

# **Corporate Volunteering Opportunities 2021**

## **Introduction**

The objective of this document from Business in the Community Ireland is to provide member companies with a list of charities and non-profit organisations who can offer impactful, enjoyable, corporate volunteering opportunities.

Through the pandemic lockdowns during 2020-21, Business in the Community Ireland has helped our member companies to implement Virtual Volunteering campaigns. As many of the more traditional channels of volunteering were closed off during the Covid-19 pandemic, we facilitated our network and their employee volunteers to connect virtually with partner charities and their service users. Now, with many pandemic restrictions thankfully easing, we can showcase more in-person, team, and outdoors volunteering opportunities. This document has an emphasis on those options.

Our intention with this document is to provide as wide an array of volunteering opportunities as possible, so that any employee from any department of a company might be able to participate, no matter what their time commitment, skillset, or location might be. We have also grouped these volunteering opportunities across a few broad sectors, including:

- Befriending
- Employability
- Environment & Biodiversity
- Education

**Part 1** of the document presents **volunteering opportunities with BITCI** programmes across both education and employment. **Part 2** presents **opportunities** we are aware of **within other NGOs** and Charities. Please note it is the responsibility of the employer to conduct their own due diligence and to assess each charity and opportunity to make an informed decision **on whether or not it is a good fit for the company**.

Each of the volunteering opportunities listed in this document provide contact details for the charity or NGO, plus information on the skills required of volunteers and the time they might need to commit to the cause or organisation. We hope this information will give you food for thought when deciding on your future CSR partnerships and employee engagement activities.

Please note that **this is ‘a live document’** and that Business in the Community will be continually updating as we become aware of volunteering opportunities from the non-profit sector. If you avail of any of the opportunities profiled within this document, we would **appreciate your feedback** on the experience as we endeavour to ensure the quality of the information provided. The information in this document is correct as of the 1<sup>st</sup> of October 2021, but if you wish to get a more **up-to-date version** or to **provide any feedback, contact Joe O’Donnell at [jodonnell@bitc.ie](mailto:jodonnell@bitc.ie)**.

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# Part 1 – Volunteering Opportunities with BITCI Social Inclusion Programmes






## 1 Education



Business Action on Education is a nationwide initiative that aims to develop mutually beneficial partnerships between schools and businesses in Ireland which support the Government’s overall strategy on educational inclusion.

### 1.1.1 Business in the Community Ireland’s MET & MEP Programmes

 <p>Volunteering Opportunity</p>	<p>The BITCI <b>Management Excellence for Teachers and Principals</b> programmes. Since 2009, the Management Excellence for Teachers and Principals programmes have created opportunities for Irish business to share their knowledge and expertise with local teaching professionals. Over 200 sessions have been delivered nationwide, with companies sharing their industry knowledge and transferable skills. Over 4,000 educators have been positively impacted.</p> <p>The programmes connect industry leaders directly with teachers and guidance counsellors on future trends. By delivering an MET or MEP session, your company could provide educators with an insight into your industry, and you can help outline future career options for school leavers (including the range of roles, apprenticeship programmes, training, and Learning &amp; Development). Among the subjects in big demand among BITCI’s partner schools – and which your company volunteers could help deliver are:</p> <ul style="list-style-type: none"> <li>▪ Communications</li> <li>▪ Branding, Marketing &amp; PR</li> <li>▪ Effective Teamwork</li> <li>▪ Leadership &amp; Goal Setting</li> </ul>
 <p>Skills Required of Volunteer</p>	<p>The BITCI Education team are looking to recruit employee volunteers who are thought leaders or subject experts in the areas listed above, and who have excellent communications and presentation skills.</p>
 <p>Time Commitment</p>	<p>Sessions are typically 1.5 to 2 hours long, and during the last academic year they have been delivered online.</p>

 <p>Training for Volunteers</p>	<p>Full support is provided by a BITC Regional Coordinator to plan and organise the event including content, format, planning, timing, presentations, hosting and managing the invitations and guests. A post-event evaluation report is provided to the company to reflect the value and impact of the session delivered.</p>
 <p>Timeframe</p>	<p>The MET &amp; MEP programmes broadly mirror the academic year and run from mid-August through to early May.</p>
 <p>Location</p>	<p>Nationwide</p>
 <p>Type of Volunteering</p>	<p><b>In-person or Virtual:</b> The MET &amp; MEP programme will be delivered virtually until the end of 2021, after which we hope to revert to delivering in them in-person to groups of teachers and principals. <b>Individual or Teams:</b> An MET or MEP session could be delivered by an individual subject expert, or by a team of volunteers from a company.</p>
 <p>Contact Details</p>	<p>Germaine Noonan - Head of Education Programmes <b>Email:</b> <a href="mailto:gnoonan@bitc.ie">gnoonan@bitc.ie</a> or <b>Phone:</b> 086 816 0448</p>

## 2 Employment



One of the most pressing societal issues in Ireland is the continued unemployment rates for marginalised people. Business in the Community Ireland - through our Business Action on Employment programmes - provides practical supports to clients and opens up an untapped diverse talent pool for your company.

**Business in the Community Ireland have a range of diversity and inclusion programmes:**

### EPIC

Works with people from migrant or refugee backgrounds and features pre-employment training, one to one guidance and opportunities for work experience. Immigrants and refugees arriving in Ireland face significant barriers to integrate within Irish society. Cultural differences, lack of recognition of qualifications, and absence of Irish work experience are some of their key challenges.

### Ready for Work

The Ready for Work programme helps people with disabilities and health challenges connect with the workplace. The programme provides guidance, work experience and in-work supports.



## The Women@Work programme

This programme supports women to return to the work force - or to enter it for the first time - by connecting them with businesses. It provides a next step for women who have already participated in existing high quality employability programmes but who have not yet found suitable employment. Women@Work is jointly funded by the Department of Children, Equality, Disability, Integration and Youth and the European Social Fund (ESF).



## Volunteering Opportunities with the BITCI Employment Opportunities

There is a wide variety of options for how your company and your employee volunteers can support job seeking clients on BITCI's employment programmes. We have volunteering opportunities that cater to any skill level within your organisation and that can meet the varying amounts of time that your staff might be able to commit to a volunteering activity. Among the volunteering options available to you through BITCI's employment programmes are:


### 2.1.1 Mentoring or Career Buddying


 <p>Volunteering Opportunity</p>	<p><b>Mentoring or Career Buddying:</b> As a volunteer your employees provide a combination of professional advice and friendly support to one of our jobseekers as they navigate the Irish employment market.</p>
 <p>Time Commitment</p>	<p>Suitable for groups of volunteers available for 4 – 6 virtual meetings over 3 – 6 months</p>

### 2.1.2 Coaching



 <p>Volunteering Opportunity</p>	<p><b>Coaching:</b> As a volunteer coach, your employee can help a jobseeker to identify a particular area where they would like to make a change and use a coaching approach to help them achieve it.</p>
 <p>Time Commitment</p>	<p>Suitable for individuals or groups of volunteers available for 4 – 6 virtual meetings over 3 – 6 months</p>

