



Secondary School Students and Volunteering

1. What can volunteering give you

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|---------------------------|--|
| New experiences -- | Volunteering is an excellent way to try something new |
| Feeling good -- | Helping someone else often gives us a sense of purpose and satisfaction |
| Have fun -- | Like the rest of life, the best volunteering role is one you actually enjoy |
| New Friends -- | Most volunteering roles involve working with other people in a team |
| The future -- | Volunteering helps you identify some of the different jobs out there, it also looks great on your resume |

2. Steps to Finding a Volunteer Role in the Community

- Volunteering can be categorised as formal or informal.
 - i. Formal volunteering relationships are the ones Volunteers of Banyule assist with, and the ones subject to police and working with children checks and insurance.
 - ii. Informal volunteering is about helping out in your local community.
 - iii. Informal volunteering includes walking the dog of a neighbour who is unable to do it themselves because of ill health, disability or age. Bringing in their post and taking care of the bins. Perhaps helping a younger (non related) child with their homework
 - iv. Remember you do not get reimbursement and your volunteering must be of benefit to the community
- If your volunteering is part of a school community elective, it often works well if the organising teacher sets up partnerships with community organisations. In this way volunteer placements are provided for students.
 - i. Volunteers of Banyule may be able to assist with these linkages if the responsible teacher contacts us at the beginning of the program.
- If you are under 18 years of age you may find the availability of volunteering roles in many organisations will be limited and dependent upon whether:
 - i. the organisations' s insurance covers volunteers under the age of 18 years
 - ii. volunteers and staff you are working with have completed Working With Children Checks
 - iii. the organisation will be satisfied with references as opposed to a Police Check (not available to people under 18 years)
- If you approach an organisation, we recommend the following steps
 - i. always ring for an appointment during office hours before you go to an organisation
 - ii. be clear about why you are ringing, provide your name, your age, your school, why you want to volunteer and how many hours you are offering and when you are available etc.
 - iii. always be on time for your appointment
 - iv. consider something new, not having experience is not always a barrier

3. Identifying the community organisations that you can approach

- **Not for profit organisations suitable for short commitments (less than 3 months or less than 50 hours)**

| Type of Services | Volunteering Roles | Who to contact |
|------------------------------|---|--|
| <i>Working with the Aged</i> | Visiting elderly residents Assisting with games and crafts Helping with outings | Contact the Director of Nursing or the Activities Coordinator at local aged care facilities. |
| <i>Working with Animals</i> | Socialising cats & dogs for adoption | Manager of local animal shelter Local Councils |
| <i>The Environment</i> | Revegetation of public areas Environmental activities Clean up programs | Local Councils Environment and conservation groups |
| <i>Libraries</i> | Replacing books Cleaning childrens' books | Head librarian at your local library |
| <i>Special Event Days</i> | Ticketing Ushering | Many organisations throughout the year. Check the events section on www.govolunteer.com.au |
| <i>Promotions</i> | Distributing leaflets | Larger organisations that may have leaflets available to letter box. |
| <i>Politics</i> | Letter drops, envelope stuffing, office duties. | Contact your local Member of Parliament |

- **Non-profit organisations suitable for longer term commitments**

| Type of Services | Volunteering Roles | Who to contact | Restrictions |
|---------------------------|--|---|--------------|
| <i>Emergency Services</i> | First aid Maintaining equipment | St John Ambulance Local CFA | 16 years + |
| <i>Sporting Groups</i> | Umpiring Assistant coaching Runners | Local sporting clubs YMCA | 15 years + |
| <i>Entertainment</i> | Playing instruments Singing Acting or behind scenes work | Local community bands Local theatre groups Local aged care facilities | |

- **Remember there are some organisations may not be available to you:**

If an organisation says no do not feel rejected; the reasons are probably beyond your control.

- The organisation's insurance policies may not provide cover for volunteers under 18 years old.
- Many organisations require a police check, which are unavailable for volunteers under 18 years old.
- Programs needing volunteers may be run during normal school hours.
- Some volunteering roles require life experience you cannot be expected to have
- To work with people under 18 years, all staff must have satisfactorily completed a Working With Children Check.