



PULSE General Information



What is PULSE?

PULSE (Pittsburgh Urban Leadership Service Experience) invites talented college graduates to partner with Pittsburgh nonprofits for a year of service and leadership. PULSE fellows SERVE with a Pittsburgh nonprofit, LIVE in intentional community, and GROW as a leader. Through all our activities, we equip and develop young adults to be civic and community leaders with a heart for service.

Core Values:

- Engaging in the possibility of the city
- Personal and professional growth through service
- Celebrating the creative energy of young adults
- Building strong and enduring relationships

How does the program work?

We **partner with Pittsburgh nonprofits** to develop young adults to be the next generation of leaders in our city. Partner nonprofits receive a young, talented, university graduate to build capacity in their organization while fellows receive valuable training and skill development.

We **cultivate community** by having our fellows live together. Our fellows share meals, household tasks and life together. As a result, they grow and develop as individuals and as a cohort group of young adults working to be good neighbors to our communities and mutual supports to one another.

We **train and equip our fellows to serve local nonprofits and develop their personal and professional networks**. We provide regular, ongoing personal and professional development, mentoring relationships and other opportunities to give our fellows the support they need to succeed.

What can I expect from the PULSE program?

- A year-long leadership and service experience beginning in August 2021
- Intentional community living experience with other PULSE fellows
- A nonprofit partnership that fits a PULSE fellow's interests and skills
- Personal/professional development through weekly seminar, spring/fall retreat, mentoring program, and coaching meetings
- Room and board
- Health insurance reimbursement
- Food and public transportation coverage
- Modest personal stipend - \$100/month

Where do PULSE fellows serve?

Fellows serve in a variety of different nonprofits, ranging from the arts to community development to hunger/homelessness to environmental, etc. We work with accepted fellows to identify a good fit for the participant and our nonprofit partner organizations.

Visit [our website](#) to learn more about our partners this year!

Where do PULSE fellows live?

PULSE fellows live in one of our houses in Pittsburgh. Each PULSE house has between 5-8 bedrooms, one-two baths, living room, dining room, and kitchen. **Each Fellow has their own bedroom.** The houses are fully furnished including the kitchen.

What does a typical week look like?

- PULSE fellows bike, walk or take public transportation to/from work (participants can bring their vehicle)
- PULSE fellows typically serve 35 hours/week in a Pittsburgh nonprofit, Monday-Friday (half day on Wednesday) Times typically vary for art/theatre/environmental nonprofit partnerships
- PULSE fellows attend weekly Seminar on Wednesday afternoon
- PULSE fellows share cooking responsibility and eat dinner together Monday-Thursday (dependent on community)
- PULSE fellows have fun and enjoy Pittsburgh in the evening and weekends (there are two mandatory weekends scheduled for retreats)

What do others say?

“The most valuable part has been constantly learning about many important things that will shape my future as a servant leader. I’m gaining self-knowledge and great insight on how to generate community while also being challenged on how I think about making an impact.”

~Perm – University of Pittsburgh alumni, served with Islamic Center of Pittsburgh

“My experience has allowed me to challenge myself to become a more effective leader. Through seminars, group activities and my partnership, I’ve learned much about myself, my strengths, and to embrace them.”

~KeAndra – Spelman College alumni, served with Homewood Children’s Village

How can I apply?

Visit [our website](#) to fill out our online application.

Questions? Contact us at recruiting@pulsepittsburgh.org or 412-361-0124.