

Five Questions to ask yourself before you volunteer

1. What do you hope to gain from volunteering?

Enjoyment, learn new skills, meet new people, gain work experience etc.

2. How much time can you spare for volunteering and when are you available?

Evenings, weekends, commitments etc.

3. How far are you willing/able to travel?

If you don't have your own transport, does the bus run on the days/times you want to volunteer or can you get a lift?

4. What type of activity are you interested in?

Outdoor, office, befriending, driving etc

5. What skills do you have that you want to use in your volunteering?

Many everyday skills are useful when volunteering. Make sure you don't overlook these skills?

Five Questions to Ask Volunteer-Involving Organisations

1. What commitment do they expect from you?

Does this fit in with your availability and circumstances?

2. Who will support and help you in your volunteering?

You should be provided with a named person you can contact.

3. Do they have a written role description of the volunteering opportunity?

This will ensure you know what is expected of you.

4. Do they pay out of pocket expenses such as travel?

You should be told how to claim expenses/how often etc.

5. How do volunteers fit in with the structure of the organisation?

Are there paid staff, do they have support meetings involving volunteers, will they be part of a team etc.