

## International Relations



Project V

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 International Relations 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 10am - 4.30pm Monday to Friday.



Potential Projects for International Relations Students:

### **Refugee and Asylum Seeker Project**

RASP is a befriending project for young refugees and asylum seekers in Brighton and Hove. Part of Brighton and Hove Volunteers, this is a client and volunteer led project involving fortnightly drop-in sessions and monthly outings. The focus is to help young refugee and asylum seekers with integration and involvement in the local community with progression into voluntary placements.

### **READ International**

READ International is an established award winning student initiative which aims to solve the educational resource problem in Tanzania. The project aims to recycle educational resources from UK secondary schools to secondary schools in Tanzania, and to give presentations to UK schools about sustainability, recycling, student volunteering, young social enterprise and global citizenship.

### **Brighton Women's Centre**

The Brighton Women's Centre supports women to protect and preserve their physical and mental health. They have a number of practical projects and self help groups on various aspects of women's issues. The project provides low cost childcare, information, counselling and advice. Volunteers provide information, support and make referrals for women using the centre.

(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: R.N volunteered with Refugee and Asylum Seeker Project**

***Why did you decide to volunteer?*** I did want to be a befriender for refugee and asylum seekers for a while before joining RASP but I had trouble finding the right organisation. Ever since getting to know people at school who had sought asylum in the UK, I have been passionate about refugee issues and about challenging the way immigration is dealt with by the government and the media. I wanted to take part in befriending in order to try and help make people's experience in the UK more welcoming- especially after becoming aware of the negative attitudes and misconceptions regarding immigration at my school and in wider society.

***Tell us about your specific role:*** Working with young people new to life in the UK, supporting them in group activities during drop-in sessions and outings, helping build confidence, sharing language skills and generally just being a friendly face. I also co-ordinated and helped to deliver a series of computer classes for those looking to learn new skills.

***What do you get out of your volunteering?*** I really enjoy just generally being a part of a friendly, fun group of young people- as well as being able to help out/offer specific support when needed. It's also been nice doing things centred on the Brighton community.

***How does volunteering fit in with your student life?*** RASP is very flexible so if you're ever too busy with University work its fine to miss a session or two. It's also quite fun and not really like work, so it's never felt like a job I have to fit in.

***Why would you recommend volunteering to other students?*** Because it feels good to help people and because it's fun too and you always learn something.

(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.)

## **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**

Michaela Rossmann (Volunteer Development Coordinator)

Naomi Ashman (Volunteer Placement Coordinator)

Tel: 01273 87(3387) & Email: [projectv@sussex.ac.uk](mailto:projectv@sussex.ac.uk)