

# Volunteering

## What is a volunteer?

A person who:



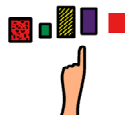
- Helps someone or a group of people



- Gives some time



- Gets no pay

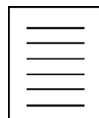


- Chooses to help

## What do I need to be good at?



- Listening



- Follow the rules



- Helping people



- Learning the job



- Asking for help



- Dress nicely and smile

## What might I get out of it?



- Good feeling of helping others



- Certificate or award



- A paid job



- A chance to do training

## Where do people volunteer?



- Hospital



- Café, shop



- Business



- Someone's house



- Park



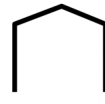
- Football club



- Childcare centre



- Nursing home



- Many other places



Speak to your local Volunteer Resource Centre Phone: