

Volunteering



Why volunteer?

Volunteering helps other people, is good karma and looks great on your CV. What's not to love? And you can choose how much or how little time you devote to it, so you don't have to commit to anything you can't keep up.

What to do?...

- Before contacting volunteering organisations, think about what you want to do, why you want to do it, and roughly how much time you can devote to it.
- Do you want to visit an elderly person once a week? do their shopping and keep them company for an hour? Or work in a charity shop? Or help out in a holiday play-scheme? Or in an animal welfare centre? Whatever your skills and interests, there's probably a volunteering role that involves them.
- Search for opportunities via do-it.org.uk, linked below.
- If you're under 16 you'll have fewer options, as some places can't insure under-16s.

Will I get paid?

Well, no. It's volunteering: the clue's in the name. But you should get your travel and lunch expenses paid.

I can't find anything in the area I feel passionate about?...

Become a social entrepreneur! Start your own group. The Community Action Network website (linked below) tells you how.

http://www.bbc.co.uk/radio1/advice/factfile_az/volunteering.mp