Volunteering during COVID-19

During these uncertain times, many of our students may be thinking of volunteering in their local community to aid those in need of help. While volunteering is a great way of improving your employment prospects by boosting your CV, the Careers Service would encourage anyone thinking of volunteering to do so within the Government guidelines.

The Scottish Government Volunteering Campaign has recently been launched and students can apply to get involved in lots of different ways, including providing practical and emotional support. As well as this, many services throughout Dundee are still looking for support including the Dundee Foodbank, Feeling Strong, Barnardo's and Dundee City Council.

For those of you seriously considering volunteering at this time, we have also included a few links which provides some advice and guidance on support for you with this, not only on best practice but also on looking after your mental health.

Furthermore, a COVID-19 Community Relief Group on Facebook has been set up by UoD students for anyone who wishes to help make a difference in their community. The University has also set up a Student Community Resources Facebook Group for those of you still living in Dundee during this time, which aims to provide and share support and updates on COVID-19 which may directly affect you.

It is worth remembering that for many of us, the most helpful thing we can do to support our NHS and our communities is to stay at home to save lives.

Volunteering during COVID-19 guidance links:

- Volunteer Scotland: Volunteering and coronavirus (COVID-19)
- Volunteer Scotland: Practical guidance to minimise the impact of the Coronavirus (Covid-19) on the health and wellbeing of volunteers (as well as those that they volunteer for and with)
- Student Minds

If you are volunteering during COVID-19 the Careers Service and DUSA have created a Special Recognition Award which you may be interested in. Please email plus@dundee.ac.uk for more information.