

Volunteering myths ... busted

Volunteering takes a lot of time out of my week

There are plenty of opportunities that only require a small amount of time.

Volunteering is just for old people

Young people are just as passionate and informed, and are keen to help

I'm only one person. I can't make a difference

Working as part of a team will make a difference.

Volunteers need to have specific skills before starting

Many organisations will teach volunteers what they need to know

Volunteers need to be super passionate about a cause

All you need is curiosity

You need to be experienced in the area in which you want to volunteer

Volunteering is a great opportunity to learn new skills or gain experience

Volunteering means committing for a long time

There are plenty of short-term or one-off volunteering opportunities

There are no opportunities for training or development

Plenty of organisations provide training and opportunities for personal or professional development

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