### 2.1.3 Wednesday Workshops



 <p>Volunteering Opportunity</p>	<p><b>Wednesday Workshops:</b> Could you deliver a virtual workshop for a group of BITCI's employment programme participants? Partner companies of BITCI have previously delivered workshops on careers in particular sectors, or topics such as Resilience and Stress Management, Presentation Skills, Body Language, Developing an 'Elevator Pitch', Online Job Searching, Networking, and Employment Rights.</p>
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 <p>Time Commitment</p>	<p>Suitable for individuals or groups of volunteers available for 2 hours (including 1-hour virtual meeting) at least twice a year.</p>
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#### 2.1.4 Time to Talk

 <p>Volunteering Opportunity</p>	<p><b>Time to Talk:</b> Meet our participants for casual conversations in English. Many of our participants speak English as a second language and are always looking for ways to improve their language skills. Volunteers can help them develop their vocabulary and listening skills and build their confidence in speaking English.</p>
 <p>Time Commitment</p>	<p>Suitable for groups of volunteers available for 8 meetings over 2 months.</p>


#### 2.1.5 Mock Interviews

 <p>Volunteering Opportunity</p>	<p><b>Mock Interviews:</b> Help a jobseeker become more comfortable with the recruitment process by giving them an online mock interview, while also providing them with invaluable feedback on how might improve their interview performance.</p>
 <p>Time Commitment</p>	<p>Suitable an employee volunteer who might be available for 1.5 hours.</p>


#### 2.1.6 Networking

 <p>Volunteering Opportunity</p>	<p><b>Networking:</b> Meet a jobseeker for a ‘virtual coffee’ to chat about how to build a career in a particular industry sector or in your company and help that jobseeker to build their professional network of contacts</p>
 <p>Time Commitment</p>	<p>Suitable for individuals or groups of volunteers available for 2 hours over 3-4 weeks.</p>



#### 2.1.7 Expert CV, Cover Letter & LinkedIn advice

 <p>Volunteering Opportunity</p>	<p>Expert CV, Cover Letter &amp; LinkedIn advice for your employment sector: Give a jobseeker looking for employment in your area feedback on how they might improve their CV or set-up/revamp their LinkedIn profile.</p>
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 <p>Time Commitment</p>	<p>Suitable for individuals or groups of volunteers available for 2-3 hours over 3-4 weeks</p>
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### 2.1.8 Tour of your Company

 <p>Volunteering Opportunity</p>	<p><b>Tour of your Company:</b> Introduce jobseekers to colleagues from departments across your company, giving them an insight into how your organisation operates and the variety of career opportunities available within it.</p>
 <p>Time Commitment</p>	<p>Suitable for groups of employees available for 2-3 hours up to twice a year.</p>

### 2.1.9 Host a drop-in recruitment drive

 <p>Volunteering Opportunity</p>	<p>Host a drop-in recruitment drive – this involves inviting jobseekers from under-represented groups. This format gives an opportunity to meet jobseekers from various backgrounds and talk to them more informally about roles you have available and allows you to find out their strengths and potential.</p>
 <p>Time Commitment</p>	<p>Volunteers to be available for up to 4 hours at least once a year.</p>
 <p>Type of Volunteering</p>	<p><b>In-person or Virtual:</b> BITCI is hoping that we might be able to offer in-person volunteering opportunities to our member companies from Autumn 2021. If, however, you would prefer to volunteer ‘virtually’, then we can also accommodate that request.</p> <p><b>Individual or Teams:</b> From the 9 volunteering opportunities listed above, some of them (such as the Wednesday Workshops and Tours of your Company) could potentially facilitate a team of volunteers from your company.</p>
 <p>Contact Details</p>	<p>Anna Greenhalgh - EmployAbility Coordinator  <b>Email:</b> <a href="mailto:agreenhalgh@bitc.ie">agreenhalgh@bitc.ie</a> or <b>Phone:</b> 086 041 2972</p> <p>Celine Hamill - Employment Advisor for the Women @ Work Programme  <b>Email:</b> <a href="mailto:chamill@bitc.ie">chamill@bitc.ie</a></p>

## Part 2 – Volunteering Opportunities outside BITCI

Please note BITCI cannot provide any assurances as to the quality of the volunteering experience related to the opportunities presented below. **It is the responsibility of the employer to conduct their own due diligence and to assess each charity and opportunity to make an informed decision on whether or not it is a good fit for the company.**

### 1 Befriending Volunteering Opportunities

Befriending is a one-to-one, non-judgemental relationship where you might volunteer your time to support and encourage someone. Many people benefit from the support of a mentor or befriender at a time of change in their life, or when they are socially isolated due to illness, old age, or having to move to a new country.

Many volunteers will help over an extended period of time, helping to build trust and a relationship. People who need guidance and help come from all walks of life and ages, from teenagers through to the elderly.

Examples of mentoring and befriending projects include:


- community befriending schemes for isolated older people
- community mentors supporting young people who have come to the attention of the criminal justice system
- community mentors supporting local school students.









#### 1.1 Age Action Ireland









Age Action supports and advocates for equality and human rights for all older people. Everything Age Action does is based on a recognition of the diversity of identity and situation among older people and a concern for equality for all older people.




**Sectors:** Elderly, Aging, Equality.

 <p>Volunteering Opportunity</p>	<p>The Age Action <b>Getting Started KIT</b> facilitates older people to be upskilled in the use of their smart device, video communication platforms, the internet, and general IT skills. Through the Getting Started KIT, older people are connected on a one-to-one basis with a volunteer tutor for a maximum of five one-hour remote tutorials. The remote tutorials are given over the phone or over video link, depending on the students' level of IT skills and their access to technology/connectivity. Among the areas where volunteers can assist elderly learners are:</p> <ul style="list-style-type: none"><li>▪ Teaching older learners how to use Smartphones &amp; Tablets</li></ul>
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	<ul style="list-style-type: none"> <li>▪ Helping students learn how to navigate video calling apps like WhatsApp and Facetime</li> <li>▪ Helping elderly students learn how to upload apps in their phone</li> <li>▪ Teaching elderly learners how to use programmes such as Skype and Zoom</li> <li>▪ Teaching learners how to navigate the internet</li> </ul>
 <p>Skills Required of Volunteer</p>	<p>The skills required are fluency in English, good basic IT skills, the ability to relate well to older people, a commitment to the ethos of volunteering and community initiatives, patience, a positive outlook, a sense of humour, and a welcoming manner.</p>
 <p>Time Commitment</p>	<p>The minimum volunteer commitment is 1 hour per week over 5 weeks of tutorials.</p>
 <p>Application Process for Volunteers</p>	<p>Getting Started programme volunteers must complete a volunteer registration form, provide references for checking, and sign a confidentiality agreement.</p>
 <p>Training for Volunteers</p>	<p>Each volunteer tutor is provided with Tutor Pack, containing an induction process, and how-to guides on the tasks outlined above. Each tutor has access to an Age Action Ireland supervisor checks in with them periodically throughout their time as a remote tutor.</p>
 <p>Timeframe</p>	<p>The Getting Started programme runs throughout the calendar year. Volunteers have flexibility as to when they want to schedule their sessions with Age Action learners.</p>
 <p>Location</p>	<p>Nationwide throughout Ireland.</p>
 <p>Type of Volunteering</p>	<p><b>In-person or Virtual:</b> The Getting Started programme is likely to remain virtual for the rest of 2021, after which Age Action will review whether it can be returned to being delivered in-person.</p> <p><b>Individual or Teams:</b> Volunteering opportunities for Individuals.</p>
 <p>Contact Details</p>	<p>Pina Attanasio - National Volunteer Manager at Age Action Ireland  <b>Email:</b> <a href="mailto:pina.attanasio@ageaction.ie">pina.attanasio@ageaction.ie</a> or <b>Phone:</b> 087-6831287</p>

