



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?

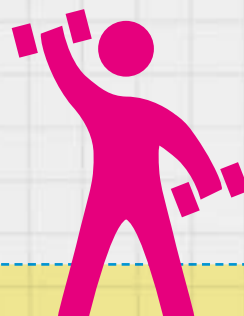
According to a 2023 survey by Volunteer Scotland, 37% of 11-18 year olds have volunteered in their spare time. This is 11% higher than the adult figure at 26% in 2020.



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

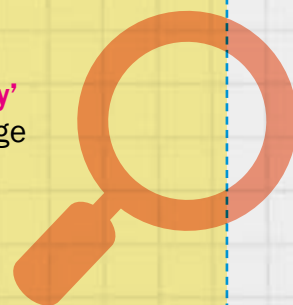


If you'd like to find out more, go to the [Volunteer Scotland website](#).

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



You can use the **'Volunteer, Need Help? Find support locally'** page to find out about your local Volunteer Centre and arrange to speak to a volunteer development adviser. There are 32 local centres across 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.



Take a look at the case studies on the next two pages, which show examples of young people involved in volunteering.

JOB SEEKING SKILLS





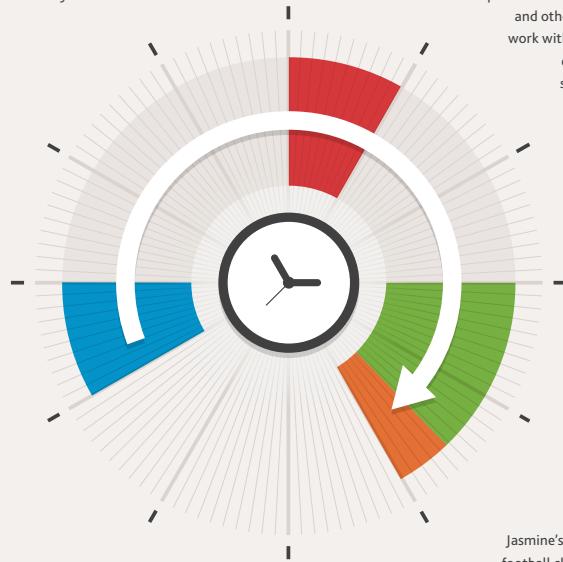
JASMINE

This is Jasmine, she's 14 year old.
This is an example of how volunteering enhances one day in her week

9:00am
SCHOOL

8:00am
SWIMMING

Jasmine has recently started attending a before-school 'girls only' swimming class once a week. The class is held in the leisure centre near her school, and is supported by a volunteer lifeguard. The class is organised through the *sportscotland* Fit for Girls programme.



12:00 noon
PEER MENTORING

Jasmine has volunteered to participate in a peer-mentoring programme in her school. She and other pupils her age give their time to work with younger children who have been experiencing difficulties with their school life. They're all very excited as soon they'll be getting a *Saltire Award* to celebrate what they've learned through their volunteering.

3:00pm
FOOTBALL

After school, Jasmine stays behind for her twice-weekly after school football class. The classes are part of the *sportscotland* Active Schools programme, and her coach provides his time voluntarily.

4:30pm
HOME TIME

Jasmine's mum likes to collect her from the football class. As she drives a people carrier, she regularly takes four of the other girls home at the same time. Like many *informal volunteers* across Scotland, Jasmine's mum doesn't think of this as volunteering at all. As far as she's concerned, she's just "helping out".

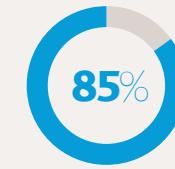
DATA SOURCES
Scottish Household Survey 2012
Omnibus Survey 2011
sportscotland Active Schools Term Report 2012-13

SPORTSCOTLAND THE NATIONAL AGENCY FOR SPORT

Sportscotland works to develop and support a world class sporting system at all levels across Scotland. Its *Active Schools* network aims to provide more opportunities for children and young people to participate in sport before, during and after school. The *Fit for Girls* programme promotes physical activity among girls aged 11-16.



