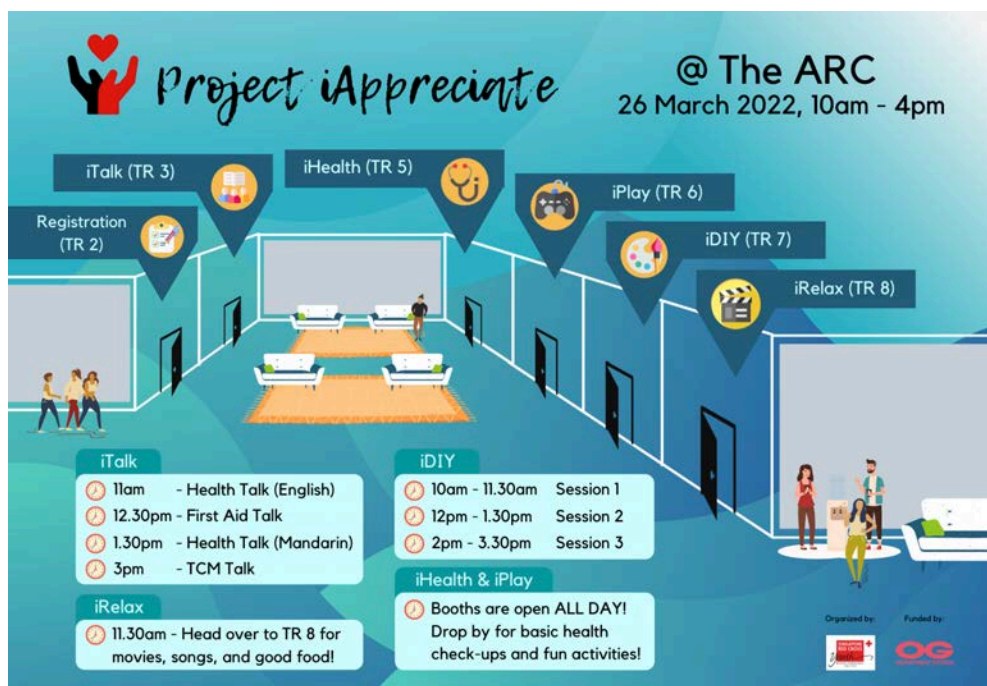


Figure 2 Timeline and Floor Plan

Event Details

iHealth

Inside the iHealth room, three health measurements were available:

1. The BMI and body fat percentage measurements were done using an electronic scale.
2. Blood pressure measurements were done using an electronic blood pressure monitor.
3. A blood glucose meter was used to check blood glucose levels, and the pricking of the finger for testing was handled by a trained organizing committee member.

All the results were recorded on the same leaflet, and members with healthcare working experience provided some preventive tips and guides for individuals.



Figure 3 Blood Glucose Measurement Station (left); Health Consultation (right)

iPlay

Inside the iPlay room, participants tried out three mini-games after watching the demonstration and gained a stamp:

1. The well-played Match It! Cards were designed to test the memory and cognitive skills of these participants.
2. Hook It Up! tested our cleaners' psychomotor skills and reactivity. Participants used the rod tied to a string and metal rick to hook the bottle up within 2 minutes.
3. Slippery Marbles! was played to work on their hands' agility as they needed chopsticks to pick up marbles and transfer them to another plate within 2 minutes.



Figure 4 "Slippery Marbles" Station (left); "Match It! Cards" Station (middle & right)

iTalk

For the educational talks series, we have several officers from Singapore Health Promotion Board to give us a talk on Chronic Disease Management. They conducted the session twice, one in English and one in Mandarin. Apart from the valuable knowledge points, they also engaged the participants in exercises that can be easily done at home. Standard First Aid Certified members from RCY NTU taught the participants about the common misconceptions about first aid. Participants also gained hands-on experience with simple spiral bandages during the practical session.



Figure 5 Educational Talks Given by HPB



Figure 6 First Aid Demonstration

iDIY

Inside the iDIY room, Mosaic Coaster Making DIY kits were provided for every participant. With guidance from volunteers, they used the materials to create coasters, which they could bring home at the end of the event.



Figure 7 Participants Making Mosaic Coasters

iRelax

Participants enjoyed refreshments and movies. They also redeemed gift bags with the stamps they collected. Organizing committee members also interviewed some participants to collect their feedback.



Figure 8 Enjoying Refreshment (left); Giftbags! (right)

Apart from five TRs and activities inside the ARC, we also come down to the working site of the MRT construction and facility control center to distribute our appreciation gift.



Figure 9 Distributing Gifts around Campus



Reflection & Future Plans

Things done well

- All safe management measurements were strictly followed, and volunteers actively guided participants to available rooms to avoid crowds.
- Clear guidelines were provided for all members and volunteers to ensure the smooth running of the events.

Things can be improved

- More flyers with take-away knowledge like nutrition and healthier eating can be designed in multiple languages for participants to study at home and act as a reference when needed.
- Publicity of the events can be expanded to engage a more significant proportion of behind-scene workers.

Future plans

Project iAppreciate will become an annual special project of NTU RCY, and we will choose a target audience in each AY to whom we will express our gratitude and appreciation. It will be a one-day event when our volunteers and members participate in games and other activities with the target audience to create lasting memories.

In March 2023, we will hold the event with migrant workers staying in Tuas dormitories. As part of the event, we will also gather appreciation notes and items from NTU students to promote the appreciation attitude in the NTU community.

Acknowledgement

I would like to express my deepest gratitude to OG Department Stores and the College of Science for offering me grants and opportunities to launch this project. I am also grateful to collaborate with Red Cross Youth Chapters' members, especially Shu Ying, Ching Wei, Myat, Jia Yi, and all CE members. I would like to thank Ms. Irene Tay from CoS and Mr. Abriel Ghui from SAO for their guidance during the event planning. I would like to express my special thanks to the Health Promotion Board, Lioncorp, MegRhythm, and Quad Café@NTU for their



generous support of our event. Last but not least, I would like to thank all volunteers who participated in the event.