### 1.1.1 Care & Repair Programme

 <p><b>Volunteering Opportunity</b></p>	<p>Age Action Ireland’s <b>Care &amp; Repair Programme</b> helps to keep people living in their own homes in increased safety and comfort. The Care &amp; Repair programme involves Age Action’s volunteer teams providing small DIY jobs in older people’s homes free of charge.</p> <p>The most common services required by older people are changing light bulbs; installing security locks and chains, moving furniture, minor home decorating (e.g., hanging pictures), minor gardening (e.g. trimming small hedges); tuning in TVs and installing domestic smoke alarms.</p> <p>Care &amp; Repair also offers supports to older people to enable them to transition quickly out of hospital into their own homes to ensure that they are home safely. This might involve a volunteer providing help such as moving a bed downstairs, moving other furniture, installing grab rails, clearing clutter, and completing other small repairs or installations that make the home environment safer. Thereby the service also supports our hospitals to respond to the Covid-19 health crisis.</p>
 <p><b>Skills Required of Volunteer</b></p>	<p>Age Action Ireland ask that volunteers for the Care &amp; Repair have the following skillset: an interest in helping older people in their community; to be helpful, friendly, and respectful when dealing with clients; have a reasonable level of basic DIY skills (a tradesman level is not required); access to transport and basic tools to attend to jobs. Volunteers will be matched to jobs that suit their skills.</p>
 <p><b>Time Commitment</b></p>	<p>There is a lot of flexibility in the amount of time a volunteer might want to commit to Care &amp; Repair, and that time commitment is dependent on how many ‘jobs’ the volunteer wants to take on.</p>
 <p><b>Application Process for Volunteers</b></p>	<p>Care &amp; Repair volunteers must complete a volunteer registration form, go through an informal interview with Age Action, provide references for checking, and complete the Garda Vetting process.</p>
 <p><b>Training for Volunteers</b></p>	<p>Each Care &amp; Repair volunteer receives an Initial induction and training about the role, which will include specific guidance on hygiene and safety in relation to Covid-19.</p>
 <p><b>Timeframe</b></p>	<p>The Care &amp; Repair programme runs throughout the calendar year. Volunteers have flexibility as to when they want to schedule their sessions with Age Action clients.</p>

 <p>Location</p>	<p>Nationwide - Your tasks will be based on the needs of older people within your local community.</p>
 <p>Type of Volunteering</p>	<p><b>In-person or Virtual:</b> In-person volunteering. Note: Safety procedures around Covid-19 are in place to protect clients and volunteers during visits. Only work that is essential for the health, safety and wellbeing of the older person is provided at the higher levels of public health restrictions.</p> <p><b>Individual or Teams:</b> Teams-based volunteering opportunities are available through Care &amp; Repair.</p>
 <p>Contact Details</p>	<p>Pina Attanasio - National Volunteer Manager at Age Action Ireland  <b>Email:</b> <a href="mailto:pina.attanasio@ageaction.ie">pina.attanasio@ageaction.ie</a> or <b>Phone:</b> 087-6831287</p>

### 1.1.2 Care & Repair Gardening Team

 <p>Volunteering Opportunity</p>	<p>The Age Action Ireland <b>Care &amp; Repair Gardening Team</b>. Gardening can be one of the first activities that become difficult for older people who are beginning to lose their mobility. Age Action’s Care &amp; Repair gardening team carry out basic gardening tasks such as weeding, hedge trimming and general tidy-up work for older people free of charge.</p>
 <p>Skills Required of Volunteer</p>	<p>Volunteers do not need to be “expert” gardeners. They just need some basic gardening skills, basic gardening tools and a desire to help older people in their community. Volunteers will be matched to jobs that suit their skills.</p> <p>The general skills that Age Action look for in their Care &amp; Repair volunteer gardeners are:</p> <ul style="list-style-type: none"> <li>• An interest in helping older people in their community</li> <li>• Helpful, friendly, and respectful when dealing with clients</li> <li>• A reasonable level of basic gardening skills</li> <li>• Access to transport and basic tools to attend to jobs</li> </ul> <p>The gardening tools that a volunteer require are Hedge Trimmer, Rake, Hoe, Spade, Fork, Gardening Gloves.</p>
 <p>Application Process for Volunteers</p>	<p>Care &amp; Repair Gardening volunteers must first complete a volunteer registration form, undergo reference checking, complete the Garda vetting process for this specific role, and sign a volunteer agreement form.</p>

 <p>Training for Volunteers</p>	<p>Care &amp; Repair Gardening Volunteers receive initial induction and training about the role, which will include specific guidance on hygiene and safety in relation to Covid-19, plus staff support and recognition, and Insurance cover.</p>
 <p>Location</p>	<p>Age Action currently need gardening volunteers in Dublin 1,3,5,7,8,9,11 and 13.</p>
 <p>Type of Volunteering</p>	<p><b>In-person or Virtual:</b> In-person volunteering opportunities.</p> <p><b>Individual or Teams:</b> These are team-based volunteering opportunities.</p>
 <p>Contact Details</p>	<p>Pina Attanasio - National Volunteer Manager at Age Action Ireland Email: <a href="mailto:pina.attanasio@ageaction.ie">pina.attanasio@ageaction.ie</a> or Phone: 087-6831287</p>









## 1.2 ALONE



ALONE is a national organisation that enables older people to age at home. Their work aims to improve physical, emotional, and mental wellbeing of all older people. ALONE have a national network of staff and volunteers who provide an integrated system of support coordination, practical supports, befriending, a variety of phone services, social prescribing, housing with support and assistive technology. ALONE use individualised support plans to address health, financial benefits and supports, social care, housing, transport, and other arising needs.

**Sectors:** Elderly, Aging, Equality.

 <p>Volunteering Opportunity</p>	<p><b>ALONE's Support &amp; Befriending service</b> provides companionship and practical support to older people who would like or need it. The service also provides help to solve everyday problems and links the older person in with local events and activities. ALONE provide advice and information on health and wellbeing and will provide the older person with further support as and when required.</p> <p><b>ALONE's Visitation Support &amp; Befriending Service</b> provides regular visits to an older person. ALONE volunteers provide friendship, practical support and links to local activities and initiatives.</p> <p><b>ALONE's Telephone Support &amp; Befriending Service</b> provides daily or weekly telephone contact to an older person. Volunteers provide friendship, advice and offer information on health and wellbeing, risk management and how to get involved in local activities and relevant initiatives.</p>
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 <p>Skills Required of Volunteer</p>	<p>You must be over 18 years of age, garda vetting will be carried-out by ALONE and two references are required. ALONE also look for the following qualities in their volunteers:</p> <ul style="list-style-type: none"> <li>▪ A strong commitment to the ethos of volunteering</li> <li>▪ Good interpersonal and communication skills</li> <li>▪ Must be reliable, flexible, respectful, patient and kind</li> <li>▪ Must have an interest in working with older persons and a genuine understanding and respect for their needs.</li> </ul>
 <p>Time Commitment</p>	<p>The visits last around 1 hour and take place once week in the older person's home.</p>
 <p>Application Process for Volunteers</p>	<p>Prospective Befrienders with ALONE are invited to apply online through this <a href="#">link</a>. Applicants will be invited to complete online E-learning training &amp; will be phoned for an informal interview. Applicants will then be invited to a zoom training session, complete the Garda vetting process, and have their references checked before they are ready to be matched with an older person.</p>
 <p>Training for Volunteers</p>	<p>Full online/ E-learning and in-person training is provided by ALONE for all volunteers.</p>
 <p>Timeframe</p>	<p>ALONE ask for a one-year commitment so as to provide consistency for the older person.</p>
 <p>Location</p>	<p>"We are looking for volunteers across Ireland, it is important to note that as matching is done by location and time availability, it may be a few weeks or months before the volunteer has a suitable match."</p>
 <p>Type of Volunteering</p>	<p><b>In-person or Virtual:</b> In-person volunteering.</p> <p><b>Individual or Teams:</b> The Support &amp; Befriending roles are Individual-based volunteering opportunities.</p>
 <p>Contact Details</p>	<p>Patrycja Zabawska - Senior Training and Development Officer at ALONE Email: <a href="mailto:Patrycja.Zabawska@alone.ie">Patrycja.Zabawska@alone.ie</a></p>

