**Ymarfer 2**

Volunteering describes what people choose to do in their spare time, without pay, that benefits other people or contributes to the services or amenities within the community. There are literally hundreds of ways in which you can get involved - all you need is a little time and energy. In return you will be rewarded with a sense of personal achievement and satisfaction.

Some people know exactly what they want to do - all they need is a telephone number and away they go. But for most people, the choice can be intimidating. Asking yourself a number of questions can help narrow down the field. For example:

1. How much time do I have and when am I available?
2. How far am I prepared to travel and is the payment of expenses important to me?
3. What interests and experiences can I bring to my volunteering?
4. Do I like working one-to-one or with groups of people?
5. Do I have what it takes to work with troubled young people, the disabled or the elderly?
6. Are there particular issues or causes that I would like to help?

Volunteer bureaux can provide information and advice on volunteering and there’s a volunteer bureau in each local authority area.

The website is a useful way of finding out what the possibilities are. Try it out - go back to the Home Page, put the cursor on the map of Wales and see the names of the volunteer bureaux light up.

[Gwefan *Volunteering Wales*]