



UNIVERSITY OF CAMBRIDGE

Office of External Affairs
and Communications

Student Volunteering

Volunteering can play a significant role in people's lives while they are studying at University. One way to involved in the local community is to volunteer and you can also make a lot of new friends. Some people volunteer to 'give something back' to the community or pursue a new interest.

Why volunteer?

- It is a great way to meet new people and gain a new circle of friends
- It can provide a welcome relief from day-to-day academic work
- You have the opportunity to pass on your skills
- You can gain a whole range of new skills such as teamwork, management, communication, business skills and many more.
- The community will benefit from your time and experience
- It provides an opportunity to put something back into society and you can contribute to the cause of your choice
- It provides new challenges
- It's fun

What opportunities are available?

Opportunities are numerous and hugely diverse, including, for example, writing a business plan for a social enterprise, running arts workshops for community groups, conservation work at a National Trust property or caring for animals at a rescue shelter. Whatever your interests or experience, there is likely to be an opportunity to volunteer.

How much time will I need to commit?

As much or as little as you like. Some people like to set side 1-2 hours each week on a particular day and time. Others like to be completely flexible and fit their volunteering around other activities. You can choose how much time to give - even as little as an hour a week can really benefit a charity or community organisation.

Where can I find out more?

- **Student Community Action** is a student-run organisation that provides volunteering opportunities for students at Cambridge University and Anglia Ruskin University. They run several projects of their own, as well as recruiting for nearly 60 other organisations. Big Siblings is one example where volunteers befriend a child of a lone parent or a child with a disability. Big Siblings gives children a chance to get to know another adult outside the family, and gives both parent and child a break from each other. www.cambridgesca.org.uk 01223 350365 mail@cambridgesca.org.uk
- **Cambridge & District Volunteer Centre** matches people who want to volunteer with organisations needing volunteers in the Cambridge City and South Cambridgeshire <http://www.cam-volunteer.org.uk/> 01223 356549 info@cam-volunteer.org.uk
- **Do-it** is a national database of around 800,000 volunteering opportunities. You can search by interest and location and apply online. <http://www.do-it.org.uk>

Community Affairs at the University of Cambridge

The Community Affairs team can provide advice and support to students who want to set up an outreach activity or community project. For more information, please contact Community Affairs on 01223 339666, email emma.wenborn@admin.cam.ac.uk or visit www.cam.ac.uk/communityaffairs