

Volunteer FAQs

I am interested in volunteering, what do I do?

1. Check out the [Volunteer Opportunities](#) on our website to find an opportunity for you.
Please note that for listings from other organizations, you must contact them directly.
2. Choose a volunteer opportunity. After you find one that aligns with your interests, click the sign-up link in the description and you will be taken to the registration page.
3. Schedule your volunteer date. Once on the registration page, select what shift/date you want to volunteer for and fill out your contact information before checking out. You will receive a confirmation email with the information you need for your event.

How old do I need to be to volunteer?

In general, all volunteers must be at least 10 years old to participate in our events.

Teenagers under 15 must be accompanied by a parent, guardian, or chaperone. In some cases, we allow younger volunteers, but this varies by event. While we encourage everyone to learn about our work, some opportunities may not be appropriate for young children.

Do I need any specific skills or experience to volunteer?

Our events are open to everyone, no matter what your experience is! Some events require volunteers to participate in physically demanding tasks like lifting heavy boxes. In other cases, we might need volunteers that can speak languages other than English.

If specific skills or physical abilities are required, it will be included on the volunteer event signup page. We aim to make our events inclusive of all skills and abilities, so you can always reach out to us if you have concerns or questions.

I have a large group interested in volunteering. What do I do?

You can participate in a volunteer event as an individual or a group. We request that all members of your group register separately so we can ensure all volunteers receive any communication or important updates regarding the event.

Our volunteer events do have limited spots available to ensure that everything runs smoothly. If you would like to volunteer as a larger group (10+ people), please reach out to us at volunteer@uwgnh.org so we can work with you to find an appropriate event.

What should I wear to volunteer?

The specific dress code for our events will depend on what you are doing, the time of day, and the season. We recommend casual clothing and closed-toed shoes at most of our events. In many cases, you will be volunteering outside, rain or shine, so it is best to be prepared. You will receive specific guidance in the days leading up to your volunteer shift.

Will I be photographed during my volunteer shift?

We capture photos and videos of our volunteers to promote the work you are doing and celebrate the impact your efforts have on our community. Your photo may be used on social media sites or in United Way promotional material and campaigns.

Each volunteer will be asked to sign a liability waiver and media release before your first shift with us. If you do not want to be photographed, just let our staff know.

I signed up for a volunteer shift but can't make it. What do I do?

We understand that life happens. If you are unable to make your volunteer shift, please give us as much notice as possible so we can recruit a replacement if needed. You can let us know by emailing us at volunteer@uwgnh.org.

Can I get my volunteer hours documented?

If you need confirmation of your volunteer hours for a school or a credit-based community service program, notify us of this by email at volunteer@uwgnh.org.

We will do our best to provide verification letters within one week. Requests for documentation must be made within one year of the last volunteer shift.

Do you accept court-appointed volunteer time?

We are not accepting court-appointed volunteers at this time.