

# Volunteering – A Guide

Do you want to gain experience and make a valuable community contribution? If the answer is YES then volunteering is for you!

## What is Volunteering?

By definition volunteering is unpaid work that takes place in a not-for-profit organisation. There are specific criteria for volunteer work, including:

- The position is not for more than 16 hours per week
- The activity is not considered high risk
- The organisation offering the position is not-for-profit
- The activity is recognised as beneficial to the community
- The position is not replacing paid workers
- The position is covered by insurance

### Why Volunteer?

Every individual will gain something unique from their volunteer experience it may offer the opportunity to:

- Gain industry experience which can be included on your resume (generally you don't need to have permanent residency to be a volunteer)
- Gain experience using specific skills which are useful to demonstrate that you meet selection criteria
- Develop your professional networks and at the same time make new friends
- Demonstrate to potential employers that you have initiative and motivation
- Practise your English and learn about Australian workplace culture
- Gain personal satisfaction from giving your time to help others

### Something to think about for International Students...

For international students, volunteering is a fantastic way to gain experience, while practising your English skills, and learning about the Australian workplace culture. The only limitation is your initiative - it is up to you to seek out the volunteer role you want and to make the most of the experience. Be aware of the number of hours you are permitted to work (That is, up to a maximum of 20hrs a week of work whether paid, volunteer or a combination of the two).

## What kind of work do Volunteers do?

### Volunteer roles are available in almost any area

You do not need to limit yourself to only advertised opportunities. If there is an organisation you are interested in contact them directly. Explain why you want to volunteer for them and the type of work you would like to do. Some of the areas you might consider volunteering include:

- Administration
- Health and welfare
- Community service
- Science
- Environment
- Sport
- Religion
- Education
- Recreation
- Counselling
- Teaching
- Marketing
- Public relations

### Try Volunteering Overseas

There is a wide variety of opportunities available, both in Australia and internationally. Some not-for-profit organisations may advertise on their own websites, so if you have somewhere in mind this is a good place to start.



## Where do you find volunteer work?

### Websites

There are internet sites that provide information on volunteer opportunities, these include:

- [GoVolunteer](http://www.govolunteer.com.au) - A directory of organisations and opportunities available (www.govolunteer.com.au)
- [Volunteering Victoria](http://www.volunteeringvictoria.com.au) – provides support for volunteers, links to opportunities and general information about finding voluntary work (www.volunteeringvictoria.com.au)
- [Australian Volunteer Search](http://www.volunteersearch.gov.au) - provides information on volunteer work and allows you to register for opportunities. (http://www.volunteersearch.gov.au)
- [seekvolunteer](http://www.volunteer.com.au) - a directory of useful volunteer sites, opportunities and information. (http://www.volunteer.com.au)
- [goodcompany](http://www.goodcompany.com.au) - provides information about volunteering events and allows you to register for opportunities (www.goodcompany.com.au)
- [Volunteermatch](http://www.volunteermatch.com.au) - provides a volunteer matching service and lists positions for experienced professionals wanting to volunteer as well as entry level volunteer roles. (www.volunteermatch.com.au)
- [ampersand](http://www.ampersand.org.au) - assists students to find volunteer positions in Australia and overseas (www.ampersand.org.au)
- [The Oaktree Foundation](http://www.theoaktree.org/Splash.aspx) - Australia's first entirely youth-run development agency. (www.theoaktree.org/Splash.aspx)
- [Australiavolunteers.com](http://www.australiavolunteers.com) - provides opportunities for Australians to volunteer to live, work and learn in partnership with people of other cultures (www.australiavolunteers.com)
- [Idealist](http://www.idealists.org) - action without borders. International directory of non-profit web resources, 1600 organisations in 130 countries (www.idealists.org)
- [The Australian Council for International Development](http://www.acfid.asn.au) offer volunteering opportunities in local/NGO aid and development agencies (www.acfid.asn.au)

### Volunteering at Monash University

Think about how you could get involved as a volunteer at Monash University. Visit [Career Gateway](http://careergateway.monash.edu.au) (careergateway.monash.edu.au) for information on volunteer opportunities available at Monash and through other organisations. There are a range of activities you can get involved in on campus, for example:

- [Volunteering Opportunities](http://www.monash.edu.au/students/careers/volunteering.html) (www.monash.edu.au/students/careers/volunteering.html)
- [Clubs and Societies](http://www.monash.edu.au/students/associations) (www.monash.edu.au/students/associations)
- [International Student Advice](http://www.monash.edu.au/international/currentstudents) (www.monash.edu.au/international/currentstudents)
- [Open Day](http://www.monash.edu.au/study/events/openday) (www.monash.edu.au/study/events/openday)
- [Orientation – You could be a tour Guide](http://www.monash.edu.au/orientation) (www.monash.edu.au/orientation)
- [Monash Student Association](http://www.msa.monash.edu.au) (www.msa.monash.edu.au)
- [International Friendship Program](http://www.adm.monash.edu.au/community-services/family/friendship-program.html) (www.adm.monash.edu.au/community-services/family/friendship-program.html)
- [Monash Green Steps Program](http://www.monash.edu.au/research/sustainability-institute/green-steps/index.html) (www.monash.edu.au/research/sustainability-institute/green-steps/index.html)
- [Monash Charity Group](http://www.charity.monashclubs.org) (www.charity.monashclubs.org)

### Contact us

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This Information was current at the time of writing and is intended as a guide only.  
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