

Why Volunteer?

Volunteering can give you a direction and a focus to your career planning, it can help bridge the gap between education and the world of work and it can help you to get a job.

Volunteering can also help you to develop your interests, connect with your local community, help you to build a network of contacts and more importantly, give you a sense of personal growth and fulfilment.

You might want to broaden your horizons, meet new people or simply enhance your CV - whatever your reasons for wanting to volunteer there will be a type of volunteering to suit you.

What Would I Get Out of It?

You can;

- Develop communication and interpersonal skills,
- Improve your confidence,
- Gain a sense of achievement,
- Increase your employability,
- Enhance your future prospects,
- Gain an insight into possible future career paths,
- Learn how the voluntary sector works as an insider and
- Build a CV which employers will notice.

What Can Volunteers Do?

Pretty much anything, to be honest. From coaching a football team to designing costumes; event hosting to gardening; cleaning beaches to mentoring.

What Opportunities Are There for Me?

For information on Volunteering and LJMU, please contact the Student Volunteering on 0151 231 3159

For information regarding other voluntary opportunities take a look at our selection of **Volunteering Links** or come and see an **Employability Adviser** at one of the Campus Centres. You can also look for voluntary opportunities in the 'Work Experience' section of the [LJMU Vacancy Website](#).

Though by no means extensive, the list below contains the links for many different providers of voluntary opportunities - both short and long term. Should a provider fit neatly into more than one category, it has been included in each:

- General
- Local Opportunities
- Animal Welfare
- Arts and Heritage
- Campaigns
- Disaster and Relief
- Environment and Conservation
- Health and Social Care

- Overseas
- Religious
- Youth and Community
- Welfare

General

CSV <http://www.csv.org.uk/> - the UK's largest volunteering and training charity.

Do-It! <http://www.do-it.org.uk/> - A national database of volunteering opportunities in the UK. Search through over 1,000,000 opportunities to volunteer and apply online.

Ethical Volunteering <http://www.ethicalvolunteering.org/> - This site offers advice & information for people who are interested in international volunteering and want to make sure that what they do is of value to themselves and the people they work with.

Forum3 www.forum3.co.uk - There are thousands of volunteering opportunities happening all over the country that you could get involved in.

Institute for volunteering research <http://www.ivr.org.uk/> - Aims to develop knowledge and understanding of volunteering in a way that is relevant to practitioners and policy makers.

Reach www.reach-online.org.uk - Supports voluntary organisations by helping them secure high-quality business, management, technical and other professional expertise on a voluntary basis.

Volunteering England <http://www.volunteering.org.uk/> - The volunteering team work with and represent the whole student volunteering sector; covering Further and Higher Education.

The Online Volunteering service <http://www.onlinevolunteering.org/> - connects development organizations and volunteers over the Internet and supports their effective online collaboration.

Time Banks <http://www.timebank.org.uk> - Finds ways for you to give your time that suits who you are and meet the needs of the world we live in.

Volunteer Development Scotland <http://www.vds.org.uk/> - look for people who want to make a positive difference through volunteering.

Volunteering Wales <http://www.volunteering-wales.net/index.html> - There are plenty of opportunities to choose from to suit all ages and interests

WCVA <http://www.wcva.org.uk/> - WCVA is the voice of the voluntary sector in Wales. They represent and campaign for voluntary organisations, volunteers and communities.

Local Opportunities

JMU Volunteers <http://www.ljmu.ac.uk/volunteering/index.htm> - Over the last 4 years Liverpool John Moores University has developed a range of volunteering programmes.

Volunteering Merseyside <http://www.volunteeringmerseyside.org.uk/hub/> - is dedicated to supporting and promoting volunteering and volunteer management throughout Greater Merseyside.

Animal Welfare

Atlantic Whale Foundation <http://www.whalenaion.org/> - Activities revolve around education, conservation and research initiatives. The charity is volunteer led.

