

Young volunteers in Casey

A guide for volunteers under 18 years of age

So you want to volunteer?

That's great! Volunteering is fun and gives you the opportunity to put your interests and passions into action. However it can be hard to find volunteer roles that welcome young people. This guide has been developed to assist young volunteers



What is volunteering?

Volunteering is giving some of your time and skills to a not-for profit organisations for free. You don't get paid for volunteering but you do get the satisfaction of helping the community while gain new skills, meeting new friends and having fun. Sometimes volunteering can lead to paid employment.

Not-for-profit organisations (they are sometimes called Non-Government Organisations (NGOs) include charities, environment groups, hospitals, schools, sports clubs and op shops to name a few.

As a volunteer you are in control of what you do and what volunteer opportunity you decide to undertake according to your interests, lifestyle and availability.

Examples of volunteering opportunities include:

- » Organising music events
- » Helping refugee students with their homework
- » Planting trees
- » Food banks and soup kitchens
- » Emergency services
- » Helping with injured or lost animals

Why should you volunteer?

Volunteers contribute millions of hours of time and skills every year that make it possible for not-for-profit organisations continue to do their amazing work.

The benefits of volunteering are not only for not-for-profit organisations but also the volunteer – you! By volunteering you can:

- » Gain greater confidence through learning new skills, experiences and knowing YOU are personally making a difference
- » Make new friends as you meet new people with similar interests and goals for helping others
- » Have fun! Volunteering is fun and often allows you to do things you might not ordinarily be able to do like working at a music event or hand feeding baby animals.

- » Boost your career by volunteering in an area you are thinking of pursuing a career or future study. Volunteering can give you experience or skills that will impress future employers and show them you are a person who cares for the community
- » Boost your health! Research shows that people who volunteer are healthier, happier and live longer than those who don't volunteer.



When can I volunteer?

The time commitment for volunteering varies a lot and can range from 1-3 hours a week or a month and can be ongoing for 6-12 months. Other volunteering roles are one-off opportunities for single days or events like a music festival or tree planting day. Depending on the role you might be needed to volunteer during the day, afterhours or on the weekends. The beauty of volunteering is you get to choose when and how you volunteer.

Who can volunteer?

Everyone and anyone! We all have skills to offer as volunteer. Even people with disabilities and the elderly have great skills and can make a difference. Unfortunately many organisations are not able to take on volunteers under the age 18 because of issues around insurance or supervision. A list of organisations who welcome young volunteers can be found at the end of this document.

Rights and responsibilities of a volunteer

As a volunteer you have the right to:

- | | |
|--|--|
| » Work in a healthy and safe environment | » Not be discriminated against |
| » Be covered by insurance | » Not do the work of paid staff |
| » Received orientation and training | » Receive appropriate orientation and training |



Your responsibilities include:

- | | |
|--|---|
| » Carrying out the volunteer role you have agreed to do | » Completing training you may need to do |
| » Being on time or letting the organisation know if you can't come | » Letting the organisation know if things are not working out or if you have any issues or concerns |
| » Being respectful of others | » Enjoy, have fun and do your best! |

Volunteer Matcher

The City of Casey has a website to help match volunteers with not-for-profit organisations. All you have to do is register as a user, look for your perfect volunteer opportunity and apply. Register today at www.volunteermatcher.com.au

Contact City of Casey

03 9705 5200

NRS: 133 677 (for the deaf, hearing or speech impaired)

TIS: 131 450 (Translating and Interpreting Service)

caseycc@casey.vic.gov.au

casey.vic.gov.au

 [facebook.com/CityOfCasey](https://www.facebook.com/CityOfCasey)

 [@CityOfCasey](https://twitter.com/CityOfCasey)

