

Wed, May 23, 2018

## Volunteering in the Highlands



### What is Volunteering all about?

Volunteering is the giving of time and energy

Volunteering is all about choice... Your choice!

YOU CHOOSE the sort of volunteering you would like to do. It could be something you have always fancied doing or something new you would like to learn. Although you are not paid to volunteer there is a lot more to gain than money. Volunteering is a great way to...

- meet new people
- try out new and different things
- make friends
- help others
- have fun
- a route into employment
- gain valuable experience for your CV
- access training
- pass your skills onto others

To find volunteering opportunities in your area search: [volunteerscotland](http://volunteerscotland)

or contact your local volunteering office.

Call or email a development officer:



hi-hope.org  
by Hi Hope - hi-hope.org  
hi-hope.org

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### **Inverness**

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### **Ross and Cromarty**

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### **Lochaber**

01397 706 044

[admin@valochaber.org](mailto:admin@valochaber.org)

### **Badenoch and Strathspey**

01479 810004

[bands@volunteeringhighland.org](mailto:bands@volunteeringhighland.org)

### **East & Central Sutherland**

01408 633 001

[contact@vges.org.uk](mailto:contact@vges.org.uk)

You can also use the [direct.gov](https://www.direct.gov.uk) online search facility to look for voluntary work in your area. Volunteering can help you gain valuable skills and experience to give you the edge in a tough labour market or to enhance your application form if applying for jobs or further study.

## **Further Information and Contact Details**

**Street Address:** ,