Cats Protection <http://www.cats.org.uk/>

Dogs Trust <http://www.dogstrust.org.uk/> - The largest dog welfare charity in the UK

PDSA <http://www.pdsa.org.uk/volunteering.html> - Every day thousands of people volunteer their time, energy and talents in order to volunteer for PDSA. Their support is vital and helps in so many ways, but particularly in fundraising to help generate the money needed to care for the 300,000 pet patients.

RSPCA <http://www.rspca.org.uk/> - The RSPCA's vision is to work for a world in which all humans respect and live in harmony with all other members of the animal kingdom.

The Royal Society for the Protection of Birds <http://www.rspb.org.uk/> - It's only with the support of people like you that they can continue their vital work saving wildlife and the habitats it depends on.

Arts and Heritage

British Association of Friends of Museums <http://www.bafm.org.uk/> - is an independent organisation established in 1973, for friends, volunteers and supporters in museums, galleries and heritage sites.

English Heritage <http://www.english-heritage.org.uk/> - Exists to protect and promote England's spectacular historic environment and ensure that its past is researched and understood.

National Trust for Scotland <http://www.nts.org.uk/Volunteering/>

Voluntary Arts Network <http://www.voluntaryarts.org/> - The Voluntary Arts Network aims to promote participation in the arts and crafts across the UK and Republic of Ireland. They recognise that they are a key part of our culture and as such they are absolutely vital to our health, social and economic development.

Campaigns

Amnesty International <http://www.amnesty.org.uk/> - As a movement of ordinary people from across the world standing up for humanity and human rights, their purpose is to protect individuals wherever justice, fairness, freedom and truth are denied.

Oxfam http://www.oxfam.org.uk/oxfam_in_action/what_we_do/index.html - is a vibrant global movement of dedicated people fighting poverty.

People and Planet <http://peopleandplanet.org/> - UK students campaigning on world poverty, human rights and the environment.

Stonewall <http://www.stonewall.org.uk/> - is renowned for its campaigning and lobbying.

Disaster and Relief

Action children <http://www.actionchildren.org/> - Works to assist and transform the lives of children affected by various forms of conflict or crisis be it war, extreme poverty, hunger, illness, persecution or neglect.

Amnesty International <http://www.amnesty.org.uk/> - As a movement of ordinary people from across the world standing up for humanity and human rights, our purpose is to protect individuals wherever justice, fairness, freedom and truth are denied.

Children in Crisis <http://www.childrenincrisis.org/> - exists to improve the lives of children around the world affected by conflict, deprivation, poverty or other hidden crises, by working in partnership with local communities to provide education, healthcare and protection.

Oxfam http://www.oxfam.org.uk/oxfam_in_action/what_we_do/index.html - is a vibrant global movement of dedicated people fighting poverty.

Environment and Conservation

African Conservation Experience <http://www.conservationafrica.net/> - has been sending volunteers to Africa for almost a decade and is the original, most experienced organisation for conservation placements in Southern Africa.

Ardeisland - <http://www.ardeisland.net> - The island is leased and managed as a nature reserve by the Island Conservation Society of Seychelles but is presently owned by the Royal Society of Wildlife Trusts (RSWT), a UK based charity.

Blue Ventures <http://blueventures.org/> - is an award-winning marine conservation organisation dedicated to conservation, education and sustainable development in tropical coastal communities.

Campaign to protect rural England <http://www.cpre.org.uk/home> - They campaign for a sustainable future for the English countryside, a vital but undervalued environmental, economic and social asset to the nation. They highlight threats and promote positive solutions

Coral Cay Conservation www.coralcay.org - Award winning specialists in coral reef and tropical forest conservation. You can join our projects as a volunteer, researcher or specialist and work hands-on, out in the field.

Dragonfly Volunteers <http://www.thai-dragonfly.com/> - work all across Thailand on projects which aid communities and environment. They are committed to providing local people and wildlife with help and support, and each volunteer with the best opportunity to work abroad and experience the amazing culture of Thailand.

