

# Who We Are

## Dún Laoghaire / Rathdown Volunteer Centre

Ph: 01 2090630 - [www.volunteerdli.ie](http://www.volunteerdli.ie)

We match people interested in volunteering with voluntary organisations that need volunteers in Dún Laoghaire Rathdown. We have an up to date database of volunteering opportunities in a wide range of different categories.

## Dún Laoghaire Youth Information Centre

Library Road, Dún Laoghaire,

Ph: 01 2809363 - [www.youthquest.ie](http://www.youthquest.ie)

We are a one-stop shop for information on a wide range of subjects from sports & leisure, education, careers, rights & entitlements, travel and accommodation.

The service is free! So if you are aged 15-25, check us out!



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# What can I do?

## Group Projects:

Talk to your teacher or youth worker about how your class / group could get involved in a project and make a difference in your community.

## Suggestions:

- ‡ Tidy up a local wasteland or park.
- ‡ Fund raise through a sponsored event for a special cause.
- ‡ Organise a Community Fun Day.
- ‡ Teach older people to use mobile phones or computers.
- ‡ Become Young Social Innovators - pick an issue that is important to you and take action to make things better. [www.youngsocialinnovators.ie](http://www.youngsocialinnovators.ie)

# When contacting an organisation

- ‡ Tell them why you would like to volunteer with them.
- ‡ Be clear about when you are available what time and for how long.
- ‡ Tell them what you are good at.

# Do I need experience to be a volunteer?

Most of the time you don't need much experience but they do want you to

- be reliable
- have an interest in the cause
- be willing to get involved

Many organisations give you training as needed. Some organisations ask for references and Garda Clearance.



# GET INVOLVED

15-18s



## Volunteering - what's the point?

- ‡ Make a difference to your local area.
- ‡ Learn and develop new skills.
- ‡ Feel good about yourself.
- ‡ Get valuable work experience.
- ‡ Do something you love.
- ‡ Make a difference to something or someone.
- ‡ Have fun & meet new friends.

## Where do I start?

Many organisations won't take volunteers under 18 but there are still opportunities out there - you just need to know where to start

- ‡ Choose something you enjoy or are interested in e.g. environment, animals etc - it will be much more rewarding and fun.
- ‡ Ask about voluntary work options in your area and keep an eye out for notices looking for volunteers.
- ‡ Make contact with a local organisation or community group and ask them about volunteering opportunities.
- ‡ Check out [www.volunteerdIreland.ie](http://www.volunteerdIreland.ie) to see if there are any volunteer opportunities for your age group.

## What can I do?

### As an individual:

- ‡ Work in a Charity shop.
- ‡ Visit older people in a nursing home.
- ‡ Take part in a bucket collection or bag pack for a charity.
- ‡ Volunteer in a sports club, youth group or a local summer project.
- ‡ Help out in a Special Olympics club.
- ‡ Get involved in a community clean up of a park or beach.
- ‡ Help out at an Animal Shelter.
- ‡ Join the Civil Defence.

### Youth-Led Projects:

**Be a young leader** in a youth group or club: Contact Dundrum/Rathdown Youth Service Ph: 4938 284 or Dún Laoghaire Youth Service Ph: 2806 147. Take part in the Youth Leadership Programme (aimed at 15 - 18 years) run through Dún Laoghaire Youth Service.

**Comhairle na nÓg:** the local youth council which gives young people a chance to be involved in the development of local services and policies. Dún Laoghaire/Rathdown Co. Co. Ph. 01 2047295

**Youth Café Committee:** Get involved in a local Youth Café in Central Dún Laoghaire run by young people for young people. Ph: 086 8401046

### Through a Programme:

**VSI Teenage Programme:** (open to people aged 16-25 years) short-term volunteer opportunities in Ireland and abroad. [www.vsi.ie](http://www.vsi.ie)

**An Gaisce President's Award.** Personal challenge award open to 15 - 25yrs. [www.gaisce.ie](http://www.gaisce.ie)

