VUCF Arts and Recreation

Check out the VUCF Events on KnightConnect
ucf.edu/knightconnect

We volunteer at festivals, 5Ks, and other community events. Past events include the

- Color Run
- Splash N Dash
- Fun Run
- Galactic Encounter Weekend
- Oviedo Carnival of Screams

Opportunities are extremely diverse and can range from directing visitors, hosting craft tables, or dressing up in costume.

Email vucf_arts@ucf.edu for more information!

For a long term commitment, you can look into AmeriCorps programs. They have a wide variety of options across the country that serve local organizations. It is a full time program that provides organizations with talented young leaders to make positive changes and steps forward in their organizations.

Visit volunteerucf.com for more information on how to get involved, the different social issues we work with, and all of our upcoming events.
NO MATTER YOUR AGE, GO OUT AND PLAY!

Everyone should have the opportunity to play, express, and enjoy themselves! At VUCF, we work to support organizations that provide such opportunities to the community. Many of these organizations work through support from sponsors and patron donations. They need volunteers to help make their events and programs more engaging and farther reaching. If art or recreation has impacted your life through theatre, sports, or classes, you can give back and help create that same positive experience for someone else.

"Recreation's purpose is not to kill time, but to make life, not to keep a person occupied, but to keep them refreshed, not to offer an escape from life, but to provide a discovery of life." -Author unknown

TODDLER
Getting young children involved in physical activity boosts motor coordination and physical development. Activity improves social awareness and body movement.

CHILD
Music can help children by developing pattern recognition, which can be used to teach new concepts in math or language. Also, moving the body or playing an instrument can develop self-confidence.

TEEN
Games turn information into meaningful content. By actively engaging, students learn from mistakes and can safely try different courses of action.

YOUNG ADULT
Dancing and theatre develop empathy in performance and build presentation skills. Participants learn teamwork and responsibility to create a united performance.

ADULT
Sports and recreation provide a fun outlet for exercise and social activity. Spending time outdoors increases activity in the parts of the brain related to happy memories and optimism.

ELDERLY
Creative activity engages the brain cognitively and psychologically. Many people exceed their own expectations and enjoy positive feedback while learning new talents.