

## What is SWIFT?

Are you a teen ages 16-20 who has a disability that creates a barrier to employment? Do you want to practice independent living skills? SWIFT could be for you!

What do SWIFT Students experience?

- Paid Summer Work
- Develop Workplace Skills
- Build Self Confidence
- Social Skills
- Learn to Organize and Prioritize Tasks
- Time Management
- Customer Service Skills
- Operate Professionally at Work
- Independent Living Skills



## What can I expect at SWIFT?

SWIFT, a 7 week residential (dorm living) program at Portland State University, will give you a taste of the world of work, independent living and more!

You'll train with experts in:

- Vocational exploration
- Assistive technology
- Public transportation travel
- Budgeting
- Skills needed to live independently (laundry, grocery, shopping, cooking, etc.)



### Let's Have Fun...

You will take part in recreational activities (self-defense, movies, sports, paddle boarding, game nights). You will make new friends, develop new skills and leave with more confidence than you ever imagined was possible!

*"SWIFT was a program that was a good experience for me to learn and grow as an adult."*

*-Adam, SWIFT Participant*

## Who is eligible for SWIFT?

**Each SWEF participant must be:**

- 16 years of age and no older than 20 years of age
- An Oregon resident who has a disability that creates a barrier to employment
- Able to work legally in the United States
- Motivated to work hard and learn new skills
- A VR Client (or ability to become/interested in becoming a client)

## What kinds of jobs could I do?

Our students have held a wide variety of jobs in the past including:

Barista/Baker

Gardener Production Assistant

Prep Cook/Food Runner

Customer Service

Exhibit Presenter

Retail Assistant

Receptionist

Data Entry

Tour Guide



## Where do SWIFT Participants work?



PORTLAND PARKS  
& RECREATION

LOVEJOY BAKERS

NEW SEASONS  
MARKET



OMSI

YMCA | childcare



Portland  
State  
UNIVERSITY



ReStore



USED GOODS TO GOOD USE



## What did past SWIFT Participants say?

You have to work hard but it's ultimately very rewarding because you learn how to be professional in the work field. SWIFT changes you for the better. You grow and evolve, meet new friends who later become family and you can look back on it as one of the best experiences of your young adult life.

-Kaleb, SWIFT-EE of the Year 2017

SWIFT is a life changing experience. I loved work and learning to cashier. We were all friends at first and then we were family.

-Kels, SWIFT Participant

My SWIFT experience helped me gain independence and gave me the confidence to do all the things I didn't think I could.

-Felicia, SWIFT Participant



Want to learn more?  
Call or write today!



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SWIFT  
SUMMER WORK INTERNSHIP FOR TRANSITION