

Nourish + Flourish Microgrant Guide

Spring 2026



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Nourish + Flourish Microgrant 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, [here](#), include:

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

What is Nourish + Flourish?

Nourish + Flourish (N+F) offers a space for students to come together, experience authentic connections with one another, pause, reflect, and discuss topics that connect us. An important part of building community is breaking bread together, so the discussion happens while enjoying a locally prepared meal.

Through this program, we hope to de-centre the individual in leadership and instead focus on cultivating leadership through the values of care, curiosity, and respect that bring us together as a strong interdependent community.

N+F events are guided by the following values:

- Accessibility
- Connection
- Inspiration-driven
- Authenticity
- Decolonization
- Making space for all voices
- Collaboration
- Diverse populations
- Power with
- Collectivity
- Empathy
- Process-driven
- Community impact
- Honouring lived experiences
- Relationality

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 The World Café Method 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.

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).

Important Dates and Deadlines

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

January 12: [Applications](#) open at 8:00 a.m.

January 21: Drop-in info session from 2:00 to 3:00 p.m. in the Student Life Hub

February 1: [Applications](#) close at 11:59 p.m.

February 3 to 5: Application review process

February 10 to 12: Coaching sessions

February 13 to April 1: Microgrant-funded events

April 2: Summary Report due (see [Appendix C](#) for further details)

April: Microgrant recipient celebration (attendance optional)

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	<p>You are eligible to apply if you:</p> <ul style="list-style-type: none"> • are a current UVic student, • and have attended two (2) or more Nourish + Flourish events.
Step 2: Grant Application	<p>If you meet the requirements, complete the grant application. The N+F team will hold a drop-in microgrant info session on January 21 from 2:00 to 3:00 p.m. in the Student Life Hub.</p> <p>Spring 2026 applications close on February 1 at 11:59 p.m. The application will ask:</p> <ul style="list-style-type: none"> • Your name, student number, email address, and mailing address (required for processing the funding request). • If you have previously received a N+F microgrant (priority will be given to those who have not previously received a N+F microgrant). • Which N+F events you have previously attended. • About your proposed event (goals, theme, schedule, expected number of attendees, and anticipated costs). • Your availability for attending the 60-minute coaching session with the N+F team.
Step 3: Assessment & Next Steps	<p>Applications for Spring 2026 funding will be reviewed by the N+F team between February 3 to 5.</p> <p>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 run. Coaching sessions will run between February 10 to 12. You can expect to receive the requested funds within ten (10) business days.</p> <p>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.</p>
Step 4: Event Preparation & Run	<p>In preparation of your event, you will choose the date and location, purchase food, and invite participants.</p> <p>On the day of the event, you will be responsible for event set up, facilitation, and take-down.</p>
Step 5: Accountability	<p>Applicants will be required to complete a follow-up report after the event. The deadline for follow-up reports in Spring 2026 is April 2.</p>

Step 1: Check Eligibility

Applicant Eligibility

UVic students are eligible to apply for N+F microgrants if they have attended two (2) or more N+F events. Please see the N+F website, [here](#), for upcoming events.

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 attendees.

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 N+F team will hold a drop-in microgrant info session on January 21 from 2:00 to 3:00 p.m. in the Student Life Hub.

The application will ask the following:

1. First Name
2. Last Name
3. Student Number (V00...)
4. Email address
5. Mailing address (the applicant's mailing address is required to process the payment)
6. Have you received a N+F microgrant before?
 - Priority will be given to new applicants over those who have previously received microgrants.
7. Which Nourish + Flourish events did you attend?
 - Applicants are required to have attended two events.

8. 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?
9. Theme (Relationship to...)
10. Brief description of theme
11. With which N+F values does your theme most closely align? Please explain.
12. What discussion prompts/questions do you wish to include in your event?
 - The questions don't have to be final, but they will provide a base for discussion in our coaching session.
13. Do you require assistance booking a space on campus?
 - 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.
14. Will you be available to attend a 60-minute virtual or in-person coaching session with the N+ F team?
 - Coaching sessions will run between February 10 to 12.
15. Proposed event schedule.
 - See [Appendix A](#) for an example event schedule.
16. 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.
17. 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:

<ul style="list-style-type: none">• Nourish + Flourish banner• Napkins• Table name holders• Mason jars• Name tags	<ul style="list-style-type: none">• Crafting supplies (paper, markers, pens, tape, water colours, air dry clay, etc.)• Tea lights with votives, & lighter• Low sensory kit (Play-Doh, fidgets, sour candy, etc.)• Board games
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18. How will you create an accessible and safe space for all attendees?

