

Philosophy

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 Philosophy 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 Philosophy Students

The Food Ethics Council

The Food Ethics Council is an independent think tank and advisory body that helps govt, businesses and the public make wise decisions that lead to better food and farming. The Food Ethics Council publishes reports and a magazine, organises deliberative workshops and events, and develops tools for ethical decision-making.

The Coldean Youth Project

The Coldean Youth Project currently works with young people aged 9-13yrs. The project runs a 1.5 hour session every week where young people can take part in social activities and meet with their friends. The project is looking to expand their services to working with older young people in the area.

The Clocktower Sanctuary

The Clocktower Sanctuary is a day and advice Centre providing practical help and support for young homeless people aged 16-25yrs. Volunteers are needed to help in all areas of the centre: to interview new service users, to record and update service user's details and to deliver the advice and support service.

(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.Y. volunteered at The Coldean Youth Project

Why did you decide to volunteer? I needed leadership experience for Camp America and the youth project fitted in with the time I could commit and the type of programme I wanted to work with.

Tell us about your specific role: I try to get the children involved in various activities whilst being aware of the need for safety and fairness. I am also involved in the planning of each session. A meeting is held each term to decide the events for the following term. I am also able to run my own events, such as a baking week.

What do you get out of your volunteering? I get leadership and confidence when dealing with difficult children. I also thoroughly enjoy volunteering and will be able to use it on my application for medical school.

How does volunteering fit in with your student life? I volunteer for 2 hours a week at the same time every week which allows me to plan my studies around this. It is very dependent on good organisational skills.

Why would you recommend volunteering to other students? Volunteering is highly valued on CVs and application forms. It also gives you a good feel to know that you are benefiting others. You can gain valuable skills that you can then apply to life.

(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

Contact Details

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