



Volunteer Greater Fredericton
Bénévoles du Grand Fredericton

Frequently Asked Questions

What is volunteering?

Volunteering is a commitment of time and energy doing something to benefit your community (individuals, groups, or a particular cause) without being paid.

Where can I volunteer?

All of our Volunteer opportunities come from registered non-profit organizations in the Fredericton area. We represent over 300 such organizations which provide services in the arts, health, education, social services, sports, the environment and more.

What will I do as a Volunteer?

There are many different Volunteer assignments. A Volunteer may assist an organization's clients directly or help with administrative duties (examples – serving meals at a community kitchen, visiting the elderly, editing content for an agency newsletter, helping to organize a special event). Volunteers assist paid staff to support their clients.

How much time do I need to volunteer?

Most volunteer positions ask for two to four hours a week and a minimum three-month commitment. There are also positions that are more flexible where you can volunteer for shorter periods, or, on an "on call" basis, or for special events.

Will volunteering help me find a paid job?

Volunteering can provide a chance to gain work experience in Fredericton, which is often required by future employers; it may help you obtain references; it will often encourage you to practice your language skills and will provide opportunities to meet interesting people. But it will not generally lead to a job in the organization for which you are volunteering. Other reasons for volunteering include broadening your network, making new friends, working for a cause you care about, and discovering new interests.

What is the difference between volunteering and an internship?

An internship is normally linked to an academic program and related to a specific profession, for a defined period of time. It can be offered by both non-profit organizations and for-profit businesses. It has a greater chance of leading to a paid job than volunteering.

Can I get Volunteer experience in my field or profession?

It will depend on your field or profession. We only work with non-profit organizations and thus do not offer Volunteer positions in businesses. Many professions are governed by Professional Associations with strict practice regulations or which require specific local knowledge (health professionals, engineers, lawyers etc) making it difficult to volunteer in these fields. There may however, be ways to volunteer in a position that is related to your field to give you valuable local experience.



We encourage you to look at volunteering in an activity, for a cause or with a clientele that allows you to pursue an interest, hobby or passion, whether it is related or not to your normal work experience. The closer your volunteering is to your personal interests, the more likely it is to be a positive experience both for you and the organization.

Do I have to speak French or English well?

Depending on the type of volunteer work you choose, you will need to be able to communicate and follow directions in English or French. Some positions, such as those that require communication with the general public, or answering the telephone, will require a fluency in English and possibly French as well. There may also be limited positions where you can use your first language (if it is not English or French) or where a good command of English or French is not required.

What are the responsibilities that come with volunteering?

Once you have been accepted as a Volunteer, the organization will expect you to be:

- **Punctual and Reliable** – you arrive on time on the day you have committed to.
- **Committed** – you will stay the required duration of time for the particular project or task you are involved with.
- **Professional** – you will keep information confidential about the clients at the organization, follow the rules of the organization and represent it appropriately.
- **Enthusiastic** – you are interested in the cause and that you share your skills and experience with the organization.
- **Willing to learn** – you will attend all training, ask for help, help others, and continue to learn about the organization.
- **Respectful** – you will respect differences in volunteers, staff, and clients, and work as a team player. Remember that an organization's main goal is to fulfill its clients' needs, not those of the Volunteers

How to choose?

There are many Volunteer positions that may fit your interests, needs and schedule.

To find a Volunteer position that is right for you, you may want to consider:

- How much time you are able to commit?
- Whether you would like a long-term position or a short-term position?
- What are the skills, interests and experience that you would like to share?
- What experience you are looking to gain?
- What issues are important to you (e.g. environment, arts, health, etc) and how you would like to help?
- What location do you prefer – do you want to volunteer in your community or close to your workplace?

How do I get started?

- Fill out our Volunteer contact form.
- You may log into our [Facebook page](#) and view our current volunteer opportunities from our members and other notices such as of events and gatherings