## 1.3 Depaul








Depaul is a charity that helps people who are homeless or at risk of becoming homeless. Depaul’s vision is of a society in which everyone, across the world, has a place to call home and a stake in their community. Their mission is to end homelessness and change the lives of those affected by it.

Depaul Ireland support some of the most marginalised individuals, couples and families experiencing homelessness.

**Sectors:** Homelessness, Housing



### 1.3.1 Volunteer Translators







 <p>Volunteering Opportunity</p>	<p>Depaul Ireland wish to recruit <b>Volunteer Translators</b>. Depaul are currently seeking volunteers to interact remotely (for now) to assist their staff with translating for their non-native English speaking service users.</p>
 <p>Skills Required of Volunteer</p>	<p>Volunteer Translators should, according to Depaul, “be empathetic, non-judgmental, patient, flexible, and supportive toward others” and “should be able to engage and motivate individuals who may be apathetic in a gentle manner.”</p> <p>The specific skills that Volunteer Translators should have are:</p> <ul style="list-style-type: none"> <li>▪ Confidence in translating documents from the service user’s native languages to English, and vice versa.</li> <li>▪ Confidence and knowledge in your listed language.</li> <li>▪ Ability to break down barriers of language to enable Depaul’s vulnerable service users to receive the supports they need at a critical time in their lives.</li> <li>▪ Ability to interact professionally and maintain confidentiality, reporting any issues to Depaul management or staff.</li> </ul>
 <p>Time Commitment</p>	<p>Once a week, for one-to-three hours for 12 months. The volunteer time commitment required is “generally based on the needs of the service user.”</p>
 <p>Application Process for Volunteers</p>	<p>Volunteer Translators are required to complete the Garda Vetting process for this specific role, and to complete a 1.5-hour Induction / training session organised by Depaul.</p>
 <p>Training for Volunteers</p>	<p>Depaul Volunteers receive an induction and information sessions on a range of topics relating to their role, including gaining an understanding of the issues faced by homeless people and the ways in which Depaul work to support them. Depaul Volunteers receive reimbursement of local travel expenses. Volunteers can also attend individual and/or group supervision meetings where they will be provided with support and feedback to raise any ideas or concerns.</p>



 <p>Timeframe</p>	<p>Ideally, Depaul are looking for a 12-month commitment from their Volunteer Translators.</p>
 <p>Location</p>	<p>Nationwide throughout the island of Ireland.</p>
 <p>Type of Volunteering</p>	<p><b>In-person or Virtual:</b> Services are currently delivered virtually, although Depaul hope that volunteers can deliver them in-person before the end of 2021 if pandemic restrictions are lifted.  <b>Individual or Teams:</b> Volunteering opportunities for Individuals.</p>
 <p>Contact Details</p>	<p>Kyela Fanagan - Corporate Partnerships Manager at Depaul  Email: <a href="mailto:kyela.fanagan@depaulcharity.net">kyela.fanagan@depaulcharity.net</a> or Phone: 086-0330887</p>

### 1.3.2 Remote Volunteers

 <p>Volunteering Opportunity</p>	<p>Depaul Ireland wish to recruit <b>Remote Volunteers</b>. These volunteers remotely support people living in Depaul services centres. A volunteer’s role can be flexible depending on your specific interests and abilities, though there are some basic skills that are needed in all volunteer roles with Depaul. Among the areas where Remote Volunteers could provide support to Depaul’s service users are:</p> <ul style="list-style-type: none"> <li>▪ Helping clients with Finances / Budget Management</li> <li>▪ CV writing / Job application / Mock Interview support for clients</li> <li>▪ Homework clubs &amp; Education grinds</li> <li>▪ Wellbeing Tutors to deliver sessions on Yoga or Meditation to Depaul service users</li> <li>▪ Delivering Music / Dancing or Hair &amp; Beauty classes to Depaul service users</li> <li>▪ Driving lessons for Depaul clients</li> </ul>
 <p>Skills Required of Volunteer</p>	<p>“Volunteers should be empathetic, non-judgemental, patient, flexible, and supportive toward others” and that they should also be able to “engage and motivate individuals who may be apathetic in a gentle manner.”</p> <p>The specific role skills that Depaul are looking for in their Remote Volunteers might include being:</p> <ul style="list-style-type: none"> <li>▪ Confident in facilitating and leading group or individual activities remotely i.e., Yoga, book clubs, virtual tours, poetry contests, art &amp; craft etc.</li> <li>▪ Confident in remotely facilitating befriending, language support or games i.e., bingo, competitions etc.</li> </ul>





 <b>Time Commitment</b>	2 - 4 hours per week for 12 months (unless otherwise agreed)
 <b>Application Process for Volunteers</b>	Volunteers with Depaul must first complete the Garda Vetting process for the specific role they want to carry out with the organisation, provide character references, and complete the Induction / Volunteer Training session organised by Depaul.
 <b>Training for Volunteers</b>	Depaul Volunteers receive an induction and information sessions on a range of topics relating to their role, including gaining an understanding of the issues faced by homeless people and the ways in which Depaul work to support them. Depaul Volunteers receive reimbursement of local travel expenses. Volunteers can also attend individual and/or group supervision meetings where they will be provided with support and feedback.
 <b>Location</b>	Nationwide throughout the island of Ireland.
 <b>Type of Volunteering</b>	<p><b>In-person or Virtual:</b> Services are currently delivered virtually, although Depaul hope that volunteers can deliver them in-person before the end of 2021 if pandemic restrictions are lifted.</p> <p><b>Individual or Teams:</b> Remote Volunteers work as part of a team within Depaul.</p>
 <b>Contact Details</b>	Kyela Fanagan - Corporate Partnerships Manager at Depaul Email: <a href="mailto:kyela.fanagan@depaulcharity.net">kyela.fanagan@depaulcharity.net</a> or Phone: 086-0330887

## 1.4 Spirasi



Spirasi (Spiritan Asylum Services Initiative) is the national centre for the rehabilitation of victims of torture in Ireland. Spirasi's vision is to support victims of torture to rebuild their lives in Ireland. Through our models of care, training programmes and alliances.

