

Step by Step Guide to Getting Involved in the National Day of Volunteering



The National Day of Volunteering 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! You can get involved as an individual, with friends, family or classmates.

There are many ways you can get involved, including:

- **Register for an existing project**
Either on your own, with family, friends or classmates, log on to www.volunteer.ie and check out the National Day of Volunteering projects that require volunteers. Have a think about social issues that concern you (the environment, homelessness, young people for example) and see if there are any opportunities in that area or simply take a look at what's on offer and register for something that appeals to you.
- **Create your own project**
Why not have a think about something that needs doing in your community and set about doing it? You could also get in touch with a community or voluntary organisation and suggest a project to them? Take a look around you and think, what are the most pressing social issues and how can I help? You might already be involved with an organisation or charity. Why not get in touch with them and find out if they need some assistance for a day? Your skills and talents might be just what they are looking for!
- **Join our flagship event of the year**
Every year NDV hosts a flagship volunteering event that creates a sense of community by getting many people to commit to the same event. This year's flagship event is a national 'knit-a-thon'. Visit www.volunteer.ie for more information on the project and how to get involved. Remember, every little bit helps, so no matter how big or small, we are sure there are ways you can help!
- **Commit a Random Act of Volunteering**
The easiest way to get involved in NDV is to commit a random act of volunteering. Random acts of volunteering are simple acts of volunteering that require no planning. Check out the list of RAVs on our website and choose one or more of the 31 suggestions – or make up your own! Be sure to register the act on our website, post it on our Facebook page or tweet us @voluntireland

- **Simply thank a volunteer**

Everyone knows someone who volunteers! Why not take the time to say "thank you" to someone you know who volunteers? You can do this by thanking them personally, entering their name on our website so that we can add them to our roll of honour or by downloading one of our sample thank you cards and sending it to them – or all three!

No matter how you choose to get involved, don't forget to let us know so we can count you in. You can register for a project, register your own project or register to get involved in this year's flagship event on www.volunteer.ie.

Don't forget the basics

- www.volunteer.ie and your local Volunteer Centre are here to help you if you need further information or advice.
- If you've registered for a project, don't forget to make sure when and where the event is and be sure you confirm your involvement close to the day.
- If you're organising a project yourself, make sure there are enough supplies, everyone knows what they are doing and where, and that you've thought about health and safety and insurance.
- Let us know what you're up to so we can count you in.
- Take pictures so we can see the success of your volunteering. Email photos to ndv@volunteer.ie, post them on our facebook page or tweet us @voluntireland
- Spread the word! Let others know you are getting involved in NDV and suggest they do the same.

