



## Kent Union Volunteering: Volunteer Training and Support

### **Training**

It must be stressed that volunteers need no previous training, experience or qualifications; they just need enthusiasm, energy and a little commitment.

As with most things, the best way to learn and gain experience is to go out and try something, get involved in a project and learn new skills as you go. However, we believe that training is also a very important aspect of our work and we realise that volunteers are more confident and effective when given training, particularly if they have never done anything similar before.

For some projects and placements, there is a small amount of compulsory training to prepare you for your volunteering role. This may be Child Protection Training if you are working with Children, Health and Safety Training if you are working in a high risk environment etc. As well as the training you need, we will do our best to provide any other training you would like, so just let us know!

### **Training and the KSCV**

Training sessions are included in the Kent Student Certificate for Volunteering in recognition of the importance of having tangible skills training along side practical volunteering experience when looking for jobs or personal development opportunities.

Students will have the chance to participate in a wide range of training sessions within the Stand Out scheme, ranging from Time Management and Confidence Building to Jobs in the Voluntary Sector, Resolving Conflict and Leadership Skills. Attendance at these sessions will be registered in the KSCV online as proof of your growing skills base.

### **Support**

We also aim to follow up training with full support, so if there are ever any problems with your volunteering experience, please feel free to talk to the Project Leader or the Volunteer Co-ordinator