



5 tips for individuals to get the most from volunteering.

samtaler



1. Be realistic about your time commitment and consider this carefully before signing up.



2. Search and seek. You can search for advertised positions at your local Volunteer Centre or national bodies like NCVO and SCVO (Scottish Council for Voluntary Organisations). Still, it would be best if you also considered approaching organisations directly.



3. Get it in writing. Whether you volunteer formally or informally, you should draft a written agreement with the organisation. This helps clarify expectations and can prevent misunderstanding.



4. Think laterally. Volunteering should be exciting and fulfilling for you too. Think about the kinds of experiences that nourish you, decide on what you're looking to get out of volunteering and find organisations that align with your values.



5. Follow your passion. Volunteering can be challenging, especially if you have a job or family commitments. Make sure you care about the cause you are volunteering for, which will help you enjoy the experience and stay committed.

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