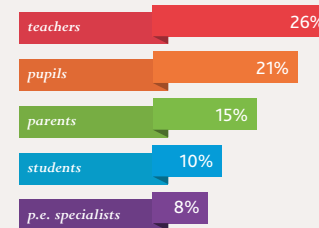
more than
5 million
ACTIVE SCHOOLS
PARTICIPANT SESSIONS PER YEAR



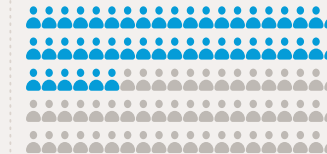
85%
OF ACTIVE SCHOOLS SESSIONS
DELIVERED BY VOLUNTEERS

that's more than
16,000
people giving their time voluntarily
to deliver active schools sessions
across Scotland

VOLUNTEER DELIVERERS (TOP 5)



IT'S NOT JUST JASMINE...



46% of active schools participants
are female

TYPES OF ACTIVITY (TOP 10)



JASMINE'S STORY *a day in volunteering*



INFORMAL VOLUNTEERS PROVIDING HELP AND CO-OPERATION

Not all volunteering is done formally through organisations. Much of the voluntary activity that takes place in Scotland is *informal volunteering*. That is, it takes the form of mutual help and co-operation between individuals. Often those involved, like Jasmine's mum, may not even consider it volunteering at all, thinking of their actions simply as *being neighbourly* or *just helping out*.

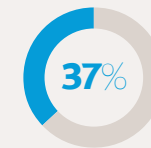


28% OF INFORMAL VOLUNTEERS GIVE THEIR TIME
TO TRANSPORT OR ESCORT SOMEONE

TYPES OF HELP PROVIDED (TOP 3)



SPORT AND YOUNG PEOPLE HELPING SCOTLAND STAY ACTIVE



37%
OF VOLUNTEERS HELP OUT
WITH SPORTS OR CHILDREN
AND YOUNG PEOPLE'S GROUPS



11%
THAT'S 11% OF THE GENERAL
POPULATION GIVING THEIR TIME
TO HELP YOUNG PEOPLE

which equates to
480,533

SCOTS VOLUNTEERING IN SPORTS OR
YOUNG PEOPLE'S GROUPS EVERY YEAR

YOUNG PEOPLE AND VOLUNTEERING



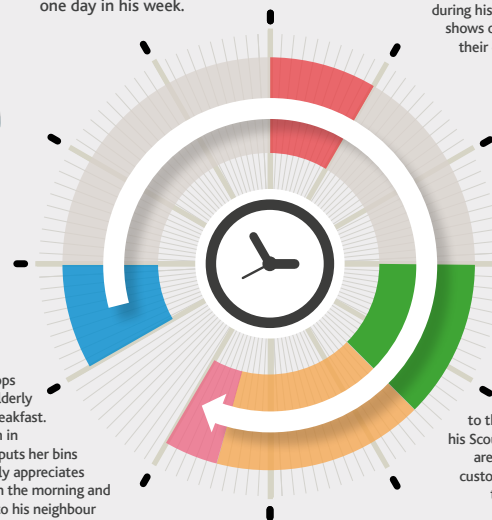
LEWIS

This is Lewis, he's 13 years old. This is an example of how volunteering enhances one day in his week.

9:00am
SCHOOL

8:00am
BREAKFAST

Before school, Lewis pops next door to help his elderly neighbour make her breakfast. His neighbour has been in hospital, so Lewis also puts her bins out. His neighbour really appreciates seeing a friendly face in the morning and Lewis enjoys chatting to his neighbour about a new computer game he's creating.



12:00 noon
COMPUTER CLUB

Lewis helps out with the school's computer club during his lunch break. He loves computers and shows other pupils how to code and improve their computer skills...teaching them a few tricks he's learnt along the way!

3:00pm
TENNIS

After school, Lewis stays behind for his weekly tennis coaching session. The tennis coach is a parent who gives up his time voluntarily. Next month, the coach is running a regional tennis tournament which he's asked Lewis to help out at.

4:30pm
BAG PACK

After tennis, Lewis changes into his Scouts uniform and heads over to the local supermarket where he meets his Scout Leader. Lewis and his fellow Scouts are giving up their free time to bag-pack customers shopping to help raise funds for their trip to the Blair Atholl jamboree.

6:30pm
HOME TIME

On his way home, Lewis stops at his neighbour's to take the bins back in. He checks his neighbour doesn't need anything before heading home for his dinner.

DATA SOURCES
Young People and Volunteering in Scotland 2014, 2016.

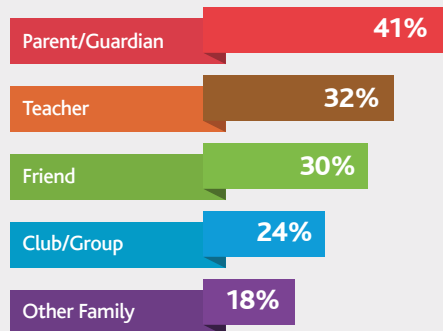
YOUNG PEOPLE WOULD LIKE TO VOLUNTEER

- With friends
- To improve career prospects
- To improve skills
- Close to home
- If they could try it first



Young People are more likely to volunteer if their parents do.

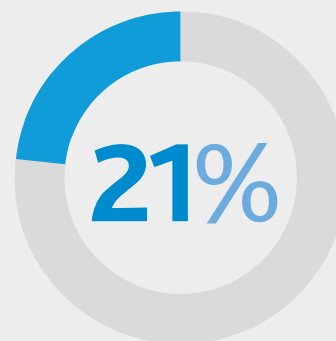
WHO ENCOURAGES THEM? (TOP 5)



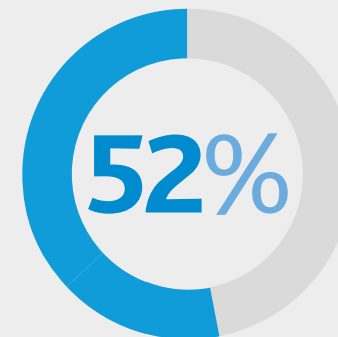
YOUNG VOLUNTEERS



It's not just Lewis who volunteers. Lots of young people across Scotland are volunteering during school time and in their spare time.

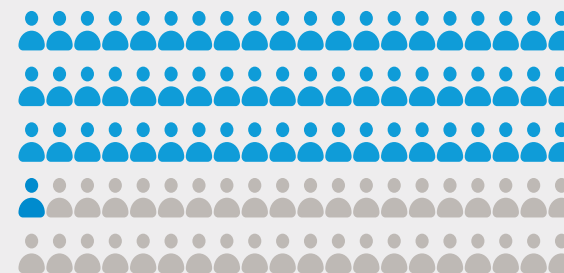


Don't volunteer but are interested in starting.



Of 11 to 18 year olds in state schools volunteer.

61% volunteer on a regular basis. (Once a month or more)



57%

Of boys are interested in sport volunteering.

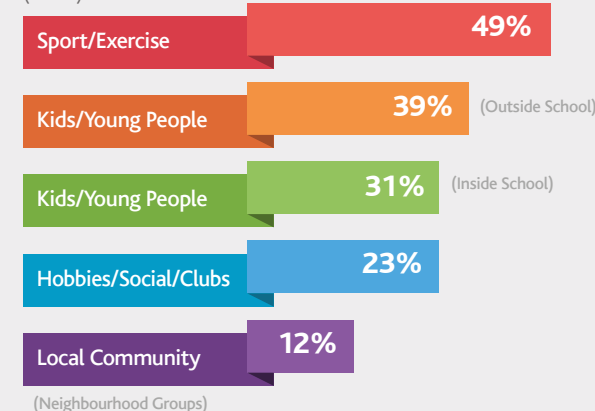


46%

Of girls are interested in volunteering with children and young people. (out of school - in school 38%)



AREAS THEY WANT TO GET INVOLVED IN (TOP 5)





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](#)



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.

Want more information and advice?

Here are some useful sources:

- [Good Moves](#)
- [National Museums Scotland - Volunteering](#)
- [National Trust for Scotland - Volunteering](#)
- [Princes 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.