

## **YOUNG PEOPLE AND VOLUNTEERING**

### **What Young People can Gain from Volunteering:**

- Skills - job skills, communication skills, etc
- Personal & professional development and training
- Confidence
- Experience - especially to be able to add to your CV
- A written/verbal reference
- Having fun
- Meeting new people
- Experiencing new challenges
- Satisfaction from doing something to make a difference
- The ability to explore different sorts of career or job opportunities in a voluntary capacity.

### **What Young People Offer:**

- Energy
- Enthusiasm
- A fresh perspective and new ideas as to how organisations do things
- Skills and abilities, in particular 'new' skills
- A 'youth' point of view.

### **Examples of Youth-friendly Projects:**

- Novelty fun fundraising activities - eg Face Painting
- Painting a mural in the local nursing home or youth centre
- Organising activities for Youth Week celebrations
- Office skills, get real life experience!
- Sausage sizzle at community event
- Making a music/photo show to document an event or project
- Retail Experience volunteering in an Op Shop
- Marketing volunteers to assist in brochure distribution
- Design of posters for events/activities
- Tree planting – instant results