Friends of the Earth <http://www.foe.co.uk/> - Making life better for people by inspiring solutions to environmental problems

Frontier <http://www.frontier.ac.uk/> – As an international conservation NGO they have successfully produced many tangible conservation and development achievements, including biodiversity research and community development projects.

Global Vision International <http://www.gvi.co.uk/> - More than 120 critical conservation and humanitarian projects in over 30 countries rely on GVI for volunteers, promotion and direct funding. GVI works locally with its partners to promote sustainable development through environment research, conservation and education

i-to-i <http://www.i-to-i.com/volunteer/> - programmes include conservation, building, wildlife and teaching opportunities.

People and Planet <http://peopleandplanet.org> - UK students campaigning on world poverty, human rights and the environment.

The Countryside Alliance <http://www.countryside-alliance.org.uk/> - works for everyone who loves the countryside and the rural way of life. Through campaigning, lobbying, publicity and education the Alliance influences legislation and public policy that impacts on the countryside, rural people and their activities.

The Woodland Trust <http://www.woodland-trust.org.uk/> is the UK's leading charity dedicated solely to the protection of our native woodland heritage.

WWOOF <http://www.wwoof.org/> - Worldwide Organic Farms link volunteers with organic farmers around the world to help people share a more sustainable way of living. In return for volunteer help WWOOF hosts offer food, accommodation and opportunities to learn about organic lifestyles.

Health and Social Care

Asthma UK http://www.asthma.org.uk/what_you_can_do/volunteer/index.html - Whether it's speaking to local groups and schools, campaigning for local asthma services or promoting Asthma UK's essential work, you will be raising asthma awareness and helping to free people with asthma from its effects.

AVSAR - <http://www.avsarindia.org/new/Volunteer.htm> - is a non-profit organization dedicated to help expand and improve the services of grassroots organizations which function as the primary source of healthcare for much of India's underprivileged population.

Azafady <http://www.azafady.org/> - Besides working for the environment through tree-planting and a range of conservation initiatives, they aim to directly tackle poverty through income-generating activities and by giving access to sanitation, clean drinking water and basic healthcare.

British Red Cross <http://www.redcross.org.uk/TLC.asp?id=75777>

Cancer Research UK <http://supportus.cancerresearchuk.org/volunteer/> - offers a wide range of volunteer work. You could try their internship scheme, volunteer in a shop, or volunteer at one of their major events.

Children in Crisis <http://www.childrenincrisis.org/> - exists to improve the lives of children around the world affected by conflict, deprivation, poverty or other hidden

crises, by working in partnership with local communities to provide education, healthcare and protection.

Hospice Volunteering <http://www.hospicevolunteering.info/> - Hospices aim to give people the best possible care when they are faced with terminal illness, and to support their families and friends through the most difficult of times. The help of many thousands of volunteers is crucial in enabling them to do this.

Macmillan <http://www.macmillan.org.uk> - Cancer Support improves the lives of people affected by cancer. They provide practical, medical, emotional and financial support and push for better cancer care.

The Food Chain <http://www.foodchain.org.uk/volunteer/> - exists to help ensure that those living with HIV in the UK have access to good nutrition to regain their health and stay well.

The Royal Life Saving Society <http://www.lifesavers.org.uk/> - The Royal Life saving Society UK is a registered charity with a vision to safeguard lives, in, on and near water

Overseas

2Way Development <http://www.2way.org.uk/> - is a totally different kind of organisation, offering a unique service to people looking for international voluntary experiences. They provide independent, professional support to volunteers in the organisation of placements overseas, in all sectors of work.

Action Children <http://www.actionchildren.org/> - Works to assist and transform the lives of children affected by various forms of conflict or crisis be it war, extreme poverty, hunger, illness, persecution or neglect.

Africa and Asia Venture <http://www.aventure.co.uk/> - are one of the UK's leading 'Year Out' organisations.

Africa Trust <http://www.africatrust.org.uk/site/> - Since 1994 Africatrust has been committed to working with disadvantaged young people in North and West Africa and to helping enthusiastic international volunteers gain valuable work-experience in Africa whilst making a real difference

African Conservation Experience <http://www.conservationafrica.net/> - has been sending volunteers to Africa for almost a decade and is the original, most experienced organisation for conservation placements in Southern Africa.

