Welcome to your volunteering guide

DEFINITION: Volunteering is time willingly given for the common good and without financial gain.



DECIDE

Decide what you want to contribute to your community



Sometimes people 'fall into' volunteering, but most of the time people make a

conscious decision to

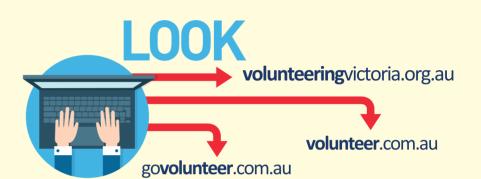
volunteer and then face the **challenge** of how to start.



APPLY

Apply for your chosen positions using the correct channels





VOLUNTEERING... IT'S GOOD FOR YOU.

96% of volunteers say that it makes them happier



BUILDS PERSONAL RESILIENCE



INCREASES SOCIAL INCLUSION



GROWS SENSE OF PURPOSE



PATHWAY TO EMPLOYMENT



REDUCES SOCIAL DISADVANTAGE



BUILDS COMMUNITIES



LOWERS STRESS



REDUCES ISOLATION & LONELINESS



BOOSTS SKILLS



GROWS NETWORKS & FRIENDSHIPS



INCREASES HEALTH & WELLBEING







Share your **knowledge** with others.



Gain personal fulfilment.



Increase your **confidence**.



Maintain and develop skills.



Make a difference in your community.













"Organisations have a duty of care to **protect volunteers** from harm"

Unlike paid staff, volunteers are not covered by industrial awards.

VOLUNTEERS'

RIGHTS

Access to relevant information

Meaningful votes

Clear position descriptions

Recognition as a valued team member

Appropriate training

Consultation on things that affect them and their role

Leadership and management

Reasonable workload

Induction and orientation

Support and supervision

Insurance cover and protection

Volunteer agreements

Reimbursement of agreed expenses

Right to privacy

A safe workplace

To be respected

Clear grievance and complaint process

Opportunity to provide feedback

VOLUNTEERS'

RESPONSIBILITIES

Be punctual and reliable

Notify organisation of changes to availability

Abide by all policies and procedures

Deal with complaints appropriately

Meet their volunteering commitments

Maintain confidentiality

Undertake training

Work safely

Respect the rights and privacy of others

Adhere to the volunteer position description

Support others and ask for support if needed

Give notice before leaving

Undergo relevant checks eg working with children check

Act accordingly to the organisation's values

Do your best!

VOLUNTEERING VICTORIA

Volunteering Victoria is the state peak body for volunteering. Our vision is for resilient communities and empowered and active citizens



We help volunteers to find suitable positions. We also provide information and advice on volunteering issues.

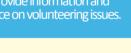


We are a member-based, not-for-profit, nongovernment charity

SUPPORT SERVICES

Volunteering Victoria offers an information & referral service for volunteers. We are one of many Volunteer Support Organisations (VSOs) across the state. VSOs provide:







WE PROVIDE



ADVOCACY

MENTORING

RESOURCES



CORPORATE VOLUNTEERING

REPRESENTATION





RESEARCH



INFORMATION about available volunteer roles



on your background, experiences. interest and commitment



on where to start



FIND YOUR LOCAL VSO

Visit the Volunteering Victoria website to find your local VSO













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