

## Module 16 - Volunteering

Module 16 helps you learn about what volunteering is and the benefits it brings. This covers what the third sector (or volunteering sector) is, how to get started and how to find a suitable volunteering opportunity for you.

Work your way through the [Volunteering module](#), completing the activity at the end.

### Teacher/Trainer Notes

If you are a teacher or trainer delivering this module to young people, you can use the [PowerPoint presentation](#), which includes notes, activities, tasks/discussion points and estimated timings. There are also [teacher/trainer notes](#), which outlines delivery requirements, aims, outcomes, career management skills and senior phase criteria.

If completing this module as a paper-based exercise, print out [Activity 1 Worksheet](#) as well as the content before delivering it.