

# Activity 1 Finding suitable volunteering opportunities



Hannah

Hi, I'm Hannah and I'm 17. I will be starting a Modern Apprenticeship in Court and Tribunal Operations. My favourite subject at school was Modern Studies as I love learning about politics and society. I want to make a difference in my community. One way to do this is through my apprenticeship but I want to boost my CV by doing some additional volunteering with an organisation that helps disadvantaged groups/people.

My name is Ahmed and I'm 19. I'm studying medicine at University with the goal of specialising in sports and exercise medicine. I became interested in this during secondary school when a parent of a friend was a volunteer teacher for weekly tennis lessons. I love working with people and I am passionate about getting all ages of people involved in the outdoors/physical activity. It is really important for me to take some time out of my studies to volunteer as my degree can be very intense.



Ahmed

- [Goodmoves](#)
- [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 \(VSO\)](#)



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

## Hannah's volunteering opportunity

Organisation:

Brief description of duties:

Why this would suit Hannah:

## Ahmed's volunteering opportunity

Organisation:

Brief description of duties:

Why this would suit Ahmed: