



Let's talk about volunteering

Volunteering

Volunteering is so much more than doing something in your spare time for free. Volunteering offers many opportunities, for example, you will:

- ⊙ meet new people;
- ⊙ gain work experience;
- ⊙ build on your strengths and develop new skills; and
- ⊙ become more confident.

Frequently asked questions

How much time do I have to give?

It's up to you. You could help at a one-off event, or for a few hours a week, a month or for a longer project. It is your choice.

As a volunteer you are free to leave when you like. If your circumstances change or it doesn't work out, talk it through with the person you report to or who supervises you and give them as much notice as possible.

Do I have the skills needed?

The skills you will need will depend on the volunteering opportunity. Many do not need particular skills or experience. It will be enough that



you are prepared to give your time and enthusiasm, and are willing to learn.

What can I expect as a volunteer?

Your time and commitment for the cause will be greatly appreciated. You may receive payment for your expenses, for example, travel. You may also be offered training.

Is it possible to do voluntary work overseas?

There are a variety of organisations which have placements abroad. These can be for two to three weeks, two to three months or longer. It can take a few months to arrange a placement abroad, and popular schemes can be full up to nine months in advance! For many overseas schemes you will have to raise the money to go so you will also need to think about how long it may take you to raise any money needed.

Useful websites

www.do-it.org.uk – this has information on the wide variety of opportunities available. This site is an excellent starting point with links to various organisations offering volunteering options.

www.volunteering.org.uk

www.gapyear.com

www.yearoutgroup.org



Local volunteering opportunities

Millennium Volunteers

Millennium Volunteers gives young people aged 16 to 24 the chance to get work experience related to their career interests. It includes doing 200 hours of volunteer work in your chosen work area within an 18-month period. The volunteer gets skills, experience and an accredited Millennium Volunteers certificate.

“Being a Millennium Volunteer has been a most enjoyable and by no means forgettable experience.”
Kate, 19

Visit www.millenniumvolunteers.gov.uk for more information.

Hampshire and Isle of Wight Wildlife Trust

The Hampshire and Isle of Wight Wildlife Trust offers local volunteering opportunities in practical conservation work, surveys, guided walks, administration, marketing and membership recruitment.

Visit www.hwt.org.uk for more information.

Connexions

To volunteer with Connexions or get involved in a young people's group, contact your local Connexions Centre.



Duke of Edinburgh's Award

This is a voluntary, non-competitive programme of activities to help young people aged 14 to 25 learn new skills, help others and experience adventure. For more information about opportunities in your area, visit www.hampshiredofe.org.uk

The Prince's Trust

The Prince's Trust aims to support young people to become confident, independent and capable of making a positive contribution to their communities. It provides practical support including training, mentoring and financial help to people aged 14 to 30. For more information, visit www.princes-trust.org.uk

"The Prince's Trust Team really helped me work out what it was I really wanted to do. Rather than sitting around doing nothing, I was able to focus on getting out and getting a job." Pete, 23

UK Youth

UK Youth focuses on the personal and social development of young people in non-formal education settings. For more information on what is on offer for young people in Hampshire, Portsmouth, Southampton and the Isle of Wight, contact Youth Clubs Hampshire and the Isle of Wight on 01962 852307.



Residential opportunities

You can get really involved in a project, learn skills and meet people.

Royal Society for the Protection of Birds (RSPB)

The RSPB provides volunteer warden opportunities on 31 reserves throughout the country. Visit www.rspb.org

Winged Fellowship

Gives you the chance to help with short holiday breaks for children and young people with disabilities, and help on day trips, projects and fundraising events. Visit www.wft.org.uk

CSV

Offers four- to 12-month social-care projects in the UK. The CSV gives young people a chance to improve skills, move away from home, become independent and have a positive effect on other people's lives. Visit www.csv.org.uk

Waterways Recovery Group

Provides experience on Britain's inland waterways, restoring canals. The group also runs weekend working groups and week-long work camps. Visit www.wrg.org.uk



Worldwide

www.aventure.co.uk

Africa and Asia Venture

Three- to four-month opportunities for young people aged 18 to 24 to teach English and sports.

www.cesalanguages.com

Offers courses for two to four weeks in Europe, South America, Russia and Japan.

www.coralcay.org

Helps to protect and manage coral reefs. There are expeditions throughout the year to Fiji, the Philippines and Honduras.

www.i-to-i.com

Volunteer work and teacher placements abroad in 19 countries, including Cambodia, Mongolia and South Korea.

www.raleigh.org.uk

Three-month expeditions to do challenging community, environmental and adventure projects in Borneo, Chile, Ghana, Namibia, Costa Rica and Nicaragua.

www.spw.org

Student's partnership worldwide

Offers 18- to-28-year-olds the chance to work alongside African and Asian volunteers in rural communities for four to nine months, building



awareness and changing attitudes to health, social and environmental issues.

www.trekforce.org.uk

Expeditions lasting two to five months in Central America and east Malaysia, concentrating on endangered rainforests and working with local communities.

Other sources of information

Volunteer bureaus

These are volunteer 'job shops'. They will have details of what is available locally and be able to put you in touch with local organisations.

Contact Volunteering England on 0845 305 6779 for details of your local bureau.

Councils for Voluntary Service

Councils for Voluntary Service often offer help and advice on finding volunteering opportunities. Visit the National Association of Councils for Voluntary Service website for details of your nearest Council for Voluntary Service (www.nacvs.org.uk).

How can Connexions help?

Your local Connexions centre has a range of information to help you find out about the choices open to you including gap years and voluntary work. For your nearest centre, visit www.connexions-southcentral.org



Gain qualifications through volunteering

Many organisations offer volunteers the opportunity to gain a qualification such as an NVQ. It is worth asking whoever you choose to volunteer for whether there is the opportunity to gain qualifications. We suggest that you contact your local volunteer bureau to find out if they know of any organisations that may offer this.

Useful websites to visit

www.volstudy.ac.uk – Certificate in Interpersonal Skills for Volunteers

www.asdan.co.uk – Certificate in Community Volunteering

Our commitment to you

We want to make sure that the service we provide meets your needs. If you would like to make a particular comment, suggestion or complaint, please write to Pamela Charlwood, Chief Executive, South Central Connexions, West Wing - Eagle Point, Little Park Farm Road, Segensworth West, Fareham, Hampshire, PO15 5TD.

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