

Dear Colleagues,

Greetings and welcome to our newsletter, a monthly update on what UNV Sri Lanka is doing in promoting volunteerism for peace and development.



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"Together at Home Challenge"

National Youth Volunteering Week



In lieu of National Youth Day (NYD) on **23 May 2021**, the **"Together at Home Challenge"** launched on the 16th of May by **United Nations Volunteers (UNV) Programme** in collaboration with **United Nations Development Programme (UNDP)** and **World Health Organization (WHO)** to promote a dialogue on safe and innovative ways of volunteering with young people during the course of two weeks.

The campaign was officially launched on the 23rd of May and will continue until **the 7th of June 2021** encouraging participants together with people within their households to initiate a series of volunteering activities under five thematic areas, while adhering to health guidelines and continuing to remain

Stay tuned on UNV Sri Lanka's social media platforms and join the campaign!

UN VOLUNTEERS Sri Lanka Together at Home

Change starts with you

Reduce your waste impact by starting with small changes and improve your lifestyle to creating a sustainable global footprint!

How can I help as a young leader?

1. Reduce wastage
2. Ensure you don't waste food
3. Reduce your consumption of plastic and choose sustainable options
4. Create your own recycled items

#TogetherWeCan #VolunteeratHome

Let's be innovative and sustainable!

1 Theme: Sustainable Consumption and Production

NATIONAL YOUTH VOLUNTEERING WEEK Together at Home!

Guidelines for YOU to join Us

Let's volunteer together at home with our family and loved ones! It's time to redefine volunteering and prove that **ANYONE** can volunteer at **ANYTIME** and **ANYWHERE!**

How to start?

- Theme 1: Sustainable Consumption and Production
- Theme 2: Gender (Equate Change)
- Theme 3: Education for All
- Theme 4: Health and Well-Being
- Theme 5: Peace and Justice

Learn about 5 thematic areas

Brainstorm on how you can implement it at home

Volunteer together with your family

How to create content?

Photo

Orientation: Landscape (Horizontal)
• Check the lighting
• Maximum number of images: 4 images

Video

The image/video must include you and a clear representation of the of the volunteering activity.

Language: English/Sinhala/Tamil
Length: 60 seconds
The video can include:
• A brief introduction of yourself
• The theme that your activity belongs to and the tagline: "Together we can volunteer at home"

How to Submit?

Step 1

Post your content on Facebook, Instagram, Twitter, Tiktok

With the hashtags: #TogetherWeCan #VolunteeratHome

@UNV Sri Lanka, and any of our partner organizations that you are a part of.

Step 2

Tag two friends to take up the challenge

Step 3

Share from 23rd May to 7th June 2021

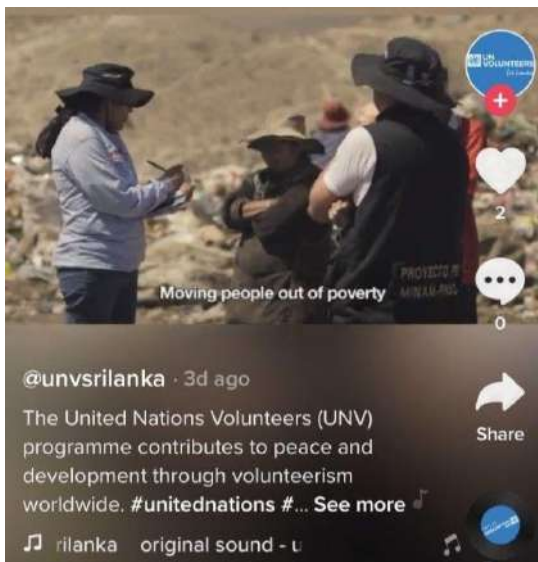
Send in your inquiries on Instagram or Facebook

Disclaimer: By participating in this campaign, you are agreeing to allow UNV and partners to share your content on our social media platforms and re-sharing material

UN VOLUNTEERS Sri Lanka

Learn about 5 Thematic Areas

Guideline for Participants



Follow us on TikTok



Watch A Video Introduction

International Family Day

The COVID-19 pandemic reminded me of the significance of physical and mental wellbeing, especially of family members. Even though my family is living scattered in South Korea, the USA and Sri Lanka, we are grateful that, wherever we are, we have been all safe and sane as well as still being able to gather together through video calls and give moral support, which drives and encourages each other to get through difficulties and move forward.

