

## GEOGRAPHY

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 Geography Students:

- 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.



## Potential Projects for students studying Geography:

### Local Agenda 21

LA21 is involved in sustainability work in the community. Projects include a 'Renewables in Schools' education initiative and 'Community Renewables' 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.

### Moulsecoomb Forest Garden and Wildlife Project

The project has eight community allotments where they practice organic, forest, wildlife and outlawed vegetable gardening. They have regular workdays where everyone is welcome, a 'no gardening experience necessary' ethos, and also work with local schools and the youth offending service. Volunteers assist with various aspects of gardening, working with people from differing backgrounds e.g. school children, youth offenders, older residents and people with learning difficulties.

(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: I.B volunteered at the Moulsecoomb Forest Garden and Wildlife Project.

**Why did you decide to volunteer?** I love being outside, I love working with kids and I feel strongly about the therapeutic effects of being in and getting involved in a nature environment.

**Tell us about your specific role:** I go along and do whatever needs doing on the day; this varies from weeding, clearing and coppicing. I guess my role is also to interact with the people that go up there.

**What do you get out of your volunteering?** A great deal! I get a huge feeling of accomplishment after getting a job done. I have met lots of new people who are all very interesting and friendly. I feel a sense of calm and normality from being there as it is down to earth and away from stress of Uni etc. I am learning lots of new skills and gaining confidence in talking to people.

**How does volunteering fit in with your student life?** It is very flexible and the two work days are on my days off so I always manage to go once or twice a week and don't feel I have to go for the whole day if I have other commitments. It also reminds me of the outside world and gives me a chance to connect with Brighton on a different level than just as a student.

**Why would you recommend volunteering to other students?** As I said above, it reminds you that the outside world is there and gives you a chance to connect with Brighton on a different level than just as a student. You will learn new skills and meet new people, you also broaden your horizons about what you are capable of and interested in.

(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](mailto: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](http://www.sussexstudent.com/volunteering)

### Contact Details

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