



Make the most of your summer with v

Have you got lots of spare time on your hands this summer? Do you want something inspiring to do? Would you like to build up your CV and stand out from the crowd?

With a scorching summer around the corner and many university and school leavers undecided about which path to take next, **v, the National Young Volunteers Service**, provides young people with volunteering opportunities that will give them invaluable experience for the future.

www.vinspired.com offers thousands of varied and exciting volunteering activities so you can choose to get involved in something that you're passionate about, including sport, music, fashion or the environment.

Not only does volunteering offer the opportunity to have a positive impact on your community, it's a great way of improving your CV so you shine above the rest in an increasingly competitive job market.

With youth unemployment figures rising to 926,000 (an increase of 11,000, since January) and university places becoming more competitive, young people need to be looking to use their time wisely.

Volunteering can provide the following:

- Additional experience to put on your CV
- Development of a range of new skills
- Opportunity to meet and interact with new people and broaden your horizons
- Valuable work experience in a field that might be of interest to you
- Opportunity to show initiative to future employers
- Chance to give something back to your local community

Dragon's Den Star James Caan says:

"Getting involved in volunteering over the summer and throughout the year can be a real asset to any young person's progression. Volunteering can help you build vital skills, whilst doing something you enjoy, and is considered a huge asset when applying for higher education or work. By getting involved in volunteering you are taking a step in forging your own future, whilst giving something back to the community. It is something I believe every young person should look into."

Young Volunteer Sonali Samani says:

"I've been volunteering during my university holidays for the past two years alongside part time jobs. I've got so much out of it personally and professionally. Not only can I do something positive and constructive with my time, I'm also making myself more employable. Hopefully, it will put me in great stead for next summer."

v's Chief Executive Terry Ryall says:

"Volunteering can really help to open your eyes to new opportunities and allow you to gather valuable hands-on experience whilst benefiting your community. If you don't get the grades you want, or need to rethink your options, then volunteering is a fantastic way to build up your skill set and help you make decisions about your future. This summer is the perfect time to get started. So why not help yourself by helping other?"

To find out more about projects available to you in your local area visit www.vinspired.com

Example Projects:

Mentoring

- Beat Bullying Cyber Mentors - The development and implementation of a pioneering program to tackle 'cyber bullying'.

Sport

- vCricket - introduces young people into cricket, offering a broad range of volunteering opportunities, providing enjoyable, enhancing and sustainable programs for both volunteers and clubs.
- The Football Association provides opportunities for 900 young people across England to volunteer as football coaches over the course of a 3-year partnership with v and McDonald's
- Street Games offers young people from disadvantaged communities opportunities through sports
- Lawn Tennis Foundation aimed at significantly increasing the number of young people regularly volunteering in tennis and undertaking key roles within a club environment

Arts

- The Old Vic Tunnels - run the Old Vic Tunnels while learn new skills in theatre development.

Music

- The KICfm Youth Radio station will benefit from the input of new volunteers who will act as presenters, reporters, producers and DJs.

Careers focused

- Patiko Bakers Fort Project: tackles disadvantaged young people with language and cultural barriers and activities will include creative arts, healthy lifestyle advocacy, music and DJing, football coaching and community translators

Clean Up

- Thames 21 - enable and support young people aged 16 to 25 years to motivate, organise and lead practical activities for groups of young volunteers to transform waterways in their neighborhood
- Mow & Grow - A free gardening service for vulnerable people in the community and community groups providing accredited training and employment for disadvantaged youth in the labour market.

Leadership

- The L.I.F.E Experience - The L.I.F.E Experience is mentor/facilitator project aimed at nurturing the academic & social excellence of African- Caribbean, male school pupils aged 14-16

- Independent Academic Research Studies (IARS) - developing expertise in human rights, justice and community leadership.
- My Generation - young people who will act as mentors, tutors and coaches to support children's achievements and aspirations through out of hours learning, summer schools and residential holidays

To arrange an interview or for case study opportunities, please contact David Slade on 020 7100 7100 or david.slade@shinecom.com

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Notes to Editors: about v

v, The National Young Volunteers Service aims to inspire a new generation of volunteers (aged 16-25) in England. It does this by funding voluntary organisations all over England to create inspiring, diverse opportunities and by helping to overcome barriers that stop people from taking action to improve lives, communities and the planet. **v's** aim is to create a culture where volunteering comes naturally and where the benefits of volunteering are understood and celebrated.

v is an independent charity launched in May 2006 as a result of the Russell Commission report, A National Framework for Youth Action and Engagement.

See www.vinspired.com for more information (including full copies of our research)