

The Volunteer Center of Cedar Valley - 2101 Kimball Ave. Suite 142 - Waterloo, Iowa 50702  
 When completed please send to:

Places you are interested in volunteering at: \_\_\_\_\_

Special talents you possess: \_\_\_\_\_

Category \_\_\_\_\_ Number(s) \_\_\_\_\_

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Activities interested in volunteering for: \_\_\_\_\_

Are you being referred for court-ordered community service? \_\_\_\_\_

Yes \_\_\_\_\_ No \_\_\_\_\_

**Why Volunteer?**

- Explore a career
- Improve your communication skills
- Gain work experience for your resume
- Enhance personal development and growth
- Develop new friendships and meet interesting people
- Learn how to bring about community change
- Use individual creativity and explore new ideas and concepts
- Develop leadership skills, gain confidence and self esteem
- Increase chances for scholarships

**The Dos of Great Volunteering**

- Do be flexible. Open-mindedness will help you enjoy your experience even more.
- Do be persistent. If you are not contacted by your volunteer coordinator or agency right away, it doesn't mean they aren't interested. Why not call them?
- Do be responsible. Show up on time and follow through with commitments. Your work ethic now will be your work ethic later in life.
- Do take initiative. You can even start your own volunteer program and do it on your own time.
- Do expect to get plenty of satisfaction and fun from your volunteer experience.



**Volunteer Center  
of Cedar Valley**

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 Suite 142  
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**Volunteer Center of Cedar Valley**

**EXERCISE**

Your **URGE** to  
**SERVE** and  
**VOLUNTEER**

**Youth Opportunities**



# Volunteer Center of Cedar Valley

2101 Kimball Ave. Suite 142

Waterloo, Iowa 50702

Phone: (319) 272-2087 • Fax: (319) 272-2088

E-mail: [information@vccv.org](mailto:information@vccv.org)

Website: [www.vccv.org](http://www.vccv.org)



## What kinds of Volunteer Activities can you take part in?

### Check them out!

#### Human

### SERVICES

1. Visit one-on-one with residents of a care facility, read to them or write letters for them. (14+)
2. Help with activities like bingo, bowling or other special events at senior care facility. (14+)
3. Deliver meals to home-bound seniors. (16+)
4. Accompany seniors on care facility's bus to the mall for shopping trips. (14+)
5. Help prepare food and serve food to families. (11+ with a parent)
6. Assist blood donors at blood center. (15+)
7. Assist a Saturday morning bowling program for adults with disabilities. (14+)
8. Sort donations at shelter. (15+)
9. Sort food items, label products, prepare meal sacks at local food bank. (14+)

### CLERICAL

1. Be a clerical assistant in an office setting. (16+)
2. Input computer data, answer phones, and other office duties. (15+)
3. Help write and publish a museum newsletter. (14+)

4. Help an organization by using your web publishing or web design skills. (16+)
5. Help a care facility by creating monthly activity calendars and bulletin boards. (14+)

#### Youth

### SERVICES

1. Coach or referee a sports team for younger kids. (15+)
2. Help with children's activities: field trips, programs and day camps. (14+)
3. Be a friend to a child who has experienced abuse. (14+)
4. Assist with developing and/or implementing educational programs at children's museum. (15+)
5. Help with games & activities at a children's museum and Kids Café feeding program. (14+)
6. Assist children with disabilities with therapeutic horseback riding. (15+)
7. Assist or coordinate a short-term program about your favorite subject. (15+)
8. Be a tutor during or after school. (16+)
9. Rock babies, read, sing or teach children to problem solve through various activities at childcare facility. (14+)

10. Play games and supervise kids at women's and children's shelter. (14+)

11. Become a companion to youth who have disabilities while they participate in recreational activities. (15+)

12. Help raise awareness of child abuse by being part of a drama troupe that performs for schools and organizations. (14+)

13. Assist English as a second language students in areas of math, reading, language, and writing skills. (15+)

#### Medical

### SERVICES

1. Help in nursing units or with special events at a hospital. (14+)

2. Read to pediatric patients in waiting room while patient waits to see the doctor. (15+)

3. Log and deliver flowers to patient rooms at a hospital. (15+)

4. Collect and deliver admission papers and patient charts to various locations throughout the hospital. (15+)

5. Answer questions and direct patients, patient families and visitors to various locations in the hospital. (15+)

### ANIMALS/ NATURE

1. Take pets to care facilities to interact with residents. (11+ with a parent)

2. Assist at an animal shelter. (14+)

3. Clean horse stalls and groom horses at Cattle Congress. (14+)

4. Take pets to PETCO to interact with public. (15+)

5. Assist youth with crafts, hikes and games at nature center. (14+)

#### Misc.

### Needs

1. Provide piano accompaniment for a rhythm band at a care facility. (15+)

2. Entertain seniors and people with disabilities, i.e. music, skits. (14+)

3. Assist with minor painting and seasonal yard work. (15+)

4. Serve on a board of directors and task groups of a non-profit organization. (15+)

5. Take admissions, welcome guests and operate cash register at museum gift shop. (15+)

6. Assist with upkeep of museum exhibits. (14+)

7. Pre-build and assemble ramps for disabled individuals. (15+)

8. Assist in a flower garden: cleaning, planting, watering, etc. (14+)

## Youth Volunteer

### Enrollment Form

Please complete both sides of this form.

Name: \_\_\_\_\_

Address: \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

School: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

#### Parent/Guardian Permission

I hereby give consent for my child to be interviewed for referral to a volunteer job assignment:

Parent/Guardian Signature

Date