PO Box 1000
Narre Warren VIC 3805

Customer Service Centres

Cranbourne

Cranbourne Park Shopping Centre

Narre Warren

Magid Drive

Narre Warren South


Amberly Park Shopping Centre


Organisations who frequently work with young volunteers

<p>Positive change in your community</p>	<p>Op-shops</p> <p>About Shops which sell second hand clothes and goods and raise money for charities. The easiest ways to become a volunteer at an op-shop is to visit the op-shops near you and ask if they are looking for volunteers</p> <p>Role Sorting goods, setting up displays, serving customers</p> <p>Web www.opshop.org</p>
<p>Global outlook</p>	<p>Alola Foundation</p> <p>About Supporting development in East Timor</p> <p>Role Become a friendship school between Australia and East Timor</p> <p>Phone 0437 983 070</p> <p>Email friends@alolafoundation.org</p> <p>Web www.alolafoundation.org</p> <p>Amnesty International</p> <p>About Working for human rights around the world</p> <p>Role Join the Amnesty International schools network and work for human rights</p> <p>Phone 9412 0720</p> <p>Email vicala@amnesty.org.au</p> <p>Web www.amnesty.org.au</p> <p>Oaktree Foundation</p> <p>About An aid and development organisation run entirely by volunteers under 26</p> <p>Role Join the Amnesty International schools network and work for human rights</p> <p>Phone 9889 5677</p> <p>Email info@theoaktree.org</p> <p>Web www.theoaktree.org</p> <p>World Vision</p> <p>About Addressing the causes and consequences of global poverty</p> <p>Role Vision Generation is World Vision's youth movement and aims to inspire, educate and empower young people in the fight against poverty</p> <p>Phone 9287 2233</p> <p>Email vic@vgen.org</p> <p>Web www.vgen.org.au</p>
<p>Save the planet</p>	<p>Australian Youth Climate Coalition</p> <p>About Inspiring, educating, empowering and mobilising young Australians to take action on climate change</p> <p>Role Got involved in a whole range of campaigning activities including the Switched on Schools program</p> <p>Email info@youthclimatecoalition.org</p> <p>Web www.aycc.org.au</p> <p>Conservation Volunteers Australia</p> <p>About Australia's largest practical conservation organisation</p> <p>Role Join a team of volunteers to tackle practical outdoor environmental projects</p> <p>Phone 9326 8250</p> <p>Mail melbourne@ccnservationvolunteers.com.au</p> <p>Web www.conservationvolunteers.com.au</p> <p>Junior Landcare</p> <p>About Landcare for schools and youth groups</p> <p>Role Start a Landcare group at your school</p> <p>Email anquiries@landcareaustralia.com.au</p> <p>Web www.juniorlandcare.com</p>



<p>Share with others</p>	<p>Asylum Seeker Resource Centre</p> <p>About Largest provider of aid, advocacy and health services for asylum seekers and refugees in Australia</p> <p>Role Collect food donations to support refugees and asylum seekers</p> <p>Phone 9326 6066</p> <p>Email food@asrcorg.au</p> <p>Web www.asro.org.au</p> <p>The Smith Family</p> <p>About Unlocking opportunities for disadvantaged Australian children through education and learning</p> <p>Role Collect toys and books to share at Christmas</p> <p>Phone 9419 7666</p> <p>Web www.thesmithfamily.com.au</p> <p>Foodbank Victoria</p> <p>About The largest provider of food and material aid within Victoria</p> <p>Role Able to source, store and redistribute hundreds of thousands of kilos of food and material aid each year directly to Victorians in crisis</p> <p>Phone 9362 8300</p> <p>Email volunteering@foodbankvictoria.org.au</p> <p>Web www.foodbankvictoriaorg.au</p>
<p>Love sport</p>	<p>Sport and Recreation Victoria</p> <p>About If you have a passion for sport then get involved in one of your local sports clubs</p> <p>Role Scoring, setting up equipment, coaching, fundraising</p> <p>Phone 9208 3333</p> <p>Web www.sport.vic.gov.au</p>

