

## Volunteering

### Who is volunteering for?

There are projects for young people, young professionals, silver surfers and those who've taken early retirement and well as students taking a gap year before moving on to full-time university study. Volunteering can be a useful way for people who are unemployed to get back into the workplace and develop new skills for their CVs. Volunteering can be for a year, a few weeks or months and take up anything from a few hours a weeks to the equivalent of full-time work.

### Who benefits?

- The community, project or individual you serve stands to gain a huge amount.
- The practical service you offer, whether in this country or abroad, can help you develop friendships as well as skills and confidence.
- If you're unemployed, volunteering can put some structure back in your life and enable you to build contacts, add to your CV and gain a referee for future employment.

### Volunteering websites

- [www.volunteering.org.uk](http://www.volunteering.org.uk) – find your nearest volunteer centre
- [www.csv.org.uk](http://www.csv.org.uk) Community Service Volunteering for people of all ages and backgrounds
- [www.timebank.org.uk](http://www.timebank.org.uk) A national volunteering charity that includes volunteer mentors that encourages employee volunteering
- [www.do-it.org.uk](http://www.do-it.org.uk) A huge database of volunteering opportunities in the UK that you can search by postcode
- [www.csv.org.uk/volunteering](http://www.csv.org.uk/volunteering) Full time opportunities for 4-12 months for 18-35 year olds
- [www.vinspired.com](http://www.vinspired.com) Volunteering opportunities for those aged 16-25

### Gap year websites

- [www.gapadvice.org](http://www.gapadvice.org) An unbiased source of gap year information, individual advice and placements
- [www.yearoutgroup.org](http://www.yearoutgroup.org) An association of UK registered organisations
- [www.gogapyear.com](http://www.gogapyear.com) Advice & information on gap year travel from the Foreign & Commonwealth Office
- [www.gapyear.com](http://www.gapyear.com) Range of gap year projects
- [www.go-gap.com](http://www.go-gap.com) Publishers of the Gap Year Guide Book
- [www.realgap.co.uk](http://www.realgap.co.uk) Gap years and career breaks across 35 countries
- [www.raleighinternational.org](http://www.raleighinternational.org) Overseas expeditions: Community & Environmental
- The British Foreign Office provides reliable information on travel and conditions in any country at any time.
- [www.fco.gov.uk/travel](http://www.fco.gov.uk/travel)