

What to consider before you start volunteering...

From Volunteer Centre Manchester



## What is Volunteering?

We define volunteering as any activity that involves spending time, unpaid, doing something that aims to benefit the environment or someone (individuals or groups) other than, or in addition to, close relatives. Central to this definition is the fact that volunteering must be a choice freely made by each individual.

## Why Volunteer?

People choose to volunteer for a variety of reasons. For some it offers the chance to give something back to the community or make a difference to the people around them. For others it provides an opportunity to develop new skills or build on existing experience and knowledge. Regardless of the motivation, what unites them all is that they find it both challenging and rewarding.

Here's some things to consider before you start volunteering...

...Let's take a look!

"If you have never volunteered before you might want to apply for short term roles or one off events in the first instance, to make sure volunteering is something you want to do!"

"Have a good think about exactly how much time you can commit to volunteering, it can be easily overlooked".

"Think outside the box and try new things if you can. You never know, you might just find a new interest or hobby whilst gaining new skills".

"Think about why you want to volunteer. It will make it easier for you to choose the right opportunities if you know what you aim to get out of it".

"Identify the skills that you have to offer".

Top Tips for Volunteering...
...from VCM!

"Consider volunteering with friends or family. It's a great way of bringing you closer together while doing something great!"

"If you are not enjoying a volunteering opportunity it is perfectly acceptable to move on to new opportunities. It is good practice to be upfront and honest with the organisation and let them know".

"Research the organisations you want to get involved with beforehand, to make sure their causes and ethics match your beliefs and the issues that are important to you"...

"Virtual volunteering, yes there is such a thing. Social media and technology related opportunities are available too, so you can volunteer from home should you prefer!"





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## Need help?

For more information:

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