19. Estimated number of event attendees.

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

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

- \$150 of the \$350 is paid to the recipient for their labour.
- Eligible for funding: food, activity supplies, and non-alcoholic beverages.
- Not eligible for funding: Equipment, prizes, transportation, alcoholic beverages, or programs/courses worth academic credit.

21. The microgrant is an honorarium that can be provided by cheque or direct deposit.

Please select the option that works for you.

- You can go to uvic.ca/direct deposit to set-up your bank details.

22. The information provided by me in this application is true and accurate to the best of my knowledge. I understand that if any information I have provided is inaccurate, my application may be denied and/or my microgrant withdrawn.

Step 3: Assessment & Next Steps

Assessment

Applications for Spring 2026 funding will be reviewed by the N+F team between February 3 to 5. 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 not approved for funding, you will receive actionable feedback to strengthen future N+F microgrant applications from the N+F team. The N+F team encourages applicants to incorporate feedback and apply again in Fall 2026.

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. Coaching sessions will run

between February 10 to 12. After accepting the microgrant offer, you can expect to receive the requested funds within ten (10) business days.

Step 4: Event Preparation & Run

Event Preparation

To prepare for your event, you will choose the date and location, purchase food, 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 attendees.

Event Run

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

Step 5: Accountability

N+F microgrant recipients are required to complete a follow-up report after the event. The deadline for follow-up reports in Spring 2026 is April 2.

Accepted report formats include:

1. A short summary report of the event,
2. A video, or
3. 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 C](#) for the summary report template.

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.

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 <ul style="list-style-type: none"> • Arrival and casual chatting
25 min	Amuse Bouche <ul style="list-style-type: none"> • Welcome and Territory Acknowledgement • Introductions, why, or what brought us together • Community Agreement
30 min	Main Course <ul style="list-style-type: none"> • 2-3 prompts for group discussion
30 min	Dessert <ul style="list-style-type: none"> • 2-3 prompts for group discussion
15 min	Sobremesa <ul style="list-style-type: none"> • 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

N+F microgrant applications will be assessed using the rubric below. Applicants who have not previously received N+F microgrant funding will be prioritized.

Eligibility

Is the applicant a current UVic student? Yes / No

Has the applicant attended at least two N+F events? Yes / No

If no was selected in the section above, the application is not eligible for review.

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 attendees, and anticipated costs) is feasible.				
The event description (goals, theme, schedule, number of attendees, 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/weaknesses): _____

Has the applicant previously received N+F microgrant funding? Yes / No

Appendix C: Summary Report Template

N+F microgrant recipients are required to complete a follow-up report after the event. The template below provides some guiding questions that can be answered in the following formats: a short summary report of the event, a video, or a five to ten (5-10) minute presentation about the event.

Nourish + Flourish Microgrant Summary Report

For questions regarding the summary report, please contact nourishflourish@uvic.ca.

A. STUDENT INFORMATION

Group name (if applicable)

Recipient/Primary Contact

First Name

Last Name

Theme

Date of Event

Have you returned the décor kit? Yes No N/A

B. SUMMARY

Please write a few sentences for each question and then email the report to nourishflourish@uvic.ca. Thank you!

1. How did the event go? What were some positive outcomes of your event?

For more information, contact the Office of the Vice President for Research and Economic Development at 515-294-6450 or research@iastate.edu.

2. Were there any challenges, or things you would do differently next time?

1. *What is the primary purpose of the study?*

3. What were some of the salient points of your discussion?

For more information, contact the Office of the Vice President for Research and Economic Development at 515-294-6450 or research@iastate.edu.

4. Do you believe that your theme could become an N+F event in the future?

5. Do you have any recommendations or advice for future microgrant applicants?

6. Do you have any suggestions or feedback about the microgrant application process?

7. Is there anything else you would like to share?