



# **GET INVOLVED! Volunteering Guide**

**THE SINGLE MOST IMPORTANT FACTOR NEEDED TO PREPARE FOR YOUR FUTURE,  
AND THE EMPLOYMENT LANDSCAPE YOU'RE HEADING FOR, IS DIVERSITY OF  
EXPERIENCE**

**- TIM ELMORE, BIGGEST PREDICTOR OF SUCCESS**

## **WHAT DOES THIS MEAN?**

- 1.) Volunteer**
- 2.) Gain Work Experience**
- 3.) Involvement with Community Programs**

**There is no other factor that will both increase problem-solving, confidence, flexibility, Communication, networking and resiliency more quickly than volunteering.**

*You need to be able to handle new challenge, network with new people, develop your skills, stretch beyond your comfort zones, fail, bounce back and GROW YOURSELF.*

**Volunteering is a major part of Getting Hired by Employers,  
Scholarships and Post-Secondary Applications.**

## **Steps to Volunteer:**

**Step 1:** Choose a volunteer experience that you will enjoy!

**Step 2:** Do some research: Explore areas of interest online, join community programs, look for Invergarry announcements, come to the Career Centre and enroll in a Co-op

**Step 3:** Follow instructions carefully-submit application and documents before due date and in manner requested (*often online*)

**Step 4:** Attend information session or orientation. Make a good first impression: Show your positive attitude and don't be afraid to ask questions

**Step 5:** Get a reference letter! Document dates and hours of volunteering, and get the manager's or supervisor's name and contact information for reference. *Add these to your scholarship binder*

**Step 6:** Celebrate what you have achieved!

**Step 7:** Plan your next venture into volunteering or work experience.

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## **Check Out These Places to Start Your Volunteering Career:**

BCSPCA: <http://www.sPCA.bc.ca/about/volunteer/>

Burns Bog Environmental Society (Located nearby on Scott Road):  
<http://www.burnsbog.org/volunteer/>

Canadian Blood Services: <https://www.blood.ca/en/volunteers/volunteering-opportunities?OpenDocument&CloseMenu>

Canadian Breast Cancer Foundation:  
<http://www.cbcf.org/bc/GetInvolved/Volunteer/Pages/default.aspx>

Canadian Diabetes Foundation: <http://www.diabetes.ca/how-you-can-help/volunteer>

Canuck Place: <http://www.canuckplace.org/volunteers/>

City of Surrey- <http://www.surrey.ca/youth/46.aspx>

Corporation of Delta: <http://www.delta.ca/your-government/volunteering>

Fraser Health Authority (Includes Surrey Memorial Hospital):  
<https://www.fraserhealth.ca/about-us/volunteer-opportunities#.X4kqd9BKhyx>

Go Volunteer.ca: <http://govolunteer.ca/>

Heart and Stroke Foundation:  
<http://www.heartandstroke.bc.ca/site/c.kpIPKXOyFmG/b.3644351/k.F93D/Volunteer.htm>

Lower Mainland Down Syndrome Society: <http://lmdss.com/contact-us/volunteer/>

MOSAIC: <https://www.mosaicbc.org/about/volunteer/>

Options Community Services: <http://www.options.bc.ca/volunteer-at-options>

Science World: <http://www.scienceworld.ca/volunteer>

Surrey Christmas Bureau: <https://christmasbureau.com/volunteer/>

Surrey Crime Prevention Society: [http://preventcrime.ca/?page\\_id=7](http://preventcrime.ca/?page_id=7)

Surrey Food Bank: <http://www.surreyfoodbank.org/volunteers>

YMCA: <https://www.ymca.ca/Get-Involved/Volunteer>

***Remember– Collect Reference Letters and Contact Information.***

***Add it to your Networking or Scholarship Binder***



# **Why Volunteer?**

**Gain work experience**

**Connect with your community**

**Job/scholarship references**

**Explore career choices**

**Share your talents**

**Make a difference**

**Support a good cause**

**Increase self-esteem**

**Strengthen your resume**

**Gain new perspective**

**Learn new skills**

**Help others!**