



A heart for **Sport**

A heart for **Volunteering**

*“To be the National Sport Volunteer Movement that unites the nation
and inspires the Singapore Spirit through Sport.”*

Volunteer with us at any of the centres near your house!



WEST

1. Bukit Gombak Sport Centre
2. Bukit Batok Swimming Complex
3. Choa Chu Kang Sport Centre
4. Hockey Village
5. Jurong East Sport Centre
6. Jurong Lake Garden
7. Jurong West Sport Centre
8. Senja-Cashew Swimming Complex



NORTH

1. Bukit Canberra Integrated Hub
2. Yishun Sport Centre
3. Yio Chu Kang Sport Centre
4. Woodlands Sport Centre



CENTRAL

1. Clementi Sport Centre
2. Delta Sport Centre
3. Enabling Village ActiveSG Gym
4. Farrer Park Sport Centre
5. Geylang East Swimming Complex
6. Kallang Basin Swimming Complex
7. MOE (Evans) ActiveSG
8. St. Wilfred Sport Centre
9. Toa Payoh Sport Centre
10. Toa Payoh West Gym
11. Queenstown Sport Centre

NORTH-EAST

1. ActiveSG Gym @ Ang Mo Kio Community Club
2. ActiveSG Gym @ Fernvale Square
3. Ang Mo Kio Swimming Complex
4. Bishan Sport Centre
5. Hougang Sport Centre
6. SengKang Sport Centre
7. Serangoon Sport Centre
8. Silver Circle ActiveSG Gym



Team Nila can give back through 5 ActiveSG zones

EAST

1. Heartbeat @ Bedok
2. Kallang Tennis Centre
3. Katong Swimming Complex
4. Our Tampines Hub
5. Pasir Ris Sport Centre



Be Empowered to volunteer in our 5 Giving Platforms

ACTIVE HEALTH

Learn from Active Health Coaches and share the knowledge in the community to help others take control of personal wellness through the four domains of Physical Activity, Nutrition, Sleep and Screen Time.



SPORTING EVENTS

As a hub for sporting events, Singapore holds many major leagues and competitions. This is your opportunity to be part of the bigger sport ecosystem and be a part of the action.



SPORTCARES

Little acts, when multiplied by many, can make a world of difference towards a caring Nation. Join the movement for good with SportCares as we partner the community to make a difference to the lives of vulnerable individuals and persons with disabilities through sport.



SPORT CENTRES

Enjoy a wide myriad of meaningful volunteering opportunities happening at Sport Centres, Team Nila can volunteer and lead activities that best suit their availability and intent.

ACTIVESG ACADEMIES & CLUBS

Imparting sporting skills and character education, ActiveSG Academies & Clubs reach out to children and youths. No one is left out.

Be Engaged and Enriched by our various programs!

From our **Induction Series** conducted for new Team Nila to start their volunteering journey with us, to the Core and Elective courses which are conducted both in-house and in-partnership with Institutes of Higher Learning (IHLs), we are committed to engage and upskill Team Nila so that they are equipped with the relevant knowledge to stay active and healthy. Furthermore, we aspire to bridge the affiliation with our National Sport Associations (NSAs) and allow Team Nila to experience more sports with our **Play-Officiate-Coach Pathway**.



CPR + AED Certification



Urban Farming Training



in-house ActiveHealth Training

Team Nila with an aptitude to lead can also look forward to **leadership training opportunities** and be empowered to create ground-up projects.



LIVE: Psych Talks

PsychTalks is an evening of learning where we share and discuss topics related to mental wellness, interpersonal relationships and self-mastery.

With deeper appreciation for life and the people around us, we open our hearts and minds as a volunteer to be a better giver to our communities.



LIVE: "Ah Ong" Kopi Session

Kopi Session with "Ah Ong" seeks to inspire more people to step forward to help the community to make Singapore a better place for all with healthy eating, workout tips and introductions to various sports!



INTRODUCTION

Every Individual a Team Nila

We envision an inclusive Singapore that is Caring, Cohesive and Confident, where Team Nila is the Positive Driving Force for Team Singapore and the Nation.



WE HAVE COURAGE

We overcome obstacles with courage and transform them into opportunities that benefit the community.



WE HAVE PASSION

We create innovative opportunities for everyone to experience the joy of giving back through their passion for sport.



WE HAVE FRIENDSHIP

We forge lasting friendships through mutual trust among ourselves and with those we serve.



WE WANT YOU!

Empowered through sport and much more



Team Nila



TeamNila



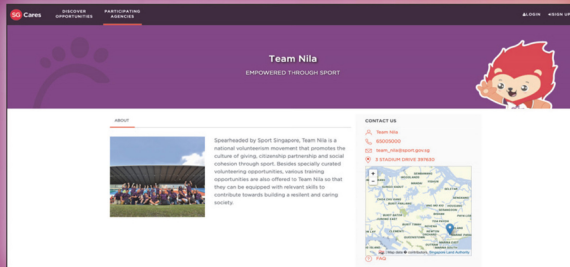
www.teamnila.sg



team_nila@sport.gov.sg

BE ENABLED

Log on to Team Nila's web portal and get first-hand information about the volunteering opportunities available, while keeping track of your volunteering hours, anytime and anywhere.



ActiveSG
Available on the
Google play



volunteer.sg
Download on the
App Store



Register via

go.gov.sg/tn-registration

An initiative by

Sport
SINGAPORE