

VOLUNTEERING SECTION



We've updated the section's aims, principles, and outcomes to highlight the impact volunteering can have on the individual and wider society.

A participants volunteering activity must align with the volunteering outcomes listed below.

Through volunteering, participants can:

- Increase community cohesion through a cause or social action.
- Support the well-being of members of their community and themselves.
- Feel empowered to lead change.
- Build empathy and make a positive impact on others.
- Further understand their own goals by evaluating their progress and building confidence and self-esteem.
- Get a chance to develop teamwork and leadership abilities, increasing their employability and skills for life.

Q: Can we allow volunteering at a business or commercial organisation?

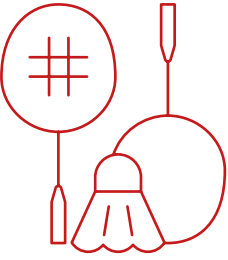
A: In most cases, businesses cannot offer volunteering opportunities as they are not organisations established for civic benefit but for profit. However, we also recognise that several types of businesses can clearly demonstrate civic good and offer impactful volunteer experiences. In these circumstances, this is permissible. These businesses should be able to demonstrate that they offer volunteering opportunities in line with the outcomes of the section.

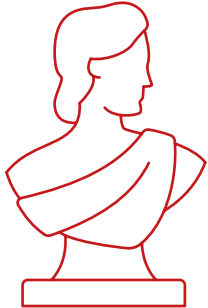
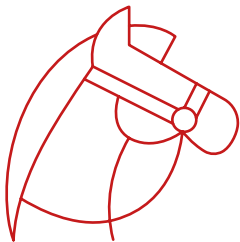
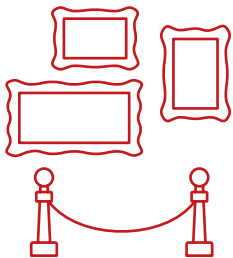
Apart from expenses, the participants should not be paid and should only be present in a supporting role, not part of any required staffing ratios. The organisation must also provide a suitable volunteering activity that stretches over the required timeframe.*



**YOUTH
WITHOUT
LIMITS**

Below are some examples of suitable commercial and business volunteering opportunities. This is not an exhaustive list, and other volunteering opportunities may also be suitable.

Sector/field	Business	Examples of activities that could be used	Civic good / outcomes of section	Instances where this would NOT be accepted
Sports and recreation 	Dance studios, golf clubs, tennis clubs, swimming clubs, athletics and team sports, Irish dancing clubs.	Coaching or supporting younger athletes and children to take part. Sports Leadership Award (sports coaching).	Supporting the health and well-being of the young people involved. Usually led by volunteers and memberships invested back into the club.	Working on the premises without supporting other members of the community in an activity e.g. cleaning or managing a service desk. One-off sporting events.
Environmental 	Garden centres, nurseries, farms.	Helping to run free sessions for community groups. Being involved in community-based projects that are held on-site. Gardening clubs.	Supporting the local community, helping to raise awareness of care for the environment and nature.	Using participants for season-specific events for profit, e.g. lambing and harvest.
Health and social care 	Care homes, residential homes.	Companionship/reading or playing games with residents. Helping residents learn IT.	Young people can spend time with the residents to enrich their lives and provide activities, personal support and companionship.	Providing direct personal care to residents e.g. washing, dressing, and lifting.
Education 	Schools, nurseries, after-school / holiday provision.	Supporting younger children through reading, games, educational activities and sport.	Supporting the health and well-being of the young people involved.	Private tutoring companies, babysitting, work experience e.g. a family-owned restaurant.

Sector/field	Business	Examples of activities that could be used	Civic good / outcomes of section	Instances where this would NOT be accepted
Heritage 	Built environment, natural environment.	Campaigning for the preservation of the natural or built environment. Social action projects led by young people, e.g., increasing awareness of cultural heritage newspapers.	Protecting national Heritage.	Private stately homes.
Animal welfare 	Vets, equestrian centres, zoos.	Helping clean out pet pens, exercise the animals, assisting in activities delivered to groups in the community.	Supporting roles such as helping to reduce anxiety, being a reassuring face and providing personal support for animals or people attending sessions who have additional needs.	Undertaking any activity in exchange for another e.g. Mucking out stables in exchange for riding lessons. Privately owned horses or stables that do not provide community activities.
Arts and Culture 	Libraries, archive centres, private galleries and museums, events.	Helping to run sessions for community groups in archive centres. Helping to prepare for an art exhibition. Cataloguing and researching artworks.	Arts and culture organisations that directly support local projects and benefit the community they operate in.	Working at a festival, as these do not meet the time requirements of the section. Supporting one-off events that would not meet the timescales of the section e.g. weekend art exhibitions, a festival.

***Please note that you cannot work for a profit-making organisation if you're under 14, even if you're not paid. Further details can be found on the government website.**