



## EXCLUSIVE BENEFITS FOR IALH TRAINEES

Being an IALH Affiliate means joining a dynamic and interdisciplinary community committed to advancing research and innovation in aging and lifelong health. Our trainees benefit from a range of resources, opportunities, and collaborations designed to support their professional growth and research endeavors.

### RESEARCH SUPPORT

- Preliminary review of human research ethics applications
- Promotion of projects and studies through social media, website, newsletters, etc.
- Have your research featured on the IALH website and newsletter (internal and external)
- **\*New\*** - IALH has a new Permission to Contact program for research participants (including younger and older adults in our local community)
- **\*New\*** - IALH has a new biospecimen data collection space available for booking (open to Research Fellows and others)
- Complimentary parking at Hut R for your research participants (some restrictions apply)

### FUNDING SUPPORT

- IALH has student scholarships exclusively available to IALH Student Affiliates
- **\*New\*** - IALH will have an opportunity for Graduate Students to apply for funding support this year.

### KNOWLEDGE DISSEMINATION SUPPORT

- Assistance with developing knowledge translation materials for a range of stakeholders including research participants and the public
- Assistance with planning knowledge translation events, including for the public
- Assistance with other knowledge translation activities as required
- **\*New\*** - Assistance with creating an infographic
- **\*New\*** - IALH will host an event where Research and Student Affiliates can share their research with the community
- **\*New\*** - Opportunities to speak to community organizations about your lab through IALH's Speaker's Menu



## DID YOU KNOW:

Writing an article in lay language for our newsletter not only helps you share your research with a wider audience but also supports the knowledge translation requirements for grant applications and post-grant reports. By contributing to our public-facing newsletter, you can reach:

700 readers through the *IALH Update*  
400+ followers on Facebook

Submit your article to [IALH@uvic.ca](mailto:IALH@uvic.ca).

## SPECIAL OPPORTUNITIES

- Brain Art Contest
- **\*New\*** - Participate in [STRIDE](#)
- **\*New\*** - Receive one-on-one research and career mentorship

## NETWORKING

- Meet and collaborate with other students and faculty studying aging and lifelong health

## TRAINING SUPPORT

- Specialized workshops and knowledge translation training
- Information regarding grant opportunities, student research and training opportunities, and funding for student awards
- **\*New\*** - Opportunity for students to gain leadership experience through the IALH Student Group

You will also receive a newsletter with communication regarding IALH activities and opportunities

## Questions?

Please feel free to contact us at [IALH@uvic.ca](mailto:IALH@uvic.ca) if you have any questions.



# AFFILIATES' CONTRIBUTIONS TO OUR SHARED SUCCESS

While IALH offers a range of benefits to our affiliates, we also believe that our collective success is built on a foundation of mutual commitments. We value the active engagement and contributions of our affiliates, which help to strengthen the community and enhance the impact of our work. In return for the benefits provided, we ask affiliates to:

## INCLUDE IALH:

- in your email signature
  - Trainee Affiliate, Institute on Aging and Lifelong Health
  - Link to Donate page
- on your publications
- IALH logo on your slides when you present
- advertisement for the "Permission to Contact" program
- share information when requested (e.g. with Development Officer)
- If IALH is sharing information about your events/studies, include an IALH logo or identify yourself as a trainee affiliate on the advertisement

## ATTEND EVENTS

- 2+ events per year (either in person or online)

## CHOOSE ONE WAY TO BE ACTIVELY INVOLVED

- Participate with the IALH student group
- Provide a presentation
- Provide an article for the newsletter

## BE SOCIAL WITH US

- Follow us on our social media channels:
  - Bluesky: @uvichealthresearch
  - Instagram: @uvichealthresearch
  - Facebook: UVic Institute on Aging and Lifelong Health
- Share or comment on our content to increase awareness
- Tag us in your research related content