**Sectors:** Migration

 <p>Volunteering Opportunity</p>	<p><b>Volunteer Befrienders.</b> Befriending is a service offering one-to-one companionship by trained volunteer befrienders to Spirasi service users. Volunteers provide companionship by meeting their befriender once a week, perhaps in a café, or by going to the cinema, or just for a walk. The aim of the service is to reduce isolation and loneliness and to provide support with integration in Irish society in your area.</p> <p>The types of support that Spirasi befrienders offer can include:</p> <ul style="list-style-type: none"> <li>▪ Language, literacy, and numeracy</li> <li>▪ Conversational practice</li> <li>▪ Emotional support</li> <li>▪ Assistance with mock interviews &amp; job seeking</li> </ul>
 <p>Skills Required of Volunteer</p>	<p>Spirasi looks for their volunteer befrienders to have the following skillset:</p> <ul style="list-style-type: none"> <li>▪ To have a compassionate and caring presence</li> <li>▪ To have good listening and communication skills</li> <li>▪ To have a welcoming and non-judgmental attitude</li> </ul> <p>Spirasi also require that their volunteers give the following commitments:</p> <ul style="list-style-type: none"> <li>▪ To keep confidential any information relating to their befriendeds</li> <li>▪ To be committed to Spirasi’s vision, mission, and values</li> </ul>
 <p>Time Commitment</p>	<p>Volunteers and their befriendeds meet once a week for 1 hour for up to 12 months.</p>
 <p>Application Process for Volunteers</p>	<p>Spirasi volunteers must provide 2 character references and fully complete the Garda Vetting process for the befriending role with Spirasi. Prospective befrienders must also complete an interview with Spirasi’s befriending coordinator.</p>
 <p>Training for Volunteers</p>	<p>An induction programme is given to the new volunteers, and it deals with issues such as how to provide support with language and literacy, providing emotional and practical support, and issues of intercultural exchange. Volunteer befrienders receive comprehensive training which includes an overview of the International Protection Office, a presentation from the Spirasi Therapy Team on the impact of trauma &amp; PTSD, and the background of Spirasi’s clients. You will also learn from previous befrienders about their experiences, plus receive guidance on boundaries and cultural differences. After their induction, volunteer befrienders receive continuous training &amp; support from Spirasi’s befriending officer.</p>
 <p>Timeframe</p>	<p>Training for Spirasi’s next intake of clients takes place on the 24<sup>th</sup> of September 2021, but another volunteer training session might be scheduled before the end of 2021 (depending on the number of clients they have).</p>

 <p>Location</p>	<p>Among the Locations where Spirasi volunteers currently work include Dublin, Drogheda, Dundalk, Monaghan, Longford, Sligo, Ballyhaunis, Galway, Athlone, Portlaoise, Kildare, Limerick, Foynes, Tralee, Killarney, Clonakilty, Cork, Tramore, Waterford.</p>
 <p>Type of Volunteering</p>	<p><b>In-person or Virtual:</b> Initial befriending training will be virtual, but Spirasi hope that subsequent volunteer-befriended meetings will have the option to take place in person.</p> <p><b>Individual or Teams:</b> The Spirasi Befriending programme offers volunteering opportunities for individuals.</p>
 <p>Contact Details</p>	<p>Deirdre Markey - Befriending Officer at Spirasi Email: <a href="mailto:dmarkey@spirasi.ie">dmarkey@spirasi.ie</a> or Phone: 086 065 0974</p>

## 2 Employability Volunteering Opportunities

Employment support programmes – and the organisations who run them - help people on the margins of Irish society gain access to the jobs market. Employability volunteers have become even more important during the pandemic as the groups who have traditionally relied on employment support programmes (such as disadvantaged students, recent migrants, jobseekers with a disability) have found themselves even more marginalised from the workforce.

Among the volunteering opportunities within Employability that might be available to you are becoming a mentor (i.e., where a jobseeker or employment programme client might be matched with you so you could assist them getting a job in their target career sector). You could also network with a jobseeker – even meeting them for ‘a-virtual-cup-of-coffee’. It might also involve you delivering a learning & development presentation to a group of jobseekers.








### 2.1 Dress for Success




The mission of Dress for Success is to promote the economic independence of women and “build an Ireland where everyone’s skills and potential are recognised by a society that champions workplace equality and remuneration.” Dress for Success provide job search supports and career development services to women seeking to (re)enter the workforce. Dress for Success improve their clients’ confidence through career coaching, mentoring and professional styling.






**Sectors:** Employment, Gender Equality



## 2.1.1 Mentors

 <p>Volunteering Opportunity</p>	<p><b>Mentors for the Dress for Success Mentorship Programme</b> – this programme matches women with trained mentors to provide support and guidance, in line with the specific goals these job seeking women have to get back to work. Mentors can work with job seeking clients on CV preparation, interview coaching and career advice.</p> <p><u>Cost:</u> The Dress for Success mentoring programme costs €5,000 per annum for a company to participate in, and this gives an organisation the opportunity to provide an unlimited number of volunteer mentors to Dress for Success’s clients.</p>
 <p>Skills Required of Volunteer</p>	<p>Among the skills that Dress for Success look for in their mentors are:</p> <ul style="list-style-type: none"> <li>▪ An extensive knowledge of the hiring and recruitment process</li> <li>▪ A compassionate and caring presence</li> <li>▪ Being good at listening and communication skills</li> <li>▪ Having a welcoming and non-judgmental attitude</li> </ul>
 <p>Time Commitment</p>	<p>The mentorship programme lasts 6 months, and mentors and mentees can choose how often they wish to meet over the course of the programme.</p>
 <p>Training for Volunteers</p>	<p>All of Dress for Success’s mentors are trained and matched with women that they can best support, based on individual goals and objectives.</p>
 <p>Timeframe</p>	<p>The programme is flexible for volunteer mentors to work around their needs and those of the client, and sessions can be done by video call, phone call or by email.</p>
 <p>Location</p>	<p>Dublin</p>
 <p>Type of Volunteering</p>	<p><b>In-person or Virtual:</b> The mentoring sessions can be carried out in-person or virtually.</p> <p><b>Individual or Teams:</b> While company mentors work with a single client over the course of the programme, Dress for Success encourage participating companies to recruit multiple mentors from across their organisation.</p>

 <p>Contact Details</p>	<p>Angela Smith - CEO at Dress for Success Dublin Email: <a href="mailto:angela@dressforsuccessdublin.org">angela@dressforsuccessdublin.org</a> or Phone: 087-6382533</p>
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### 2.1.2 Workshop Presenters

 <p>Volunteering Opportunity</p>	<p><b>Workshop Presenters for Dress for Success jobseeker groups</b> - Dress for Success is seeking corporate volunteers to deliver workshops to their groups of jobseekers on topics such as:</p> <ul style="list-style-type: none"> <li>▪ The Recruitment Process from start-to-finish</li> <li>▪ Applying for entry-level roles</li> <li>▪ Creating LinkedIn profiles</li> <li>▪ Interview preparation</li> <li>▪ Financial education &amp; managing your money</li> <li>▪ Healthy eating</li> <li>▪ How to present yourself on Zoom</li> <li>▪ Building a career in sectors such as Tech, Pharma, Finance, etc.</li> </ul> <p>Cost: There is a fee of €500 for companies to deliver a workshop to a group of Dress for Success’s jobseeker clients.</p>
 <p>Skills Required of Volunteer</p>	<p>Among the skills that Dress for Success look for in their volunteer presenters are:</p> <ul style="list-style-type: none"> <li>▪ An extensive knowledge of the hiring and recruitment process</li> <li>▪ A compassionate and caring presence</li> <li>▪ Strong listening and communication skills</li> <li>▪ Having a welcoming and non-judgmental attitude</li> </ul>
 <p>Time Commitment</p>	<p>A workshop could last between 1 to 3 hours depending on the topic.</p>
 <p>Timeframe</p>	<p>A workshop could last anywhere from 1 to 3 hours depending on the topic.</p>
 <p>Location</p>	<p>Dublin</p>

