

## The National Standards for Volunteer Involvement

The National Standards for Volunteer Involvement (National Standards) are a best practice framework to guide volunteering. They are an important resource for both organisations and volunteers. There are eight National Standards.

### Standard 1:

Volunteering is embedded in leadership, governance and culture.

### Standard 2:

Volunteer participation is championed and modelled.

### Standard 3:

Volunteer roles are meaningful and tailored.

### Standard 4:

Recruitment is equitable and diversity is valued.

### Standard 5:

Volunteers are supported and developed.

### Standard 6:

Volunteer safety and wellbeing is protected.

### Standard 7:

Volunteers are recognised.

### Standard 8:

Policies and practices are continually improved.

For more information visit our website by scanning the QR code below or contact Darebin Councils' Volunteer Programs Officer:  
03 8470 8715  
[volunteering@darebin.vic.gov.au](mailto:volunteering@darebin.vic.gov.au)



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the place  
to live



## VOLUNTEER WITH THE CITY OF DAREBIN

## What is volunteering?

**Darebin supports, promotes and celebrates volunteers and volunteer leaders.**

Volunteering can mean different things to different people. Essentially, volunteering is all about you being able to contribute some of your own time to help people in our communities.

Volunteering comes in many forms. From formal to informal, to community-giving which is often fluid and responsive to community needs, through to virtual volunteering which is completed online.

The City of Darebin is made up of a large variety of volunteer-involving organisations, including:

- The Darebin Neighbourhood House Network
- Darebin Information, Volunteer & Resource Service (DIVRS)
- Environmental Friends Groups
- High Street Bells Choir
- LINK Community & Transport
- Melbourne Polytechnic Adult Migrant English Program
- Nangak Tamboree Wildlife Sanctuary
- Switchboard Victoria
- U3A Darebin
- Your Community Health

and so many more!



## Benefits of volunteering

**There are a number of reasons why people choose to volunteer. Some of these reasons include:**

- Increasing community connection and reducing social isolation
- Gaining experience and learning new skills
- Building self-confidence
- Making new friends
- A pathway to employment
- Professional networking opportunities
- Giving back to your community

Volunteering not only benefits individuals, but it also benefits communities and organisations. Studies have shown a strong link between volunteering and good mental health. Just a few hours of voluntary work can make a difference in happiness and mood.



## Choosing a volunteer role that's right for you

With so many volunteering opportunities available, it can be helpful to consider the following points when thinking about volunteering:

- Look for volunteer roles that match your interests and/ or your skills
- Your capacity - as yourself, how much time can you offer and how often?
- Does the organisation/ group align with your values?