AFS Intercultural Programs http://www.afs.org/afs_or/home - AFS is a leader in intercultural learning and offers international exchange programs in over 50 countries around the world through independent, not-for-profit AFS organizations, each with a network of volunteers, a professionally staffed office, and headed up by a volunteer board.

AidCamps International <http://www.aidcamps.org/> - is a registered charity that offers you the opportunity to participate in short term voluntary work development aid projects overseas in conjunction with local non-governmental organisations in the third world.

Alliance Abroad Group <http://www.allianceabroad.com/> - Founded in 1992,

Alliance Abroad Group, L.P. offers customized internship, work, teach and volunteer programs for students and graduates in and outside of the USA.

ALVP - <http://www.alvp.org.uk/> - Assumption Lay Volunteer Programme - The volunteer programme is for those who wish to share in the lives of the poor, the young and the marginalized, both in the UK, and with Assumption communities around the world.

Amnesty International <http://www.amnesty.org.uk/> - As a movement of ordinary people from across the world standing up for humanity and human rights, their purpose is to protect individuals wherever justice, fairness, freedom and truth are denied.

Arideisland - <http://www.arideisland.net> - The island is leased and managed as a nature reserve by the Island Conservation Society of Seychelles but is presently owned by the Royal Society of Wildlife Trusts (RSWT), a UK based charity.

ARSP <http://www.actionreconciliation.org/> - Aktion Sühnezeichen Friedensdienste, or Action Reconciliation Service for Peace (ARSP), is a German peace and volunteer service organization founded in the aftermath of World War II to confront the legacy of the Nazi regime ARSP's mission is accomplished through long-term and short-term volunteer programs.

Aventure <http://www.aventure.co.uk/> - ensure that volunteers get the most from their gap year experience.

AVSAR - <http://www.avsarindia.org/new/Volunteer.htm> - is a non-profit organization dedicated to help expand and improve the services of grassroots organizations which function as the primary source of healthcare for much of India's underprivileged population.

Azafady <http://www.madagascar.co.uk> - Besides working for the environment through tree-planting and a range of conservation initiatives, they aim to directly tackle poverty through income-generating activities and by giving access to sanitation, clean drinking water and basic healthcare.

Blue Ventures <http://blueventures.org/> - is an award-winning marine conservation organisation dedicated to conservation, education and sustainable development in tropical coastal communities.

BTCV <http://www2.btcv.org.uk> - is a unique international volunteering organisation providing the bridge between global environmental ideals and local reality in the UK and overseas.

BUNAC <http://www.bunac.org/volunteer/> - If you are looking for a truly challenging and rewarding overseas experience, taking part in a BUNAC Volunteer Programme offers you a special opportunity to make a real difference to a community project.

Cactus Volunteer Abroad <http://www.volunteers-abroad.com/> - offer a wide range of volunteer programmes in countries across the world, home and abroad. Our volunteer programmes provide unique work and travel experiences to people from all ages and backgrounds.

Cafod <http://www.cafod.org.uk/jobs> - Do you want to use your skills in a global team tackling injustice and poverty? You could play a vital role in their work.

CCUSA <http://www.ccusa.com/default.aspx> - is an international working adventure specialist.

Children in Crisis <http://www.childrenincrisis.org/> - exists to improve the lives of children around the world affected by conflict, deprivation, poverty or other hidden crises, by working in partnership with local communities to provide education, healthcare and protection.

CLIC Sargent <http://www.clicsargent.org.uk/> - caring for children with cancer.

Concordia <http://www.concordia-iye.org.uk/> - Through their Standard Programme you could become an international volunteer overseas in many destinations

Coral Cay Conservation www.coralcay.org - Award winning specialists in coral reef and tropical forest conservation. You can join their projects as a volunteer, researcher or specialist and work hands-on, out in the field.

