

national day
of
volunteering
www.volunteer.ie



volunteer centres

Ionaid d'Oibrí Deonacha na hÉireann

IRELAND



The National Day of Volunteering

Frequently Asked Questions

Q. What is the National Day of Volunteering?

- A.** The National Day of Volunteering, a Volunteer Centres Ireland initiative, is that one day of the year when we encourage everyone in Ireland to give volunteering a go, to show that – even for a minute, an hour, a day - volunteering can make a big difference and be a lot of fun.

Q. What is volunteering?

- A.** Volunteering is any action undertaken of a person's freewill for the benefit of others for which no payment is expected. More than this, it is the building block of community and the essence of society. Voluntary activity is an essential sign of a society in which people care for one another. Without it, we are only a country of individuals.

Q. Who can take part in the National Day of Volunteering?

- A.** Everyone! The National Day of Volunteering is for absolutely everyone, so no matter who you are or where you live you can get involved and help make a difference. You can volunteer as an individual or as part of a family, business or group of any kind.

Q. Why take part in the National Day of Volunteering?

- A.** Because volunteering benefits everyone, creates community spirit and is a lot of fun. Volunteering has a proven positive impact on volunteers, those they volunteer with and society in general.

Check out www.volunteer.ie to see why individuals, groups and organisations took part last year.

Q. How can I take part?

- A.** It's up to you! Here are some of the options;

1) Initiate a Project

Take a look around you and think about what you could do to help out, get involved or bring people together to benefit the people or places in your local community. For ideas and advice check out www.volunteer.ie, contact your local volunteer centre (details on website) or call us on 01 7994519.

Once you (individually or as a group) have decided on a project, register it at nationalday@volunteer.ie.

2) Join a Project

Contact your local volunteer centre or check the Opportunities Database at www.volunteer.ie to find projects available in your area.

3) Spread the word!

Tell everyone! Tell all your friends, family and colleagues, as well as your local newspapers and radio stations about your project, including loads of photos. We are also looking for National Day of Volunteering ambassadors to help us spread the word, so if you are interested please contact us at nationalday@volunteer.ie. Check out www.volunteer.ie for further ways to support and publicise your event.

Q. Are there any issues I need to consider when organising a project?

- A.** Most volunteering projects can go ahead easily, below are some issues that you may consider:

When to get started - This will depend on the size of your project. We advise you to begin preparation at least a month in advance of the National Day of Volunteering so around the start of September 2010.

Planning - Be realistic about the time and resources available to organise a project; better off to organise a small successful one than struggle at something too big!

Permission - Make sure you have permission from all parties involved, e.g., permission from a charity organisation to come in and redecorate their premises, permission with the local council for conducting events in public places, etc.

Communication - Good communication should be maintained with all parties to ensure the success of your project and to enhance the benefits for all.

Insurance - If your project requires Public Liability Insurance, BHP will cover a participating group for approx. €50. Contact BHP on Local number 1890 666 111 for more information.

Waste Disposal - Clean-up projects must make sure that they have sufficient means to dispose of waste.

Materials - Materials are often required for your project. We encourage people to seek sponsorship from local businesses for their projects. For example, a garden centre might provide you with free or discounted plants for your project. See www.volunteer.ie for information on securing support or sponsorship for your project.



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Frequently Asked Questions (continued)



Q. What if October 1st doesn't suit me or my group?

- A.** You can hold your project over the weekend, or perhaps the week before or the week after. Make sure to register your project all the same, as it all counts towards the National Day of Volunteering.

Q. How much time is involved?

- A.** Whatever amount of time suits you. From giving blood, donating clothes to a local charity shop to reading to residents in a nursing home, it all makes a difference. You can commit from 30 minutes to a whole day by joining one of our registered projects or go it on your own and organise the redecoration of a local community centre.

Q. Do I have to make a regular commitment to volunteering?

- A.** The National Day of Volunteering is all about giving you a small hands-on taste of volunteering through once-off local projects. There is no obligation to commit to anything beyond the end of your project. Many do discover a real passion for volunteering however, and decide to get involved further on a part time, full time or temporary basis - but it's totally up to you.

If you would like to pursue further volunteering opportunities after the National Day of Volunteering, your local volunteer centre will have information on organisations or places that require volunteers. See www.volunteer.ie for more information.

Q. What if I am already involved in volunteering?

- A.** If you volunteer regularly, great! On the National Day of Volunteering, give an extra push to your ongoing volunteer activity. For example, if you are involved with a club or organisation, hold an open evening or recruitment drive to find new volunteers.

Q. Where can I get posters, t-shirts and other promotional items for my project?

- A.** Contact nationalday@volunteer.ie and let us know what you need.

Q. How can I share or discuss my ideas?

- A.** We would be delighted to hear from you on our facebook page and our forum at www.volunteer.ie! Please tell us about your ideas, how your projects are getting on (with photos) or simply use them if you want to get feedback from other volunteers.

