

BIOLOGY AND ENVIRONMENTAL SCIENCE



Project V is the Students' Union community volunteering scheme. Our aim is to offer University of Sussex students safe, supported and rewarding volunteering placements that benefit the local community.

We are keen to work with departments across the University of Sussex to encourage students to get involved in volunteering in their local community.

Benefits for Biology and Environmental Science:

- Increased employability
- Opportunity to develop new skills
- Opportunity to link degree study with real life experience

What's on offer

We offer a huge choice of volunteering opportunities that range from conservation, to media to mental health. We have over 200 opportunities in the following areas:

ADMINISTRATION	ADVICE	ARTS / MEDIA
BLACK & ETHNIC MINORITIES	CHILDREN	COMMUNITY DEVELOPMENT
CONSERVATION	FUNDRAISING	HEALTH
HIV/AIDS SUPPORT	HOMELESSNESS	I.T.
LGBT SUPPORT GROUPS	LEARNING DISABILITIES	MENTAL HEALTH
SHOPS (CHARITY)	OFFENDERS	OLDER PEOPLE
PHYSICAL / SENSORY DISABILITIES	REFUGEES & ASYLUM SEEKERS	SPORTS DEVELOPMENT
SUBSTANCE MISUSE	WOMEN	YOUNG PEOPLE

Matching and Advice

We provide a matching and advice service to help students find the right volunteering opportunity. Our drop-in is open 10-4.30 Monday to Friday.

Project Development

We can work closely with departments to develop new projects that enable students to develop specific skills and experiences. This can involve linking up with a community organisation to develop a project that brings benefit to both community and student.



Potential Projects for Biology and Environmental Science Students:

Local Agenda 21

LA21 is involved in sustainability work in the community. Projects include a 'Renewable in Schools' education initiative and 'Community Renewable' project but volunteers can get involved in many aspects of the Sustainability Resource Centre. Much of the work centres on climate change, sustainable energy, renewables, education and recycling.

'Nourish' Community Farm

A community farm at Stanmer Park (right next to the University) that runs gardening groups with 'members' who have learning disabilities / mental health issues. Also runs days when 'members' don't attend for volunteers who wish to concentrate on organic conservation gardening.

(Please note that these are examples and we cannot guarantee that projects will be recruiting volunteers all year round but we have many more projects with a variety of client groups and communities across Brighton and Hove.)

Student Case Study: A.N volunteered with Nourish Community Farm.

Why did you decide to volunteer? I wanted to do something constructive with my free time. I did psychology at A' Level and was interested in therapy work and how different activities can benefit people with learning disabilities / mental health needs. I've also done some volunteering before in schools, and felt it would be interesting to work alongside adults for a change.

What is your role as a volunteer? I spend a lot of time talking and listening to both members and other volunteers. It's really rewarding to get to know the people who go there, and I've found that I am learning a lot as the members are very knowledgeable about organic gardening. It's a really beneficial two way thing!

Best Bits: The best bits about my volunteering are being outside, chatting to others and having a change of scene outside University. It's really refreshing to meet people who you wouldn't normally meet and so rewarding to do something practical. At the end of my volunteering I'm always tired but in a good way, and I actually find it easier to do my university reading after a session at the farm. I find it a very satisfying experience

How does volunteering fit in with your university life? I see it as a really good break. It's only for a few hours each week, is only 15 minutes from the university and because I enjoy it, it's so easy to fit in.

Why would you recommend volunteering to other students? You get so much out of it, a real sense of satisfaction. It's a great way to take a break from uni work and it puts you in an advantaged position with regards to employability. Plus there are always free doughnuts at Nourish!!

(You can read more student case studies on our web pages).

Working with University Departments

We are keen to develop our links with university departments so that more of your students can benefit from volunteering and also to explore the possibility of developing mutually beneficial links between community projects and university departments.

a) **Outreach Days:** New for 2010-11, we have instigated 'Outreach Days', the purpose of these being to renew and develop relationships between community organisations, University departments and Project V. Each academic term we will keep 2 days free to visit community organisations and University departments, or for community organisations/ University departments to visit us. The

dates of these Outreach Days are posted on our website (under Information for University Departments). Please e-mail Michaela at m.rossmann@sussex.ac.uk if you would like us to visit you, or wish to visit us.

b) **Student Talks:** We can provide short and informative talks for your students to advise them about the benefits that volunteering can bring. This includes dispelling some common myths that are held about volunteering and bringing into focus the need for work-relevant skills development.

Find out more about us

You can find out more about us, the services we offer and what we've achieved in the past on our web pages, which include a page for University Departments:

www.sussexstudent.com/volunteering

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