Cross-Cultural Solutions <http://www.crossculturalsolutions.org/> - As an international volunteer with Cross-Cultural Solutions, you're making a meaningful contribution, working side-by-side with local people and sharing in the goals of a community that warmly welcomes you.

Development in Action <http://www.developmentinaction.org/> - Development in Action (DiA) is a development non-governmental organisation (NGO) run by young people for young people. Their main objective is to promote global citizenship by encouraging engagement in global issues amongst young people in the UK.

Dragonfly Volunteers <http://www.thai-dragonfly.com/> - Work across Thailand on projects which aid communities and the environment. They are committed to providing local people and wildlife with help and support, and each volunteer with the best opportunity to work abroad and experience the amazing culture of Thailand.

Ethical Volunteering <http://www.ethicalvolunteering.org/> - This site offers advice & information for people who are interested in international volunteering and want to make sure that what they do is of value to themselves and the people they work with.

Experience Mexico - <http://www.experiencemexico.co.uk/> - Fantastic for a gap year, and many other occasions.

Frontier <http://www.frontier.ac.uk/index.php?l1=33> - As an international conservation NGO they have successfully produced many tangible conservation and development achievements, including biodiversity research and community development projects.

Global Vision International <http://www.gvi.co.uk/> - Global Vision International (GVI) offers volunteers the opportunity to make a genuine difference through its expeditions and projects while having an amazing hands-on experience.

Gmat Volunteer Network <http://www.volunteermatch.org/search/org52296.jsp> - helps organize volunteer placement programs for international volunteers to get involved in various humanitarian projects in Ghana. Most of the projects focus on sports, children, youth and community development.

i-to-i <http://www.i-to-i.com/volunteer/> - projects include conservation, building, wildlife and teaching opportunities.

Out Reach International <http://www.outreachinternational.co.uk/> - If you're thinking of participating in volunteer work abroad, Outreach International is a small, specialist organisation that places committed volunteers in carefully selected, meaningful projects.

Oxfam http://www.oxfam.org.uk/oxfam_in_action/what_we_do/index.html - is a vibrant global movement of dedicated people fighting poverty.

Quest Overseas - <http://www.questoverseas.com/> - trips ensure you pack the most into your time overseas. Take one of their combined trips and mix volunteering with an amazing adventure - all with a team of other 18-25 year olds.

Raleigh - <http://www.raleigh.org.uk/> - Since 1984 their expeditions have inspired 30,000 people from all walks of life, nationalities and ages to be all they can be, helping them develop new skills, friendships and make a difference to communities and environments across the world.

Real Gap Experience <http://www.realgap.co.uk/> - Choose from volunteer work opportunities all over the world you'll know that you are doing something really wonderful and worthwhile!

STA Travel <http://www.statravel.co.uk/> - Have an amazing travel experience, gain a unique insight into a foreign culture and make a positive contribution. Take a look at the meaningful travel projects.

Survival <http://www.survival-international.org/about/volunteer> - is the only international organisation supporting tribal peoples worldwide.

Travellers World Wide www.travellersworldwide.com - Over 300 voluntary projects abroad in 21 countries

VESL <http://www.vesl.org/> - is a UK charity and provides meaningful short, mid and long term volunteering opportunities in Sri Lanka, India and Thailand

VSO <http://www.vso.org.uk/> - An international development charity

War on Want - www.waronwant.org - Fighting international poverty by campaigning in the UK for a better deal for the world's poor, and working directly with poor people across the developing world

Working Abroad <http://www.workingabroad.com/> - For 1000s of other local grassroots organisations in Asia, Africa, L America, Europe & N America, visit their Working Abroad Personalised Search

World Development Movement <http://www.wdm.org.uk/> - The World Development Movement (WDM) tackles the underlying causes of poverty. They lobby decision makers to change the policies that keep people poor

Religious Projects

Jesuit Volunteer Community <http://www.jvcbritain.org/index.htm> - The Jesuit Volunteer Community provides opportunities for volunteers from Britain and overseas to work in British inner cities for a year, or for a month during the summer.