<p>Emergency Services</p>	<p>Country Fire Authority (CFA)</p> <p>About Responding to incidents and suppressing fires Role Join the CFA as a junior (11-16 year olds) and learn the skills of firefighting. If you are older than 16 you join as a full member. In Casey CFA have multiple branches. For more details contact local headquarters, District 8 on 9767 1800 Phone 1800 232 636 Email volrecruit@cfa.vic.gov.au Web www.cfa.vic.gov.au</p> <p>Life Saving</p> <p>About Saving lives, preventing injuries and enjoying the water Role Join Life Saving Victoria junior programs (7-18 year olds) and learn the skills of water safety. Local clubs can be found from Frankston to Seaford. Phone 9676 6900 Email mail@lifesavingvictoria.com.au Web www.lifesavingvictoria.com</p> <p>State Emergency Services (SES)</p> <p>About Countering the effects of natural and technological emergencies Role Join the SES cadets (8-18 year olds) and learn the skills of responding to an emergency Phone 1300 842 737 Email vicSES@ses.vic.gov.au Web www.ses.vic.gov.au</p> <p>St Johns</p> <p>About Providing first aid support to thousands of Victorian's every year Role Join the St Johns Juniors, Cadets and Senior Cadets programs (8-18 year olds) and learn the skills of providing first aid Phone 1300 360 455 Email volunteer@stjohnvic.com.au Web www.stjohnvic.com.au</p> 
<p>Show your creative side</p>	<p>Amateur theatre</p> <p>About Community theatre groups putting on regular performances Role Performance, set design, costume making and front of end Contact To find out more speak your local theatre group</p> <p>Community radio</p> <p>About Community radio stations broadcast a huge range of programs Role Volunteers undertake all aspects of running the radio station Web www.cbaaonline.org.au</p> <p>FReeZa</p> <p>About Supporting young Victorians to get involved in community life through organising drug, alcohol and smoke-free music and cultural events for other young people in their local community Role Organise youth arts and performance in your local community Web www.freeza.vic.gov.au</p> <p>SYN (Student Youth Network Inc)</p> <p>About SYN Radio broadcasts on 90.7 FM in Melbourne Role Volunteers are aged 12-25 and take on jobs across nearly all facets of the media-making process: as producers, presenters, technical crew, promotions, music, reception, and web coordinators Web www.syn.org.au</p>

<p>Places of worship</p>	<p>Places of worship</p> <p>About Local churches, temples, mosques and synagogues often have volunteer opportunities for young people</p> <p>Role Leading youth groups, being involved in music and camps</p> <p>Phone 1300 360 455</p> <p>Contact To find out more speak to the leaders at your place of worship</p>
<p>Celebrate your culture</p>	<p>Cultural groups</p> <p>About There are hundreds of cultural groups in Melbourne including Indian Bollywood appreciation, Irish dancing, Karen Culture and Sudanese Youth Groups, Get involved with a group that interests you.</p> <p>Role Leading youth groups, being involved in music and camps</p> <p>Phone Multicultural Commission on 9651 0651 or Centre for Multicultural Youth on 9340 3700</p> <p>Web www.multicultural.vic.gov.au or www.cmy.net.au</p>
<p>Other great youth websites</p> 	<p>Youth Affairs Council of Victoria www.yacvic.org.au/youth Victoria's peak body for leading policy and advocacy on young people's rights</p> <p>youthcentral www.youthcentral.vic.gov.au Victorian Government's web-based initiative for young people aged 12-25, filled overflowing with great information and articles</p> <p>Youth BeyondBlue www.youthbeyondblue.com Find your way back from depression and anxiety</p> <p>Save-a-mate www.redcross.org.au/sam save-a-mate (SAM) develops young people's skills to look after themselves and provide support to their peers by delivering education, training, first aid services and support on health issues, particularly relating to alcohol and other drug use and mental health.</p> <p>Reach www.reach.org.au We aim to improve the wellbeing of young people so they can be healthy and resilient to meet life's challenges, and fulfil their potential.</p>

The City of Casey acknowledges Volunteer West for their input to developing the content of this flyer.

Contact City of Casey

03 9705 5200

NRS: 133 677 (for the deaf, hearing or speech impaired)

TIS: 131 450 (Translating and Interpreting Service)

caseycc@casey.vic.gov.au

casey.vic.gov.au

 facebook.com/CityOfCasey

 [@CityOfCasey](https://twitter.com/CityOfCasey)

PO Box 1000
 Narre Warren VIC 3805

Customer Service Centres

Cranbourne

Cranbourne Park Shopping Centre

Narre Warren

Magid Drive

Narre Warren South

Amberly Park Shopping Centre