

Amna for Communities Manifesto

#AmnaforCommunities

I am Amna Basheer, and I am thrilled to be running for the position of Student Communities Officer. Whether you have seen me at events, in the classroom, or collaborating with student organizations, I have been determined to provide to the community and make the campus a better place in my own little ways. As someone with a diverse background, I believe I can bridge gaps, blend stories, and connect with many.

Throughout my journey at UL, I have actively volunteered and witnessed firsthand the challenges faced by our student community. As your candidate for Communities Officer, I want to be your advocate, your listener, and your catalyst for positive change.

Vote Amna for:

➤ Mental Health Awareness and Self-Help Events

Objective: Prioritize mental well-being by organizing events, workshops, and awareness campaigns.

I know the pressures of being in a university, and especially for those who are far from home. I believe that prioritizing mental health comes before everything else and I wish to strive to make our campus more accessible and dedicated in keeping it stress-free and comfortable.

Actions:

- Collaborate with the UL Counselling Center to host more frequent and regular mental health awareness sessions.
- Facilitate workshops on stress management, mindfulness, and coping strategies.
- Help promote resources available to students for mental health support.

➤ Promote Sensory Hour

Objective: Building upon the efforts of the previous Communities Officer by expanding the sensory hour initiative.

Actions:

- Ensure the continuation of the sensory hours twice a week.
- Raise more awareness about the sensory hour facilities in the campus.
- Advocate for the development of quiet zones and sensory-friendly facilities across campus.
- Promote a stress-less examination environment for the students.

➤ Inclusivity Within Campus

Objective: Foster a sense of belonging for every student, regardless of their background or identity.

Being an International student, I am aware of feeling overwhelmed and lost in a foreign land. My goal is to make sure that every person who steps on to our campus feels welcome and like they belong.

Actions:

- Launch the “ULforAll” initiative to symbolize our commitment to inclusivity.
- Create safe spaces for underrepresented community members.
- Be a voice for those who may not wish to speak up directly.
- Organize cultural exchange events, celebrating diversity and promoting cross-cultural understanding, in collaboration with student organizations.

➤ **Inclusivity Beyond Campus**

Objective: Eliminate discrimination and promote kindness and respect beyond our campus boundaries.

I have heard and known incidents of bullying and racial discrimination for our students beyond the campus walls. I hope to try my best to create a more welcoming environment for our students outside of the campus too.

Actions:

- Initiate an anti-discrimination campaign emphasizing empathy, tolerance, and acceptance.
- Work with student leaders to address incidents of verbal harassment outside campus.
- Promote training to empower students to stand up against harassment.

➤ **Open-Door Policy**

Objective: Ensure accessibility and approachability for all students.

Actions:

- Hold regular office hours to provide students with an opportunity to discuss their concerns, share ideas and provide feedback.
- I wish to place an anonymous box outside my office door or on my desk to encourage open communication without hesitation.
- Attend student events and engage in open conversations.

➤ **Clubs and Societies Engagement**

Objective: Strengthen our vibrant student community by actively promoting participation in clubs and societies.

Actions:

- Collaborate with club leaders to organize engaging events, workshops, and competitions.
- Foster inter-club collaborations and joint initiatives.
- Advocate for increased funding and additional resources to support our student clubs.
- Carry forward the initiatives by former Communities Officer.

➤ **Community Partnerships and Awareness**

Objective: Bridge the gap between campus and local organizations.

Actions:

- Maintain and strengthen existing partnerships with welfare organizations like Limerick Suicide Watch.

- Host awareness campaigns within the campus to educate students about available options and external support.

➤ **Transparency and Availability**

As Student Communities Officer, I promise to keep you informed about both the serious matters and the lighter side of university life. I will ensure to give updates on social media about policy changes, events, and other relevant information.

Together let's create a stronger UL!

Vote Amna for Communities