Youth and Community

Africa Trust <http://www.africatrust.org.uk/site/> - Since 1994 Africatrust has been committed to working with disadvantaged young people in North and West Africa and to helping enthusiastic international volunteers gain valuable work-experience in Africa whilst making a real difference

ALVP <http://www.alvp.org.uk/> - The volunteer programme is for those who wish to share in the lives of the poor, the young and the marginalized, both in the UK, and with Assumption communities around the world.

Cross-Cultural Solutions <http://www.crossculturalsolutions.org/> - As an international volunteer with Cross-Cultural Solutions, you're making a meaningful contribution, working side-by-side with local people and sharing in the goals of a community that warmly welcomes you.

Frontier <http://www.frontier.ac.uk/index.php?l1=33> - As an international conservation NGO they have successfully produced many tangible conservation and development achievements, including biodiversity research and community development projects.

Gmat Volunteer Network <http://www.volunteermatch.org> - is an organization that helps organise volunteer placement programs for international volunteers to get involve in various humanitarian projects in Ghana. Most of the projects place emphasis on sports, children, youth and community development.

NAVCA -National Association for voluntary and Community Action (NAVCA) <http://www.navca.org.uk/> - is the national voice of local third sector infrastructure in England. Their members work with 164,000 local third sector groups and organisations that provide community services, regenerate neighbourhoods, promote volunteering and tackle discrimination in partnership with local public bodies.

Welfare

Age Concern <http://www.ageconcern.org.uk/> - the UK's largest charity working with and for older people

ATD - <http://www.atd-uk.org/> - Friends of ATD Fourth World volunteer their time and talents, offering all kinds of experience and skills. They are essential for the development of our anti-poverty work in the UK and work closely with the full-time team.

Citizens Advice Bureau http://www.citizensadvice.org.uk/index/join-us/volunteer_bureau_search.htm - The Citizens Advice service helps people resolve their legal, money and other problems by providing free information and advice from 3,300 locations, and by influencing policymakers

Kith and Kids <http://www.kithandkids.org.uk/> - Overall aim is to empower families living with disability to overcome their social isolation and access the services they need.

L'Arche <http://www.larche.org.uk/> - is a family of 130 Communities in 30 countries all round the world. In L'Arche Communities people with learning disabilities and their Assistants live and work together.

Scope <http://www.scope.org.uk/support/volunteer/> - An organisation in England and Wales whose focus is people with cerebral palsy. There are lots of ways for everybody to volunteer with Scope, in their shops, their services or their offices

Shelter

http://england.shelter.org.uk/what_you_can_do/volunteer/how_do_i_become_a_volunteer - At Shelter they are always looking for volunteers. Apply to become one now to gain some valuable work experience and the satisfaction of helping a good cause.

Simon Community <http://www.simoncommunity.org.uk/> - Living and working with London's street homeless. Much of the work in The Simon Community is carried out by volunteers, who co-ordinate and run residential and outreach work.

Skill <http://www.skill.org.uk/index.aspx> - National bureau for students with disabilities. Skill is an independent national charity that promotes opportunities to empower young people and adults with any kind of impairment to realise their potential in further, continuing and higher education, training and employment.

Stonewall <http://www.stonewall.org.uk/> - is renowned for its campaigning and lobbying.

The Refugee Council <http://www.refugeecouncil.org.uk/> - is the largest organisation in the UK working with asylum seekers and refugees.

Treloar Trust www.treloar.org.uk - provides education, care, therapy, medical support and independence training to young people with physical disabilities from all over the UK and overseas.

Victim Support <http://www.victimsupport.org.uk> - Victim Support is the national charity that helps people affected by crime.

Vitalise <http://www.vitalise.org.uk/> - Vitalise is a national charity providing short breaks (respite care) and other services for disabled people, visually impaired people, and carers

War on Want www.waronwant.org - Fighting international poverty by campaigning in the UK for a better deal for the world's poor, and working directly with poor people across the developing world