

WHO IS A VOLUNTEER?



Anyone who *chooses* to work for *no payment*.

Volunteer work is:

- Freely chosen
- Unpaid
- Benefits others
- Not-for-profit sector only
- Volunteer work should support non-violence

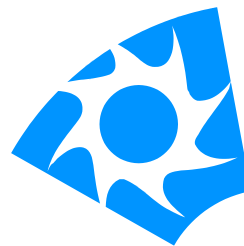
Examples of volunteer work:

- Aged Care eg day care centres (craft, music, kitchen assistance)
- Transport eg driving seniors to medical appointments or shopping
- Assisting people with disabilities
- Outdoor work eg gardening
- Events eg Viva la Gong/Carnivale
- Being a member of a committee or board
- Environmental eg. Bushcare, Conservation Volunteers Australia



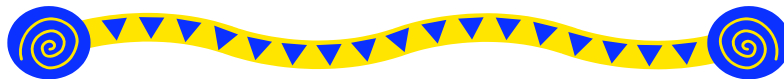
BENEFITS OF VOLUNTEERING

- Meet new people
- Help others
- Improve the community
- Gain work experience
- Learn new skills
- Practice a language
- Put a hobby to good use
- Use natural talents
- Put faith into action
- Build self-confidence
- Feel useful
- Have fun!



BENEFITS VOLUNTEERS BRING TO ORGANISATIONS

- Ability to provide more services
- Ability to provide better services ie more individual attention
- Diverse skills, knowledge and opinions
- Enthusiasm, energy and a friendly workplace
- Creative ideas
- Keep organisation in touch with the local community
- Help remind the organisation of its purpose



VOLUNTEER RIGHTS

- To work in a healthy and safe environment
- To have your opinions about your work listened to
- To be employed in accordance with equal opportunity and anti-discrimination legislation
- Know what the job is before starting
- Decide when and how long to be available
- Negotiate job, times, days (where possible)
- A meaningful job or activity
- Supervision, instruction and training
- Have the right tools for the job
- Not to fill a position previously held by a paid worker
- To have a procedure to make complaints

VOLUNTEER RESPONSIBILITIES

- Do the best job you can
- Be punctual
- Undertake what you agree to do
- Let the co-ordinator know if unable to work
- Respect the privacy of people you work with
- Support other volunteers
- Be a team member
- Know your own limitations (time, money, physical needs, family and friendships)

Want to know more? Contact Volunteering Illawarra on ph. 4225 7812