



**Active Living Alliance for Canadians with a Disability**

*Enabling Canadians with disabilities to lead active, healthy lives.*

**Great opportunity  
available!**

# Volunteers needed

June 27 to July 3, 2006

Carleton University  
Ottawa, Ontario

**We are looking for volunteers who are youth-friendly, responsible adults (19 years of age or older) dedicated to ensuring that youth exchange participants experience this "once in a lifetime opportunity" in a creative atmosphere.**

**Attention Ottawa Volunteers: Help us host youths from across the country!**

50 delegates between the ages of 14 and 17 from across Canada are coming to **Ottawa from June 27 – July 3** to participate in the Active Living Alliance for Canadians with a Disability's 2005 Youth Exchange. The Exchange offers delegates with physical, sensory, learning, and intellectual disabilities the opportunity to participate in a wide variety of physical activities, to attend workshops about diversity and Canadian heritage, and to receive training on the importance of communication, problem solving, goal setting and risk taking.

There are a number of ways you can help make this a great experience including:

- Welcoming delegates at the airport and university
- Assisting a delegate one-on-one throughout the program
- Helping at the canoeing, tubing, rock-climbing or other events
- Joining us as a care provider
- Simply by getting involved in the fun!

Training will be provided.

Meals and expenses will be covered by ALACD.



**For more information, or to apply, contact**

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