*UN Volunteer Eun Young Jung
Communications and Outreach Specialist
UNV Sri Lanka*



During COVID-19 many are facing the challenge of being away from their families for an extended period of time. On the occasion of International Family Day, UN Volunteer Eun Young from the Republic of Korea serving with UNV Sri Lanka shares her reflections on the importance of staying connected with families during these challenging times.

"COVID-19 reminded me of the significance of mental health. My family is scattered across SouthKorea, Sri Lanka and the USA. We draw emotional support through video calls to overcome difficulties and move forward together. Recently, my nephew was born in the US, and I have only been able to 'meet' him via Zoom. How I long to hold him, when we are able to be together in person."

[Read more](#)

Welcome to the UNV Family!



"It is my great pleasure to join as a UN National volunteer to support the activities at WFP Last Mile Climate Services project. As a new UN Volunteer, I am looking forward to working with my project team to enhance the livelihood of communities at risk due to climate change."

Prabuddha Boralugoda
Project Associate – LMCS Project - WFP

"I am excited about this new opportunity to work with WFP for the Last Mile Climate Services Project as this is my first experience in humanitarian project implementation-related work.

I am looking forward to using my knowledge and skills to achieve the project objectives as well as to gain new knowledge and skills through this experience."

Usitha Rajeevan
Project Associate- LMCS project – WFP



Farewell & Thank You

"Volunteering with UNV was a unique experience and a turning point in my life. I'm delighted that I was able to contribute towards the COVID-19 control at WHO country office, Sri Lanka through my stay. I would like to thank UNV for being supportive as always. Wishing the best for all currently serving, outgoing and incoming UN

Volunteers. Together We Can! ”



Anjalee De Silva
Public Health Officer – WHO

UNV Video Competition



LAUNCH OF A VIDEO COMPETITION

to showcase how volunteers contribute to the SDGs



UN Volunteers HQ invites all UN Volunteers to take part in their **new video competition!** Apply by sharing the best videos of yourself or other UN Volunteers in action.

1. What they are looking for?

- Videos showing the real change volunteering brings in an individual, community or society (ex. the difficult situations you faced while serving for UN entities, the actions you took to achieve SDGs and the changes your actions brought in other people's lives.)
- The videos can date back to 2018

2. Deadline

15 June 2021

3. How to submit?

- Send the video through a computer file transfer service of your choice (WeTransfer, Dropbox, etc.) to unitednationsvolunteers@gmail.com
- **Please indicate the following information:** 1) Your full name & your country of origin; 2) The UN agency where you serve; 3) Details about where the video was taken: country, city, etc.; 4) The names and roles of the people providing testimonials in the video: full name, role (volunteer, head of the agency, project beneficiary, etc.)

4. Awards

- The winners will receive **360-degree cameras and training** on how to use them.
 - After the training, the winners will use the cameras to develop further 360-degree video content about the SDG challenges they are tackling in the field.
 - The final clips will be **showcased on Kopernik's 'VR for SDGs' platform** and on **UNV's Facebook profile for popular voting.**
 - The most voted video will be announced via social media and a joint web article with Kopernik, mentioning the collaboration with Ricoh, on International Volunteer Day (IVD) 2021.
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COVID-19 Updates

Stay updated on the COVID status in Sri Lanka by visiting the official website which can be accessed by clicking the link shared below.

[Click here for previous updates](#)

Join the campaign promoting life-saving information



Verified is a United Nations initiative to encourage us all to check the advice we share. Sign up to receive content you can trust: life-saving information, fact-based advice, and stories from the best of humanity.

[Go to Verified](#)

Keep updated with our latest news!



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