



DOVER COLLEGE

#ONLINE

CAREERS: Volunteering:

Volunteering your time, skills and energies for a worthwhile cause is highly valued by employers and university admissions tutors. There will be that space on that dream job application form asking you to detail your voluntary work... In addition, volunteers are happier people who live longer (True)!

If you have never volunteered before, you might like to start by considering the Top Ten volunteering activities for young people: 1. Scouts/Girl guides. 2. Helping Younger Children. 3. Sports coaching. 4. Charity Shop. 5. Helping animals. 6. Cadets, Air, Police. 7. Library/Museum. 8. Helping older people. 9. Religious activities. 10. Fundraising for good causes.

Local Volunteers: There are several local organisations that will be happy to help you find practical and nearby projects for your talents. Visit www.doverdistrictvolunteering.org.uk www.arers-supportcdt.org.uk and www.kentvolunteers.org.uk. The website www.do-it.org is a national site but all you need do is enter your postcode to find volunteering opportunities near where you live.

Local Charities: You need to be 16+ to work in an actual shop but charities are often grateful for help with IT help, newsletters, administration and other activities that you can offer remotely. See the individual websites of your favourite charities for details but here are some sample sites: www.woodlandtrust.org.uk invites young reporters to write about their local environmental concerns. www.savethechildren.org.uk and www.readingagency.org.uk needs volunteers for their reading help programmes. www.stem.org.uk/stem-ambassadors want teens aged 17+ to raise awareness of STEM to their age group.

Fundraising: every good cause needs funds – visit your favourite charity website for details of how you can help by fundraising. Some ideas here to get you started: www.cats.org.uk - fundraising for cats and kittens. www.redcross.org.uk – for worldwide humanitarian aid. www.eveappeal.org.uk invite you to design and run a fundraising event for charity in your Covid 19 safe bubble group. You may be off-site, but you can still raise funds for the school charity, Mind.

Skills for good causes: Sometimes young people can use their skills to help other people. An obvious idea here are your amazing IT skills to help an older person learn to email or text. Yes, simple for YOU – not for them! You can help local older people at www.dcr.btck.co.uk If you are good at knitting, you can knit things to sell for charity – see www.supportqueen-mothers_clothing_guild.Se.uk Try thinking of that special skill you have and then matching it to a good cause. Perhaps you are good at writing? Write about how you feel about the lockdown and send it to www.bupafoundation.org to raise £3 for better mental health.

DofE: Keep going! Visit www.dofe.org for Volunteering ideas if you are yet to start.