



PART FOUR

STARTING WORK

MODULE 16

VOLUNTEERING



JOB SEEKING SKILLS



MODULE 16

Volunteering

What is Volunteering?

Volunteering is where you undertake an activity, without being paid, that aims to benefit someone, such as a community group, or something, such as the environment. This can be done formally through a charity organisation, such as Oxfam, or informally through community and social action.

Note that internships are not a type of volunteering. These are paid positions, working for a company for a period of time.

Why is volunteering important?

Volunteering is important as it offers essential support to charitable causes, people in need and wider community action.

Many organisations take on volunteers, in addition to employed staff, as they only receive partial funding from the government and some rely solely on volunteers as they may receive little to no funding.



The third sector

You may have heard of the term 'the third sector' and wondered what it means.

It is a term for organisations that don't come under the definition of public sector (such as local authorities) or private sector (such as banks). It includes charities, social enterprises and voluntary groups.



WHAT IS VOLUNTEERING?

Volunteering isn't just about the 'feel good' factor of helping other people.

Here are ten good reasons for getting into volunteering.

1. It's a great way to **meet people and make new friends**.
2. You'll learn **new skills**, such as teamwork and communication.
3. It makes a **positive impact** on other people's lives.
4. You can **build on the things you're good at**, from sport to listening to others.
5. You can get loads of **valuable experience**.
6. You can get an **award or qualification** and it **looks good** on your CV, and college or UCAS applications.
7. It can be **great fun**.
8. You get the chance to **learn about yourself** – what you want out of life, and work.
9. Trying something new is a **great confidence booster**.
10. Helping other people really **does** feel good.

WHO CAN GET INVOLVED?

People of all ages take part in volunteering. So why not put all that youth, energy and enthusiasm into something really worthwhile?

According to the Scottish Household Survey (SHS) commissioned by the Scottish Government, 25% of adults volunteered with a group, club or organisation in 2024. The participation rate for adults aged 16-34 increased by 9% since 2023. (Volunteering in 2024, Volunteer Scotland)



Volunteering may have some restrictions, but you can check these out with your local volunteer centre.

The main restrictions apply when the organisation you'd like to volunteer for doesn't have insurance covering people under 18, or it may simply be due to the type of volunteering opportunity.

How to get started?



Volunteer
Scotland

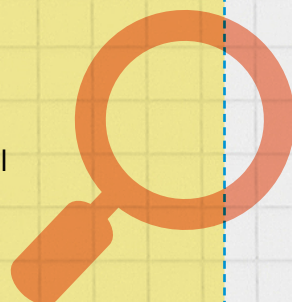


If you'd like to find out more, go to the [Volunteer Scotland website](#).

It's a great source of information and advice, including a section with case studies of volunteers.



You can use the [Help & Advice, Find support locally](#) page to find out about your local Volunteer Centre and arrange to speak to a volunteer development adviser. There are 60 local centres across 32 local authorities in Scotland.



The [DofE \(Duke of Edinburgh\) website](#) is also a great resource for young people looking to get into volunteering.

They won't expect you to volunteer on the spot!

Before you get started, you'll need to talk about what's involved in volunteering, what opportunities are available in your area, and what you want to get out of the experience.



You can volunteer in just about any interest or activity that interests you. For example, take a look at these two case studies from SportScotland about how these young people got into volunteering when they were still at school.

- <https://sportscotland.org.uk/volunteering/case-studies/articles/charlie-mclean>
- <https://sportscotland.org.uk/volunteering/case-studies/articles/erin-gillen>



Activity 1: Finding suitable volunteering opportunities



Read the profiles and use the websites listed to find an appropriate volunteering opportunity for Hannah and Ahmed.

[Activity 1 worksheet](#)

VOLUNTEERS NEEDED



WHAT COULD YOU DO?

There are lots of different types of volunteering opportunities, from helping out at local sports clubs or drama groups to getting involved in conservation and community projects.

You might want to choose a placement that relates to your career plans. As well as making a valuable contribution, you could get a taste of what a particular job area involves.

You can see the wide range of opportunities available on the [Volunteer Scotland website](#), and the other useful websites we've listed.





What can I do to help me decide what sort of placement will suit me best?

Think carefully about what will suit you best.

How can you make the best use of your current interests, personal qualities, values and skills?

If you're not sure what these are, try doing the four related interactive self-assessments in the [Portfolio area of Planit](#).



GAIN A QUALIFICATION OR AWARD

You could work towards the **Award in Volunteering Skills** at SCQF Levels 3, 4 and 5, which is available through school or college.

You take part in volunteering activities, develop a range of skills and complete personal development experiences, all of which help to prepare you for further education and employment.

You learn how to plan a volunteer placement, review and reflect on your skills and what you've gained from the volunteer experience and complete an investigative project.

This qualification could really help you to make the most of your volunteer work and is a valuable addition to your CV.

In addition, you can also gain awards through the following:

- [Saltire Awards](#)
- [Youth Achievement Award \(Youth Scotland\)](#)
- [John Muir Award](#)
- [Duke of Edinburgh Award](#)





Activity 2: Find a volunteering opportunity

Use the useful sources below, and the internet, to find your own volunteering opportunity and complete the [worksheet](#).

Want more information and advice?

Here are some useful sources:

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- [Good Moves](#)
 - [National Museums Scotland - Volunteering](#)
 - [National Trust for Scotland - Volunteering](#)
 - [King's Trust](#)
 - [Step Together Volunteering](#)
 - [Volunteer in Sport \(sportscotland\)](#)
 - [Volunteering Matters](#)
 - [Creative Lives](#)
 - [Volunteer Scotland](#)
 - [Voluntary Service Overseas \(VSO\)](#)

Now you have learned more about Volunteering,
you can move on to

[Module 17 - Self-employment and entrepreneurship](#)

Or [click here](#) to return to the main screen.

JOB SEEKING SKILLS