 <p>Type of Volunteering</p>	<p><b>In-person or Virtual:</b> Dress for Success hopes to be able to deliver their workshops in person from October 2021.</p> <p><b>Individual or Teams:</b> The workshops might be a good opportunity for a team of company volunteers to deliver a workshop, or they could be delivered by an individual who is an expert on a particular subject matter.</p>
 <p>Contact Details</p>	<p>Angela Smith - CEO at Dress for Success Dublin Email: <a href="mailto:angela@dressforsuccessdublin.org">angela@dressforsuccessdublin.org</a> or Phone: 087 638 2533</p>

## 2.2 Youth Advocate Programmes Ireland (YAP)







YAP's mission is changing the lives of children, young people, and families in need of support by "providing community-based, strengths-focused, inclusive, flexible services empowering them to achieve their own goals." YAP work with young people 'at risk', or who have been involved in the criminal justice system.

They are currently setting up a project within YAP called YAPWORX, the aim of which is to support young people to develop employability skills. YAP hope to create links with companies across the country who could provide expertise or work experience to some young people to support them in developing their skills. The programme provides support with practical skills such as CV writing, ensuring young people can set up bank accounts, knowing how to set themselves up on Revenue, how to complete job applications and prepare for interviews.

**Sectors:** Youth services, Employability

### 2.2.1 Volunteers to deliver Employability Workshops

 <p>Volunteering Opportunity</p>	<p>YAP is looking for corporate volunteers to deliver workshops to young people participating in their YAP WORX programme. They are looking for "industry experts" to deliver workshops to their clients on subjects such as:</p> <ul style="list-style-type: none"> <li>▪ Interview preparation (things to consider before interview, what employers want to see/hear, practical tips, presentation, time keeping, tips to showcase transferrable skills)</li> <li>▪ CV writing, application form completion</li> <li>▪ Getting prepared to enter the work force (bank accounts, setting up on Revenue, email address, voicemail, job searches, etc.)</li> <li>▪ Mock interviews</li> <li>▪ Sourcing work experience across different industries i.e., catering / hospitality, arts, production, animation, tech industry, business, retail, trade &amp; construction, beauty, etc.</li> </ul>
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 <p>Timeframe</p>	<p>The YAPWORX programmes will run throughout the calendar year.</p>
 <p>Location</p>	<p>YAP has a presence in most counties in Ireland and runs the YAPWORX programme in most of them.</p>
 <p>Type of Volunteering</p>	<p><b>In-person or Virtual:</b> Workshops could be delivered individually or in-person (once Covid restrictions are lifted).</p> <p><b>Individual or Teams:</b> A workshop could be delivered by an individual subject expert or by a team of company volunteers.</p>
 <p>Contact Details</p>	<p>Aisling Nodwell - Acting Director of Services at YAP  Email: aislingmn@yapireland.ie or Phone: 087-1881846</p>

### 3 Environment & Biodiversity Volunteering Opportunities

As Covid restrictions begin to ease and workforces begin to return to the office, it will once again be possible for teams of corporate volunteers to get involved in outdoor environmental projects. There is a wide array of activities that your staff could support to protect biodiversity and improve their local environment, from planting trees, hosting a clean-up on a beach or a park, growing a community garden, or helping wildlife.





#### 3.1 G.I.Y. – Grow it Yourself’s GROWCircle






Grow It Yourself (G.I.Y.) support people around Ireland to live happier, healthier, and more sustainable lives by growing some of their own food. GIYers develop what they call ‘food empathy’ - a deeper connection with food and respect for the people and planet that put food on our tables. G.I.Y.’s mission is to “inspire and enable a global movement of food growers whose collective actions will help to create a more fair, resilient and sustainable food system.”

**Sectors:** Gardening, Healthy Eating, Nutrition.



 <p><b>Volunteering Opportunity</b></p>	<p><b>G.I.Y.'s Employee Engagement programme GROW Circle</b> is a simple, effective way of making employees feel connected, nurtured whilst providing them with something that encourages them to be proactive about their health and well-being.</p> <p>The GROW Circle Employee Engagement Programme, rooted in wellness and sustainability, is a simple, impactful, and cost-effective experience that keeps your employees connected with your brand and values. G.I.Y. provide a range of products and supports that build a full team experience, including food growing challenges, an ambassador programme, bespoke webinars, alternative CSR activities and the interactive GIY app.</p> <p>The components of the programme include:</p> <ul style="list-style-type: none"> <li>▪ Grow at Home: using GIY's GROW Box range, we give your employees everything they need to start growing their own food (no experience required) and the option to take part in a 6-week growing challenge.</li> <li>▪ Webinars: GIY's bespoke online workshops activate, motivate, and engage employees in food matters and sustainability.</li> <li>▪ GIY App: an employee engagement tool with growing, cooking and food sustainability challenges turned into bite-sized actions and friendly competition.</li> <li>▪ Ambassador Programme: supported, trained, and incentivised by the GIY team, this core group of super-users of the GIY app will lead on challenges and encourage participation across your organisation.</li> <li>▪ Grow It Forward: an alternative to traditional CSR activities, this is an opportunity for employees to grow with and for their wider network or nominate a local community group or organisation to receive GIY products and support.</li> </ul> <p>Costs: Companies pay €60 for each employee to participate in G.I.Y.'s GROWCircle, which gives volunteers 12-month access to the app, G.I.Y. exclusive content, webinars, etc.</p>
 <p><b>Skills Required of Volunteer</b></p>	<p>None, other than a general interest in nature, gardening, and healthy food.</p>
 <p><b>Time Commitment</b></p>	<p>The Growing Challenge takes place over a 6–8-week period.</p>
 <p><b>Training for Volunteers</b></p>	<p>Full training and education for all employee participants is carried out by G.I.Y.</p>

 <b>Location</b>	<p>Nationwide</p>
 <b>Type of Volunteering</b>	<p><b>In-person or Virtual:</b> Since it was launched in January 2021, the GROW Circle programme has been delivered virtually, but with Covid restrictions lifting during autumn 2021 there will be the opportunity for greater in-person or "face-to-face" elements in the programme.</p> <p><b>Individual or Teams:</b> The GROW Circle challenge is ready-made for teams of company volunteers to participate in.</p>
 <b>Contact Details</b>	<p>Emma Klyne - Head of Development at GIY  Email: emma@giy.ie</p>








### 3.2 Global Action Plan – Community Garden Volunteers



Global Action Plan Ireland is an environmental education organisation leading a sustainability action plan with the aim of creating sustainable communities across Ireland. GAP focuses on people and how they can take practical action and facilitate long term behavioural change in their everyday lives for a more sustainable life, community, and world. GAP Ireland is part of GAP International - a global network of organisations in over 27 countries working together to achieve this mission.

