

1A2

Role models in volunteering

What can we learn from people who have made a difference through volunteering?

People volunteer in many ways – helping animals, supporting others, protecting the environment, or running community events. In this challenge, you will explore inspiring volunteering role models, discover what they did and why it mattered, and reflect on what you can learn from their choices.

What you'll do

In this challenge, you will:

- research at least two successful volunteers or volunteering projects.
- identify the cause or sector (eg care, animals, environment), role, and impact of each person or group.
- compare their motivations and actions.
- choose a presentation format that suits your style (eg digital, spoken, visual).
- share what inspired you most and how this might shape your future choices in volunteering and your career.



✓ Skills I used:

- | | | |
|---|-----------------|--------------------------|
|  | Learning | ☐ |
|  | Decision-making | ☐ |
|  | Communicating | ☐ |
|  | Team working | ☐ |
|  | Thinking | ☐ |
|  | Self-awareness | ☐ |

How I might show the skills

Skills	Examples
 Learning	Researches two or more volunteers. Gathers accurate facts about their roles and impact. Identifies key differences and similarities between them.
 Decision-making	Selects individuals or projects to research. Chooses what to include in the presentation. Reflects on how the stories influence personal goals.
 Communicating	Presents clear information in a chosen format. Uses appropriate language and visuals. Explains why the stories are inspiring.
 Team working	Shares tasks fairly. Discusses findings with others. Gives and receives constructive feedback.
 Thinking	Analyses the impact of different volunteers. Makes connections to wider social issues. Compares different motivations and outcomes.
 Self-awareness	Reflects on personal values and interests. Identifies what is admirable in others. Explains how the research influences thinking about volunteering.

2A6

Plan for your first day as a volunteer

How can you prepare for your first day as a volunteer?

A simple plan for your first day can help you to start your volunteering feeling confident and positive. In this challenge, you will get ready for your first day as a volunteer. You'll think about what to wear, what to bring, how to get there, and how to introduce yourself.

What you'll do

In this challenge, you will:

- choose what to wear and make a checklist of what to bring with you on your first day (eg lunch, ID).
- plan your journey (eg how you will get there, how long it takes) so that you can arrive on time.
- identify any worries you have and choose a coping strategy to use if you feel nervous (eg breathing exercises, asking questions).
- practise introducing yourself when meeting someone new and write a short script or prompt you can use on your first day.
- share your plans with a peer or tutor for feedback.



✓ Skills I used:

	Learning	☐
	Decision-making	☐
	Communicating	☐
	Team working	☐
	Thinking	☐
	Self-awareness	☐

How I might show the skills

Skills	Examples
 Learning	Identifies suitable clothing and equipment. Records key journey details. Explains how to prepare for a volunteering placement.
 Decision-making	Chooses appropriate clothing and equipment. Selects a suitable travel plan. Chooses a strategy to manage nerves.
 Communicating	Practises a short introduction. Creates an introduction prompt or script. Shares their first-day plan and responds to feedback.
 Team working	Discusses plans with a peer or tutor. Listens to feedback and suggestions. Shares ideas to help others prepare.
 Thinking	Plans their first day in a logical order. Identifies possible challenges. Proposes ways to overcome them.
 Self-awareness	Identifies worries about their first day. Describes how they feel about starting. Chooses strategies to build confidence.

3A4

Telling your volunteering story

How can keeping a weekly blog help you track your experiences and progress?

Writing about your volunteering experiences helps you to remember what you've done and reflect on your progress. In this challenge, you will create a weekly blog, vlog, or diary entry to reflect on your experiences and keep track of how you are working towards your goals.

What you'll do

In this challenge, you will:

- choose a way to record your blog (eg written diary, video, audio recording, drawing).
- set aside time each week to reflect on your volunteering experiences.
- write or record at least one entry per week (minimum 3 entries).
- describe what you did, what you learned and how you felt – reflect on what went well and what could be improved.
- at the end of each entry, compare your experiences to your volunteering goals and describe the progress you have made towards them.
- share your volunteering story blog with a tutor, supervisor or another volunteer for feedback.



✓ Skills I used:

	Learning	☐
	Decision-making	☐
	Communicating	☐
	Team working	☐
	Thinking	☐
	Self-awareness	☐

How I might show the skills

Skills	Examples
 Learning	Records volunteering experiences in a blog or diary. Identifies what they learned each week. Links learning to their volunteering goals.
 Decision-making	Chooses a suitable format for their blog. Selects experiences to include in each entry. Identifies actions to help achieve their goals.
 Communicating	Creates at least three blog, vlog or diary entries. Describes experiences using clear language. Shares their volunteering story with others.
 Team working	Shares their blog with a tutor, supervisor or volunteer. Asks for feedback on their progress. Responds to suggestions from others.
 Thinking	Reflects on what went well. Explains what could be improved. Compares their progress against their volunteering goals.
 Self-awareness	Describes how they felt about their experiences. Reflects on their strengths and challenges. Identifies progress towards their personal goals.

4A7

Nominate or celebrate someone

What did I learn from someone I worked with, and how can I celebrate their impact?

Someone at your volunteering placement may have supported you, inspired you, or helped you to grow during your volunteering. This challenge is an opportunity to reflect on how they supported you, and find a way to recognise or celebrate their impact.

What you'll do

In this challenge, you will:

- choose someone who helped or inspired you during your placement.
- record what they did to help you, what you learned from them and how it made a difference to you.
- reflect on how they have inspired you.
- identify one skill, behaviour or piece of advice you learned from them that you would like to use yourself.
- choose a suitable way to recognise or celebrate them (eg a nomination for an award, certificate, thank-you letter, short video).
- share your nomination or celebration with the person and with others.



✓ Skills I used:

	Learning	☐
	Decision-making	☐
	Communicating	☐
	Team working	☐
	Thinking	☐
	Self-awareness	☐

How I might show the skills

Skills	Examples
 Learning	Identifies lessons learned from another person. Records examples of advice or support received. Applies one learning point to future situations.
 Decision-making	Chooses a person to recognise. Selects examples to include. Chooses a suitable way to celebrate their contribution.
 Communicating	Creates a nomination, certificate, letter or video. Uses positive and respectful language. Shares their nomination or celebration with others.
 Team working	Recognises the contribution of another person. Shows appreciation for support received. Describes how others helped them succeed.
 Thinking	Reflects on how another person influenced them. Explains why that person's actions were valuable. Links their advice or behaviours to future actions.
 Self-awareness	Reflects on how they have grown through support. Identifies behaviours they would like to develop. Describes how they will apply what they have learned.