



## PARA Resident Physician-Initiated Well-being Event – Rural

### Guidelines

#### Background:

- Rural resident physicians are generally unable to participate in PARA social events due to travel distances and expense.
- Rural residents represent a small number of the total resident physicians in Alberta who are distributed in smaller towns and cities throughout Alberta, thus making it difficult to schedule social and wellness events.
- To support resident physician social and well-being activities for rural residents, PARA has allocated funds to support resident-initiated events.

#### Purpose:

- To support resident physicians by providing funding for resident-initiated rural events.

#### Budget and Money Allocation:

- The total budget for this program is \$2,000.00; these funds will be split between Rural Alberta North and South.
- The recommended ask for event funding is between \$10-\$20 dollars for each resident who attends the event to a maximum of \$500.00 per event. This amount is based on current funding practices for general PARA events.
- Applications will be reviewed for approval by PARA's Vice President of Internal Affairs and the PARA office with consultation from the PARA Resident Well-being Committee as required.
- Approved funding will be provided through the reimbursement of original receipts submitted by the event coordinator.

#### Event Details:

- Rural well-being events should be open to and considerate of all residents.
- Rural well-being events must be completely inclusive, i.e. all resident physicians are to be invited to participate, although the event can be tailored to suit a specific program or group where justified.
- Rural well-being Events should be located outside of the greater Edmonton and Calgary areas.
- Event planners are encouraged to keep resident well-being goals in mind; the application for funding will require a description of how the event achieves these goals.
- Any event that PARA currently supports in Edmonton and Calgary can be duplicated outside of these two centres for rural residents – including PARalyzer-like events.
- Funds will not be used for competition, evaluation or recognition of individual residents' success or accomplishments.
- PARA encourages inclusion of resident physicians' significant others.



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### **Application Details:**

- Applications will be accepted at any time during the academic year and will be considered until all funds for that academic year have been allocated.
- Except in exceptional circumstances, applications will not be accepted after an event has taken place.
- Applications should be submitted using the Application Form attached (Appendix 1).

### **Post-Event Requirement:**

- After a funded event is complete, the event organizer will submit a summary of the event and its well-being outcomes using the Post-Event Summary Form (Appendix 1).
- Receipts will not be reimbursed without submission of a Summary Form.
- Submission of pictures from events is strongly encouraged.