



YOUR VOLUNTEERING JOURNEY WORKBOOK



SO... YOU HAVE DECIDED TO VOLUNTEER

GREAT! You've made
a fantastic decision.

However, you need to
do a bit of planning to
get ready to
volunteer.

Use this workbook to
help you think about
the things you need to
know.



QUESTION 1

HAVE I VOLUNTEERED BEFORE?



I have volunteered before

What did you like about volunteering?

What didn't you like about volunteering?



I have not volunteered before

What do you know about volunteering?

Do you know someone who volunteers? What do they do?



Question 2

How much time do I have?

When can you volunteer? Use this table to write down your regular activities, then see what time you have to volunteer.

Day/ Time	Morning	Afternoon	Night
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			



QUESTION 3

How will I get there?

How you will get there may limit your options. Will you drive? Catch a bus? Walk?

QUESTION 4

What do I want to get from volunteering?



Our motivation can be very important when deciding where to volunteer. Are you looking for work experience? Skills? Or something to do in the community



QUESTION 5

Who can support me to volunteer?

Think about the people in your life who could help support your volunteering journey- list them and how they could help

Who can help me?	How can they help me volunteer?
Name:	
Name:	
Name:	

QUESTION 6

Are there adjustments that could help me with volunteering?



Things like changes to the environment or role, like needing to sit down or move away from noisy areas. These are great to know beforehand so you know how best to ask for the support you need.



QUESTION 7

What are my strengths?

What are you good at? What do you like doing? What skills do you have that you would like to share?

QUESTION 8

What do I like to do?



Your hobbies and likes can really help steer you in the right direction of a good volunteer role for you.





QUESTION 9

What would I like to learn?

If you are wanting to learn a particular skill, write it down here and think about what kind of roles could help you.

QUESTION 10

Do I have NDIS funding for extra support?



If you have an NDIS plan, it is worth checking if you have the right kind of funding available for any supports, especially when starting out.



IMAGINE YOUR VOLUNTEER ROLE



Imagine the worst volunteering role

What does it look like? Who is or isn't there? What would you be doing? What makes it the worst?



Imagine the Perfect volunteering role

What does it look like? Who is or isn't there? What would you be doing? What makes it the best?





QUESTION 11

Do I have the documentation I need?

Most volunteer roles require a police clearance, which requires 100 points of identification (ID) to get. Different pieces of ID are worth different points.

Category 1-

You need at least one from this category



- A full birth certificate (not a photocopy or an extract)
- Passport (current or expired in the last two years)
- Australian Citizenship certificate
- Drivers licence
- Tertiary student ID card

Category 2-

You need at least two from this category

- Medicare Card
- Centrelink Card
- Bank Card or statement
- Proof of Age Card
- Private Health Care Card
- Tax assessment notice (sometimes called a Group Certificate)
- Marriage certificate
- Phone bill in your name, with your current address



Are you Vaccinated?

Yes

No

Some organisations (like aged care) have recommendations.