**Sectors:** Sustainability, Environment

 <b>Volunteering Opportunity</b>	<p><b>Volunteer Gardeners for GAP’s Community Garden in Ballymun</b> – this gives employees the opportunity to learn new skills in organic gardening while supporting disadvantaged communities that use the garden on a weekly basis.</p> <p>Global Action Plan’s Green Living and Sustainability (GLAS) Community Garden has been serving the Ballymun community for over the past 7 years. This Outdoor environmental education space is open and welcome to anyone who would like to volunteer. With their gardener Sharon on hand to advise and help you, you can learn new skills and grow your own fruits and vegetables too. The greenhouse features composting, a grow dome, and a rainwater harvesting system made from recycled plastic bottles. GAP do not use any pesticides on our crops to ensure our produce is chemical free and organic.</p>
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 <p><b>Skills Required of Volunteer</b></p>	<p>The main skills that GAP look for in their volunteers is that they are willing to learn about organic gardening, and open to supporting disadvantaged communities.</p> <p>GAP would also welcome any volunteers who might have an expertise in organic gardening, be willing to share their own expertise, and who might have strong organisational skills.</p>
 <p><b>Time Commitment</b></p>	<p>Volunteering at the GAP Community Garden would be an excellent opportunity for a team of employee volunteers who want to spend a full day in nature and away from the office.</p>
 <p><b>Training for Volunteers</b></p>	<p>Full training and support will be provided by GAP's resident gardener, Sharon.</p>
 <p><b>Timeframe</b></p>	<p>Flexibility on dates is possible with prior agreement.</p>
 <p><b>Location</b></p>	<p>Ballymun, North Dublin.</p>
 <p><b>Type of Volunteering</b></p>	<p>In-person or Virtual: Outdoors &amp; In-person.</p> <p>Individual or Teams: This would be an ideal volunteering opportunity for teams of employee volunteers.</p>
 <p><b>Contact Details</b></p>	<p>Eufemia Solinas - Chief Executive Officer at Global Action Plan Email: eufemia@globalactionplan.ie or Phone: 01 883 2185</p>





### 3.3 Leave No Trace - CSR Impact Days



Leave No Trace Ireland provides research, education, and outreach so every person who ventures outside can protect and enjoy the outdoors responsibly.

Sectors: Biodiversity, Nature, Environmental Education.

 <p>Volunteering Opportunity</p>	<p>Leave No Trace’s <b>CSR Impact Days</b> offer your company 1-day team building events, combining outdoor education with biodiversity activities. These activity days can help your staff feel a greater sense of stewardship for the natural world and give your employees a greater understanding of how to reduce carbon footprint.</p> <p>Among the options for your CSR Impact Day could be the Leave No Trace <b>Hot Spot Programme</b>. This is a critical initiative designed to address areas impacted by outdoor activities and heavy use. Using Leave No Trace solutions, these areas can be restored and thrive again. The chosen location receives a unique, site-specific blend of training, expert consulting, education programmes, service projects, monitoring programmes and more. With site-specific Leave No Trace measures in place, the area is equipped to bounce back from impacts and recover its natural qualities. The result is a sustainable outdoor area that is on the road to recovery.</p> <p><b>Restoration actions can include:</b></p> <ul style="list-style-type: none"> <li>▪ Large scale clean-ups and maintenance with communities</li> <li>▪ Carbon sequestration through tree planting</li> <li>▪ Biodiversity restoration through building wildlife ponds, creating nature trails and wildflower gardens, nest box installations, and participation in wildlife surveys and citizen science with Leave No Trace and the National Biodiversity Data Centre</li> </ul> <p>Leave No Trace can also offer your company a series of <b>Online Webinars</b>. These are delivered by Leave No Trace’s team of experienced trainers who can organise webinars on a vast range of outdoor themes and subjects such as:</p> <ul style="list-style-type: none"> <li>▪ An introduction to Leave No Trace Ireland</li> <li>▪ Litter Awareness Workshops</li> <li>▪ How to enjoy an Eco Picnic</li> <li>▪ Biodiversity and Leave No Trace</li> </ul> <p>Costs: Contact Leave No Trace to get full details on a CSR Impact Day that is tailored to the needs of your organisation and your staff, and to get an overview of the costs involved with all options.</p>
 <p>Time Commitment</p>	<p>CSR Impact Days typically last 6 hours - from 10am to 4pm - with an hour for lunch.</p>




 <p><b>Timeframe</b></p>	Flexibility on dates is possible with prior agreement.
 <p><b>Location</b></p>	A variety of geographical locations across Ireland are available for your CSR Impact Days.
 <p><b>Type of Volunteering</b></p>	<p><b>In-person or Virtual:</b> Leave No Trace Ireland believe they will be able to offer all their outdoor options from mid-September 2021 onwards.</p> <p><b>Individual or Teams:</b> CSR Impact Days can accommodate a team of up to 15 volunteers.</p>
 <p><b>Contact Details</b></p>	<p>Rachel Shawe - Operations Manager  Email: <a href="mailto:rachel@leavenotraceireland.org">rachel@leavenotraceireland.org</a> or Phone: 087-9629488</p>





### 3.4 St. Anne’s City Farm & Ecology Centre - Farm Volunteers



St. Anne’s City Farm is an urban farm based in St. Anne’s Park, Raheny, Co. Dublin that aims to provide a community space where people can learn first-hand about environmentally friendly farming practices, growing food, sustainable living and reconnecting with nature within an urban area. It plans to address health issues and be accessible and inclusive to all.

**Sectors:** Urban Farming, Ecology

 <p><b>Volunteering Opportunity</b></p>	<p><b>Farm Volunteers</b> - St. Anne’s welcome teams of employee volunteers to their farm for activities such as cleaning the yard, cleaning stables, etc. “Physical volunteering but rewarding work!”</p>
 <p><b>Skills Required of Volunteer</b></p>	No defined expertise is required of volunteers, other than them being “in good physical condition” and “enjoying outdoors manual tasks.”
 <p><b>Time Commitment</b></p>	St. Anne’s Farm could potentially accommodate of team of employee volunteers for a full working day.

 <p>Training for Volunteers</p>	No prior training required for volunteers.
 <p>Timeframe</p>	Flexibility on dates is possible with prior agreement.
 <p>Type of Volunteering</p>	<b>In-person or Virtual:</b> In-person. <b>Individual or Teams:</b> Teams-based volunteering opportunities.
 <p>Contact Details</p>	Marion Kelly - Project Manager <b>Email:</b> <a href="mailto:dublincityfarm@gmail.com">dublincityfarm@gmail.com</a>








### 3.5 FoodCloud - Warehouse Hub Volunteers



Launched in 2013, FoodCloud has created a food redistribution solution that tackles the enormous issue of food waste with a scalable technology platform. The solution connects food businesses with too much food to local charities and community groups that need food. FoodCloud are driven by their values and vision for “a world where no good food goes to waste,” and they create opportunities to transform surplus food into opportunities to make the world a kinder place.

