

# Be a Volunteer! Tips for Youth

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Knowledge Development  
Canada Volunteerism Initiative

Développement des connaissances  
Initiative canadienne sur le bénévolat

*“Youth can accomplish amazing things with guidance and support.”*

*“I benefit from volunteering in that I acquire new skills, hone my skills, I meet a lot of new people, I get a sense of satisfaction from what I do, and I know that in many cases, volunteering is looked upon favourably on a résumé.”*

*“Make it better known to young people that their time is just as important as that of older volunteers. Often younger people are intimidated by a predominately older volunteer association.”*

## Be cool – volunteer!

get out and about  
do something different  
get involved in your community  
make things happen  
meet people  
have fun

## Develop skills – volunteer!

gain confidence  
learn new things  
share your talents and ideas  
explore career interests  
get work experience  
build your résumé

## Feel good – volunteer!

help others  
make a difference  
work for a cause you believe in  
take responsibility  
be recognized  
be respected  
feel needed

*“I volunteer because I know I have something to offer. In addition, I am a member of the nonprofit group I volunteer with. Through them, I gain access to valuable resources and support.”*

*“This was one of the most rewarding experiences of my life. I was involved with the same group of girls for a full year. It was rewarding to see them build self-esteem and confidence in the group setting as well as in their personal lives.”*

### **Who can volunteer?**

Everyone can volunteer. There are many types of volunteer positions with different groups, even in small towns. People of all ages and interests can volunteer. Do you care about your community? Do you like to help out? Do you have a little time? Try volunteering! If you have particular needs (training, transportation, special supports, for example), don't give up. You should still be able to find the right volunteer work for you. There are short-term and long-term opportunities. Many groups offer orientation and training. There may be other kinds of support. Ask around.

### **What do volunteers do?**

Volunteers are involved in a huge variety of activities. Volunteers work on special events, do office work, organize festivals, build trails, raise funds, develop websites, write articles, play music, do theatre, tutor, coach, do clean-ups and maintenance, serve on committees and boards, help people in need, operate community TV and radio channels, provide fire-fighting and rescue services, help prevent crime, preserve our heritage, and promote multiculturalism.

### **Where can I volunteer?**

Volunteers help at churches, museums, hospitals, schools, libraries, CAP sites, women's centres, environment groups, hotlines, service clubs, seniors' homes, family resource centres, theatres, parks, town councils, summer camps, literacy programs, harbour authorities, recreation committees, economic development associations, fire halls, and many more community organizations.

### **When can I volunteer?**

Volunteer are needed days, evenings, and weekends, depending on the activities of the organization. Some work can even be done at home. Some opportunities are one-time events and others require a regular, continuing commitment.

### **What should I look for?**

Look for what interests you. And find a group that respects your skills and needs.

- Talk about your interests.
- Ask about volunteer options.

- Ask for a volunteer job description.
- Ask about orientation and training.
- Ask about supervision.

### **What will they expect of me?**

- Be reliable.
- Learn about the goals and activities of the organization.
- You may be interviewed by the group's volunteer coordinator.
- The organization may require a security check.

### **What are the rewards?**

A good volunteer experience stays with you forever. You will feel satisfied that you have contributed to your community, used your skills, helped a good cause, met new people, learned things, got experience, and built your résumé. You will be a more responsible citizen and will probably continue to be engaged in community activities.

### **How can I find out about volunteer opportunities in my area?**

- Ask at your school, church, town council, employment office, museum, health care facility or any nonprofit group.
- Ask another volunteer.
- Call the Community Services Council of Newfoundland and Labrador at 1-866-753-9860.
- Visit [www.volunteer.enVision.ca](http://www.volunteer.enVision.ca)

### **Volunteers grow communities!**

Your community would not be what it is without volunteers.

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More information and resources for voluntary organizations and anyone interested in the voluntary nonprofit sector can be found at [www.enVision.ca](http://www.enVision.ca) and [www.voluntarygateway.ca](http://www.voluntarygateway.ca)

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*We welcome your feedback about this research product and how you made use of it. Please e-mail us at [kdc@imaginecanada.ca](mailto:kdc@imaginecanada.ca).*

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ISBN 1-55401-159-0

Imagine Canada's Knowledge Development Centre is funded through the Community Participation Directorate of the Department of Canadian Heritage as part of the Canada Volunteerism Initiative. The views expressed in this publication do not necessarily reflect those of the Department of Canadian Heritage.

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