

Nourish + Flourish Microgrant Guide

Fall 2026

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Overview

About Nourish + Flourish Microgrants

Nourish + Flourish (N+F) microgrants provide funding (of up to \$350 per applicant) to support student-led N+F-style events, using the World Café Method. N+F microgrants provide funding of up to \$200 for event expenses, as well as \$150 to recipient for their labour.

Each N+F event is organized around a central theme for reflection and connection. Past N+F microgrant recipient event themes, listed on the [N+F website](#) include:

- Relationship to Culture
- Relationship to Location
- Relationship to Learning
- Relationship to Time
- Relationship to Failure
- Relationship to Mindfulness

Important Dates and Deadlines

The Fall 2026 N+F microgrant process will proceed according to the schedule below.

- September 8: [Applications](#) open at 8:00 a.m.
- October 25: [Applications](#) close at 11:59 p.m.
- October 26-October 30: Application review process
- November 3-November 6: Coaching sessions
- November 9-December 7: Microgrant-funded events
- December 23: Summary Report due (see [Appendix C](#) for further details)
- December: Microgrant recipient celebration (attendance optional)

What is the World Café Method?

N+F events are facilitated using the World Café Method, a structured approach to hosting group dialogue around a communal topic. While hosts at each table guide discussion, participants lead the conversation as experts of their own lived experiences. Topic-focused open-ended questions (questions that cannot be answered with a yes or no) provide jumping-off points for discussion, allowing participants to reflect on and share their individual perspectives. There are no predetermined answers to discussion questions; instead, participants build collective understanding through shared dialogue.

The following design principles of the World Café Method, taken directly from the [World Café Website](#), guide the N+F event structure:

1) Clarify the Context

Pay attention to the reason you are bringing people together, and what you want to achieve. Knowing the purpose and parameters of your meeting enables you to consider and choose the

most important elements needed to realize your goals: e.g. who should be part of the conversation, what themes or questions will be most pertinent, what sorts of harvest will be more useful, etc.

2) Create Hospitable Space

Café hosts around the world emphasize the power and importance of creating a hospitable space, one that feels safe and inviting. When people feel comfortable to be themselves, they do their most creative thinking, speaking, and listening. In particular, consider how your invitation and your physical set-up contribute to creating a welcoming atmosphere.

3) Explore Questions that Matter

Knowledge emerges in response to compelling questions. Find questions that are relevant to the real-life concerns of the group. Powerful questions help attract collective energy, insight, and action as they move throughout a system. Depending on the timeframe available and your objectives, your Café may explore a single question or use a progressively deeper line of inquiry through several conversational rounds.

4) Encourage Everyone's Contribution

As leaders we are increasingly aware of the importance of participation, but most people don't only want to participate, they want to actively contribute to making a difference. It is important to encourage everyone in your meeting to contribute their ideas and perspectives, while also allowing anyone who wants to participate by simply listening to do so.

5) Connect Diverse Perspectives

The opportunity to move between tables, meet new people, actively contribute your thinking, and link the essence of your discoveries to ever-widening circles of thought is one of the distinguishing characteristics of the Café. As participants carry key ideas or themes to new tables, they exchange perspectives, greatly enriching the possibility for surprising new insights.

Due to dinner, we don't move tables, but you could incorporate this into your event!

6) Listen Together for Patterns and Insights

Listening is a gift we give to one another. The quality of our listening is perhaps the most important factor determining the success of a Café. Through practicing shared listening and paying attention to themes, patterns and insights, we begin to sense a connection to the larger whole. Encourage people to listen for what is not being spoken along with what is being shared.

7) Share Collective Discoveries

Conversations held at one table reflect a pattern of wholeness that connects with the conversations at the other tables. The last phase of the Café, often called the "harvest", involves making this pattern of wholeness visible to everyone in a large group conversation. Invite a few minutes of silent reflection on the patterns, themes and deeper questions experienced in the small group conversations and call them out to share with the larger group. Make sure you have a

way to capture the harvest – working with a graphic recorder is recommended. *We do this through craft paper and our sobremesa activity.*

Nourish + Flourish Microgrant Process

The table below provides a brief overview of the N+F microgrant process. Each step is described in greater detail in the following sections.

Step 1: Check Eligibility	You are eligible to apply if you: • are a current UVic student, • and have attended two (2) or more Nourish + Flourish dinner programs.
Step 2: Grant Application	If you meet the requirements, complete the grant application. The application will ask: • Your name, student number, email address, and mailing address. • If you have previously received a N+F microgrant. • Which N+F events you have previously attended. • About your proposed event (goals, theme, schedule, expected number of participants, and anticipated costs). • Your availability for attending the 60-minute coaching session with the N+F team.
Step 3: Assessment and Next Steps	If your application is approved for funding, you will attend a 60-minute coaching session with the N+F team to help prepare you for your event. If your application is not approved for funding, you will receive actionable feedback to strengthen future N+F microgrant applications from the N+F team.
Step 4: Event Preparation and Run	In preparation of your event, you will choose the date and location, create activities/questions, purchase food, and invite participants. On the day of the event, you will be responsible for event set-up, facilitation, and takedown.
Step 5: Accountability	Recipients will be required to complete a follow-up report after the event.

Step 1: Check Eligibility

Applicant Eligibility

UVic students are eligible to apply for N+F microgrants if they have attending two (2) or more N+F dinner programs. Please see the [N+F website](#) for upcoming dinner program dates.

Event Eligibility

To be eligible for N+F microgrant funding, events require a minimum of five (5) and maximum of eight (8) current UVic student participants.

Funding Eligibility

N+F microgrant funding can be applied to food, activity supplies, and non-alcoholic beverages. Funding cannot be applied to equipment, prizes, transportation, alcoholic beverages, or programs/courses worth academic credit.

Step 2: Grant Application

If you meet the eligibility requirements listed in the section above, you are invited to complete the grant [application](#).

The application will ask the following:

1. Contact information (first and last name, student number, email address, mailing address which is required to process the payment)
2. Have you received a N+F microgrant before?
 - a. Priority will be given to new applicants over those who have previously received microgrants.
3. Which Nourish + Flourish events did you attend?
4. Tell us about yourself. What knowledge, lived experience, and/or skills do you/your group members want to include in your event? Is there a particular community or affinity group that you wish to make space for?
5. Theme (Relationship to...)
6. Brief description of theme
7. With which N+F values does your theme most closely align? Please explain.
8. What discussion prompts/questions do you wish to include in your event?
 - a. The questions don't have to be final, but they will provide a base for discussion in our coaching session.
9. Do you require assistance booking a space on campus?
 - a. We can book a classroom, the Office of Student Life's boardroom, the Student Life Hub, or can provide information and assistance with other UVic spaces.
10. Will you be available to attend a 60-minute virtual or in-person coaching session with the N+ F team?
11. Proposed event schedule.
 - a. See [Appendix A](#) for an example event schedule.
12. Identify tasks (e.g. create prompts for each section, order food, invite guests) that need to be completed before, during, and after your event. Please include date, task, estimated time.

13. Please indicate the items you would like to borrow from the Office of Student Life.

Students will have to arrange a time to pick-up the items from the office (JCC B202) and return them after the event has concluded.

Available items include:

- Nourish + Flourish banner
- Napkins
- Table name holders
- Mason jars
- Name tags
- Crafting supplies (paper, markers, pens, tape, water colours, air dry clay, etc.)
- Tea lights with votives, and lighter
- Low sensory kit (Play-Doh, fidgets, sour candy, etc.)
- Board games

14. How will you create an accessible and safe space for all participants?

15. Estimated number of event participants.

16. Events require a minimum of five (5) and maximum of eight (8) current UVic student participants.

17. Please describe the expenses and the estimated cost for each of item. The total must be less than or equal to \$200.

18. The microgrant is an honorarium that can be provided by cheque or direct deposit. Please select the option that works for you.

Step 3: Assessment and Next Steps

Assessment

Applications for Fall 2026 funding will be reviewed by the N+F team between October 26 and October 30. See [Appendix B](#) for the assessment rubric.

Next Steps

All applicants, whether accepted for funding or not, will receive feedback on their microgrant application.

If your application is approved for funding, you will be required to attend a 60-minute coaching session with the N+F team to help prepare you for your event run. See [Appendix C](#) for the agenda of the coaching session. Coaching sessions will run between November 3 and November 6. After accepting the microgrant offer, you can expect to receive the requested funds within ten (10) business days after your coaching session has concluded.

Step 4: Event Preparation and Run

Event Preparation

To prepare for your event, you will choose the date and location, purchase food, plan the activities, and invite participants.

Past events have taken place on campus, at restaurants, and at peoples' homes. The best setting for your event will be determined by the event's goals, activities and needs of the participants.

Event Run

On the day of the event, you will be responsible for event set-up, facilitation, and takedown.

Step 5: Accountability

N+F microgrant recipients are required to complete a summary report after the event. The deadline for summary reports is December 23.

Accepted report formats include:

- A short summary report of the event,
- A video, or
- A five to ten (5-10) minute presentation about the event.

This report will include questions about how the event went as well as a self-reflection on the leadership skills used and salient points of the event's discussion. See [Appendix D](#) for details on the summary report.

Recipients may also be asked to share photos or videos of their initiative and are invited to participate in social media campaigns or UVic news stories. Participation in these activities is not required.

The Office of Student Life will maintain a list of approved microgrants on the Student Life website in order to provide transparency and accountability with consent of the recipient.

Tips from Previous Recipients

Theme

Pick a broad theme that can go in several directions. This makes the conversation easier because it is more malleable, and guests can more easily make it their own.

Prompts

Do not feel the need to force answers or to go through all the prompts you create. The prompts serve as a conversation starter more than anything else.