**Sectors:** Food Waste, Sustainability

 <p>Volunteering Opportunity</p>	<p>Teams of Corporate Volunteers at FoodCloud’s hubs and warehouses FoodCloud need teams of volunteers to assist them with their operations in: (1) FoodCloud's Food Distribution Hubs / the Community Kitchens in FoodCloud's Warehouses and (2) for their Autumn 'Gleaning' / Harvesting drives. FoodCloud have 1,500 Volunteering Vacancies on an annual basis.</p> <p><b>Warehouse Volunteering Opportunities:</b> You will be assigned and trained in various warehouse tasks, to ensure no good food goes to waste! This role is a fantastic opportunity to gain hands-on experience in a warehouse environment while helping to support charities nationwide.</p> <p>For the <b>Gleaning Volunteers</b>, Gleaning is the act of collecting leftover crops from farmers’ fields after they have been commercially harvested or on fields where it is not economically profitable to harvest. FoodCloud has run successful gleaning projects since 2017. Most of the fresh produce saved through Gleaning goes to charities across Ireland.</p>
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	FoodCloud works with their gleaning partners to find suitable dates and locations on commercial farms for picking the surplus vegetables, as well as recruiting volunteers and ensuring that all the gleaned food goes to local charities who will use it. The gleaning period usually runs from August - October and is a great activity for large teams and corporate team building days for those who want a break from the office.
 <b>Skills Required</b> of Volunteer	No specialist skills required.
 <b>Application Process</b> for Volunteers	Please fill out the expression of interest form to on the FoodCloud website to organise a day of volunteering for your team.
 <b>Training for</b> Volunteers	FoodCloud's volunteer team have extensive experience leading company volunteer days, coordinating staff, providing risk assessments, inductions and materials as required and supporting your employees on the day to ensure the volunteer day has a positive impact for FoodCloud, their community partners and your employees.
 <b>Timeframe</b>	FoodCloud can facilitate teams of corporate volunteers at their hubs from Monday-Friday between 10 am- 2 pm.
 <b>Location</b>	FoodCloud Hub locations in Dublin, Cork, and Galway
 <b>Type of</b> Volunteering	<b>In-person or Virtual:</b> In-person at FoodCloud's warehouses. <b>Individual or Teams:</b> Teams-based volunteering opportunities.
 <b>Contact</b> Details	Suzanne Delaney, Development Director <b>Email:</b> Suzanne.delaney@foodcloud.ie or <b>Phone:</b> 086 060 4648

### 3.6 Clean Coasts – Corporate Volunteering Programme





The Clean Coasts programme works with communities to help protect and care for Ireland’s waterways, coastline, seas, ocean, and marine life.





Clean Coasts are creating a tangible and immediate improvement on Ireland’s coastal environment through:

- Organising 100s of beach clean-ups each year
- Mobilising thousands of volunteers, removing large quantities of marine litter from our coastline.
- Promoting and facilitating coastal clean-ups and marine litter surveys.

**Sectors:** Biodiversity, Nature, Coastal Life

	<p>The <b>Clean Coasts Corporate Volunteering programme</b> is a great opportunity for your company to make a tangible and immediate improvement to the coastal environment.</p> <p>It is also a fantastic team building and personal development opportunity for employees outside of the normal working environment. The day will involve a beach, river, or canal clean depending on what suits your group. We will also provide a safety talk at the start of the day and then break up the clean-up with educational talks and team building games.</p> <p>The Benefits of the Clean Coasts programme:</p> <ul style="list-style-type: none"> <li>▪ Make a practical and positive impact on the coastal environment &amp; waterways</li> <li>▪ Learn about Ireland’s extensive coastline and freshwater systems</li> <li>▪ Understand the effect that marine litter has on our environment</li> <li>▪ Getting involved in the local community</li> <li>▪ Survey biodiversity and assist with citizen science projects</li> <li>▪ Help to restore fragile dune systems</li> <li>▪ Have a fun team building day while contributing to a worthwhile coastal conservation initiative</li> </ul> <p>The logistics of the CSR action day will be organised by Clean Coasts, which include liaising about a specific location, timing, providing a briefing document, arranging for rubbish collection point, providing all equipment needed and leading the group in all activities on the day. The valuable action day will be promoted through all their social media platforms and through the 650+ network of community Clean Coast groups in the country.</p>
	<p>Clean Coasts can facilitate both half day (3 hours) and full day sessions (5 hours).</p>



 <p>Timeframe</p>	<p>The corporate volunteering days are available to book Monday to Friday starting at 10am or 1pm (these times are flexible) and they run throughout the duration of the year. Clean Coasts says, “we book up very quickly during the warmer months, so we advise booking with as much advance notice as possible.”</p>
 <p>Location</p>	<p>Action days can be organised throughout the coastline of Ireland.</p>
 <p>Type of Volunteering</p>	<p><b>In-person or Virtual:</b> Outdoors and In-Person.  <b>Individual or Teams:</b> Teams-based volunteering activities. Clean Coasts can facilitate all size of groups from as small as 5 up to 200 volunteers. To ensure appropriate engagement and management, they stick to the ratio of one facilitator to 30 volunteers. With larger groups the donation Clean Coasts ask for would increase to cover costs.  Costs: For their corporate volunteering days, Clean Coasts ask for a donation depending on the group. For a 3-hour session a donation of €500 and for a 5-hour session its €750. The donations from CSRs are put into a budget that will facilitate grants for future Clean Coasts groups.</p>
 <p>Contact Details</p>	<p>Áine Purcell-Milton - Coastal Programmes Officer  <b>Email:</b> <a href="mailto:apmilton@eeu.antisce.org">apmilton@eeu.antisce.org</a> or Phone: 085 132 7381</p>

## 4 Education Volunteering Opportunities

The volunteering opportunities listed in this section all relate to the broad Education sector in Ireland. The opportunities themselves range from offering mentoring support to post-primary level students, through to providing Continuous Professional Development-based workshops to teaching professionals.




### 4.1 The B!g Idea - Transition Year Programme

#### THE B!G iDEA

The B!g Idea equips transition year students with the creative mindset to tackle the biggest problems society faces, in other words, to change their world: "We work collaboratively with schools and students to create, experiment, invent, take risks, make mistakes, and have fun. Our inclusively designed programme empowers students with creative tools that will expand their capabilities, building confidence and knowledge base connecting them with their communities and bridging the gap with Industry. The best of the best work with us as judges and mentors. They give real-world advice directly to the students, sharing their knowledge and connecting the students and their communities with Industry".

The B!g Idea is an innovative nationally focused, creative empowered, transition year programme running from January – May during each academic year. The B!g Idea provide a platform that will collaboratively embed creative skills, empowering students through inquiry-based learning, developing critical thinking through socially conscious, human-centred projects that will connect them with their peers, industry, their community, and their world.

**Sectors:** Education, Mentoring

 <p>Volunteering Opportunity</p>	<p><b>Mentors for The B!g Idea Transition Year Programme:</b> help deliver their 14-week Creative Arts &amp; Technology programme to Transition Year students. The Big Idea require volunteers with experience in the following areas to act as mentors to TY students on the programme:</p> <ul style="list-style-type: none"> <li>▪ UX,</li> <li>▪ Architects,</li> <li>▪ Advertising,</li> <li>▪ Creative Arts,</li> <li>▪ Engineering,</li> <li>▪ “Anybody from ICT UX,”</li> <li>▪ Industrial Design,</li> <li>▪ Wearables Technology specialists,</li> <li>▪ Wellbeing consultants</li> </ul> <p>Costs: The B!g Idea offer a tiered form of membership for their partner companies. Contact them directly for a full price list.</p>
 <p>Skills Required of Volunteer</p>	<p>The B!g Idea are looking to recruit employee volunteers who are thought leaders or subject experts in the areas listed above, and who have excellent communications and presentation skills.</p>
 <p>Timeframe</p>	<p>The B!g Idea programme works with Transition Year students from January to May.</p>

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