

VOLUNTEER

United Way of Salt Lake has volunteer opportunities and resources that can help you and your employees see first-hand how they can change lives in Davis, Salt Lake, Summit and Tooele counties. Volunteering strengthens communities by increasing their capacity to identify and respond to human needs. By taking the time to share your unique skills and talents with an organization you can make a difference!

Tips to Find a Meaningful Experience:

- ❑ **Know what interests you.** There are hundreds of different opportunities to volunteer and having an idea about what you'd like to do will help you narrow down your options.
- ❑ **Know your availability.** Be honest with the amount of time you have. You'll have a better experience if you commit to something that fits your schedule instead of trying to fit volunteering in whenever you have time available.
- ❑ **Know where you want to volunteer.** If you only have a little time consider an organization that is close to your home, work or school so your commute doesn't cut into your volunteering time.
- ❑ **Know why you're volunteering.** Volunteers give their time for so many reasons. Whether you're looking to build skills while looking for a job, make a long term impact in a child's life or share a specific talent or skill, being clear about your intent with the organization can help them place you in an opportunity that will meet your needs.

The following are examples of volunteer opportunities with United Way of Salt Lake:

Day of Caring engages more than 3,300 volunteers from 105 local companies. Volunteers spend 36,000 total hours completing more than 145 one-day service projects in Davis, Salt Lake, Summit, and Tooele counties. * Additional messaging, such as \$\$ saved?

Summer of Service (SOS) is a program of United Way 211 Volunteer Center, which helps youth connect to their communities by volunteering during the summer vacation. Anyone ages 5-18 within Salt Lake, Davis, Summit, and Tooele counties can participate by volunteering for a chosen organization and/or organizing their own project. Youth volunteers contributed more than 377 million hours to their communities--worth more than 8.5 billion to the US economy. Additionally, youth who volunteer are more likely to do well in school, graduate, and vote.

Stuff the Bus is a way to help collect school supplies and stuff 5,000 backpacks to be delivered to over 15 school locations on United Way of Salt Lake's annual Day of Caring.

Mentor/Tutor/Reader: Make a commitment to get to know a child/youth in your community while sharing your life experiences to help them explore their interests, goals and values. Different programs allow you to complete all your mentoring within the school and others allow you to share time with your mentee in the community. Mentors help with homework, read with their mentee and help them work through issues they may have in their life. Mentors act as role models, cheerleaders, advocates and friends to their mentees.

Ideal if: you love working with children/youth, you respect young people, you are an active listener, you have empathy, you see solutions and opportunities in every situation, you are flexible and open to new experiences and you're willing to commit to a program for at least 6 months.

Commitment: Typically 6 months or longer.

Volunteer Income Tax Assistance Volunteer (VITA): VITA volunteers receive IRS approved training and certification that gives volunteers the confidence and the ability to prepare an accurate tax return. Volunteers help ensure each client receives all of the credits they are entitled to. Volunteers can also serve as greeters, translators, site coordinators or as financial resource specialists. Bilingual volunteers are always needed.

Ideal if: you enjoy working with numbers, you are detail oriented, you enjoy helping people and families become financially stable, you want to learn a new skill, and you listen well.

Commitment: Complete the online or in person training and certification program. Be available to volunteer between February and April.

Career Mentor: Help students learn real world lessons in financial literacy, career exploration and college preparation. Share your experiences about your high school days, navigating through college and the path you took to get where you are today. Help students open their eyes to the possibility of different careers they may not have considered to be viable options for them. Bilingual volunteers, immigrants and refugees who have successfully obtained an education and career are encouraged to participate.

Ideal if: you love what you do, you want to encourage others to get involved in your profession, you can communicate what you do in a way that would make sense to children/youth, and you have a minimum of a high school diploma or GED.

Commitment: Can be as brief as a few hours once or twice a year at school career fair type opportunity or as an ongoing longer term opportunity.

Interpreter: Use your language skills in a variety of settings in person or on the phone. Interpreters will help children and their families communicate with teachers and counselors in schools or assist immigrants and refugees in receiving vital services.

Ideal if: you fluently speak English and another language, you have good listening and comprehension skills, you want to utilize your language skills to help others, and you can maintain confidentiality.

Commitment: Can be a few hours a couple times a year (parent teacher conference), one-time events (human service events) or as an ongoing community resource via phone or in person.

After School Volunteer: Help support children and youth in a variety of afterschool programs. Children and youth receive the attention and adult support that helps them connect with positive role models.

Ideal if: you enjoy playing games, sports, arts and crafts and/or can help with homework as a mentor or tutor. Many programs welcome talented volunteers to share what they know by providing specific enrichment activities for the kids they serve.

Commitment: Can be as little as once a week for one hour or can be a planned series of events