



A GUIDE TO FINDING YOUTH VOLUNTEER OPPORTUNITIES

Are you aged between 15-24 years and have spare time to do something worthwhile?

VOLUNTEER!

1. Why you should volunteer?

Here are just some reasons why you should volunteer:

- It is fun,
- It is rewarding - in that you are giving something back to the community as a whole,
- It does not take up a lot of time – you decide how much time you have to volunteer. It can be as little as 1 hour a week,
- You can learn new skills or polish up the skills you already have,
- Improve your communication - deal with a wide range of situations and people,
- Learn about your government and your community,
- Learn to identify resources for your requirements,
- Learn job skills,
- Improve confidence,
- Enhance your education by putting the theory into practice,
- Experience for your CV,
- Participate in the happiness effect of volunteering – enhance your own wellbeing and
- Volunteering is a pleasurable and easy way to explore your interests and passions and it benefits your community as well as yourself.

2. What opportunities are available for volunteering

The list below is a small part of the areas in which you can choose to volunteer:

| | |
|------------------------------------|----------------------------------|
| Administration, Office Management | IT and Web Development |
| Aged Care | Library Services |
| Art, Craft and Photography | Marketing, Media, Communications |
| Childcare | Music and Entertainment |
| Companionship and Social Support | Research, Policy and Analysis |
| Disability Support | Retail and Sales |
| Education and Training | Safety and Emergency Services |
| Food Preparation and Service | Second Language |
| Fundraising and Events | Sport and Physical Activities |
| Garden Maintenance | Trades and Maintenance |
| Information, Tour Guides, Heritage | Tutoring and Mentoring |
| | Working with Animals |
| | Writing and Editing |



3. How do you get started?

Ask yourself if there is something specific you want to do? If there is, then focus your efforts on finding an opportunity with a volunteer involving organisation within that field.

If, however, you have a range of interests or you are not sure where you should volunteer, then start by searching the hundreds of opportunities available to you online. You may wish to start your search at:

- GoVolunteer.com
- dosomethingnearyou.com.au
- au.indeed.com
- www.goodcompany.com.au
- Seek Volunteer
- The Centre for Volunteering NSW
- kidsgivingback.org/
- ozgreen.org

Community organisations such as:

- Religious Groups
- Libraries
- Senior Centres
- Service organisations like Lions Clubs or Rotary Clubs
- Local animal shelters, rescue organisations, or wildlife centres
- Youth organisations, sports teams, and after-school programs
- Environmental clubs/orgs
- Local Neighbourhood Centres

4. What next?

You should be aware of your own capacity to commit to volunteering. You should ensure that your chosen volunteering project does not interfere with your educational and/or personal commitments. You may also be required to undergo training for your chosen position.

Should you wish to further discuss volunteering, please call the Volunteer Referral Service of The Centre for Volunteering on 02 9261 3600 between 10 am and 4pm.

The Centre for Volunteering has a range of services and resources available for volunteers. For more information please visit www.volunteering.com.au or contact us on 02 9261 3600.