

HINTS & TIPS ON VOLUNTEER SPEED MATCHING

- Be positive & enthusiastic
- Smile
- 4 minutes isn't long - make sure you are well prepared
- Give the organisations some idea of your interests, skills and passions
- You can find out whether you're really compatible on your next date!
- Listen carefully
- Relax - there is no pressure, so be yourself
- Avoid garlic, raw onions and other strong smelling food
- Make good eye contact (but don't overdo it)
- Don't talk too fast - you'll sound nervous
- Don't talk too slow - you'll sound stupid
- Have some questions ready
- When asking questions, make them open by beginning with:- what/where/which/who/when/how/why/in what way/tell me?
- And most importantly ...

Have fun!



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volunteer speed matching



GUIDE FOR VOLUNTEERS

A NEW WAY TO VOLUNTEER

It's not often you have the chance to find out what goes on in local organisations in such a fun way as in Volunteer Speed Matching. We hope you will enjoy the experience.

Please return the Volunteer booking form ASAP to secure a place on our next event. In true Speed Dating fashion, we are requesting quite a lot of detail from you so that we can help you find your ideal "date"!

Volunteering is open to everybody, no matter how much or how little time they have to offer. People of all ages, backgrounds, interests and abilities appreciate the value of voluntary work both to themselves and to the people they help. It is not unreasonable to expect to get something out of volunteering. With this in mind please prepare yourself for Volunteer Speed Matching.

VOLUNTEER SPEED MATCHING

The event will have all the characteristics of speed dating with score sheets, stopwatch and "daters" moving tables on 4 minute whistle sounds. Extensive research on speed dating was carried by a dedicated team of volunteers to ensure we got it right!

AFTER THE EVENT

We will put you in contact with the organisations you scored as a "yes" or "maybe" & then 2nd dates are up to you!

WHY DO I WANT TO VOLUNTEER?

It's important to think about why you want to do it - this can help you to decide what type of voluntary work would suit you best.

Why do I want to volunteer?

- to meet people & make new friends?
- to put spare time to good use?
- to work in a group which has some special interest?
- to gain new experiences or learn new skills?
- to do something enjoyable?
- to make use of existing skills?
- to build self confidence?
- to take on new responsibilities?
- to be valued, appreciated and feel useful?
- to gain a sense of achievement?
- to put something back?

You need to choose a voluntary opportunity that meets at least one of your motivations.

Prepare some questions for the Speed Matching Organisations:-.

- What difference does your organisation make?
- What could I do to help?
- What would I gain from this volunteering?
- Is there any training ?
- How much time would be involved?
- Where would I be volunteering?
- Are expenses covered?
- Are there any social get togethers for volunteers?