Participation

Establish clear guidelines and expectations with your participants beforehand. This can help strike a balance between personal connection and staying on track with the event's objectives.

Date

Having the event too close to the end of term can be challenging since students are busy. Hosting the event mid-semester allows students to have more energy, time, and willingness to engage in conversation.

Food

If you decide to pick up food, make sure the restaurant's hours and location work for your event. Communication/planning with the restaurant staff prevents last-minute changes and delays in setting up your space.

Appendix A: Example Event Schedule

The table below visualizes an example N+F event schedule that you can use as a template to plan your event.

Time	Activity
15 min	Setting the Table Arrival and casual chatting
25 min	Amuse Bouche - Welcome and Territory Acknowledgement - Introductions, why, or what brought us together - Community Agreement (See Appendix E for our agreement that you could use as a jumping off point.)
30 min	Main Course 2-3 prompts for group discussion
30 min	Dessert 2-3 prompts for group discussion
15 min	Sobremesa - Summarizing salient points of discussion, lingering questions, and how to take the conversation forward - Thanking and appreciating your group - Connection, unstructured wrap-up

Appendix B: Nourish + Flourish Microgrant Rubric

Criteria	Yes 2 points	Moderate 1 point	No 0 points	Assessment Notes
The application is complete.				
The event goals, theme, and prompts/questions reflect the N+F values.				
The event description (goals, theme, schedule, activities, location) demonstrates clear consideration of accessibility.				
The event (goals, theme, schedule, number of participants, and anticipated costs) is feasible.				
The event description (goals, theme, schedule, number of participants, and anticipated costs) is detailed and thoughtful.				
The event's expenses and estimated costs fall within the \$200 limit.				
The event's expenses and estimated costs are eligible for N+F microgrant funding.				

Application score (of 15):

Feedback (strengths/areas of growth):

Appendix C: Coaching Session Agenda

The following is what you can expect at your coaching session:

1. Round of introductions and check-in
2. Tell us about why you chose your theme
 - a. What type of atmosphere do you want to create for the participants?
 - b. How will food or the setting help people feel welcome or comfortable?
3. Facilitation & Accessibility
 - a. How can you prepare yourself to model the energy and openness you want your guests to embody?
 - b. How will you ensure everyone has a chance to feel seen and heard? Or invite people into the conversation in a comfortable and inclusive way?
 - c. In what areas of your event, can you keep accessibility considerations in mind?
4. Do you have any concerns about hosting your event?
 - a. *For previous recipients:* What do you want to incorporate in your event that you learned from last time?
5. Discuss any feedback (for discussion prompts, event schedule, tasks, budget, food, invitations).
6. Questions from the recipient
7. Collect event details (décor kit, location, date, photo release form, funds, summary report options).

Appendix D: Summary Report Details

Once you have completed your microgrant event, we will send you instructions to complete your summary report. Here are some guiding questions to include in your report, no matter which format you choose.

1. Contact info (first and last name)
2. Date of event
3. Theme
4. Have you returned the décor kit?
5. How did the event go? What were some positive outcomes of your event?
6. Were there any challenges, or things you would do differently next time?
7. What were some of the salient points of your discussion?
8. Do you believe that your theme could become an N+F event in the future?
9. Do you have any recommendations or advice for future microgrant applicants?
10. Do you have any suggestions or feedback about the microgrant application process?
11. Is there anything else you would like to share?

Appendix E: Nourish + Flourish Community Agreement

1. Confidentiality/Sharing Your Own Perspective
 - a. What's learned here leaves here, what's shared here stays here.
 - b. We ask that you only share your own experiences and not those of others. With that being said, in many cultures and traditions, sacred histories are passed down through elders, through intentional choice and storytelling. As you may share and respectfully receive each other's intergenerational wisdom and ways of being, we invite you to be mindful of this, as often permission is sought to share this teaching with anyone else.
2. Take Space/Make Space
 - a. We all arrive at N+F with different identities and lenses, be mindful of who is in the room and how you can make space for others but also take space when the opportunity arises/it is offered.
 - b. You are invited to use all the available art supplies, and all means in this room to take space and engage with your group.
3. Respect the range of experiences in this space
 - a. Be open to self-reflection and respect all levels of knowledge and experience.
 - b. We want to acknowledge that we are in a space of learning together.
 - c. If there is disagreement in this space, we encourage folks to listen to one another with openness.
4. Intention vs. Impact
 - a. We might mess up or say something that doesn't sit right with others, so we do ask that we all both assume positive intent from others, but that we also attend to the impacts when we do cause any harm.
5. Take care of yourself
 - a. If you need to take a break or leave, look after your physical and emotional needs in whatever way that looks for you and feels comfortable for you.
 - b. There is a low sensory space (Room 112) available for use with a variety of sensory items to use and explore
6. Support is available
 - a. If you need a quiet space, there is a Low Sensory Room with a variety of fidgets
 - b. The coordinators are available to chat during the event and will follow-up by email after the event has concluded
 - c. There will be supports provided to you at the event on your program