

## Volunteering and the Saltire Awards



**STRiVE**  
Supporting You & Connecting Communities

 **Saltire Awards**

This presentation helps further understanding around volunteering and the Saltire Awards. It has been designed for you to deliver to young people interested in volunteering and the Saltire Awards.

## What are the Saltire Awards?

The Saltire Awards is a national initiative for young people aged 12 to 25. It celebrates, recognises and rewards the commitment and contribution of young volunteers in Scotland.

- Certificates for different levels
- Online profile – quick and easy to sign up
- Scottish Government's national youth volunteer awards
- Can backdate by two years!

In Scotland,  
52% of  
young  
people age  
11-18  
volunteer



The Saltire Awards is a national initiative for young people aged 12 to 25. It celebrates, recognises and rewards the commitment and contribution of young volunteers in Scotland. There are certificates for the different levels of hours that a young volunteer contributes.

These hours are all collected on your online profile and when you have collected 10 hours you will be able to request your first Saltire Award. Your local TSI (Lara at STRiVE) will get a notification and confirm your hours with your volunteer contact (for example, your swimming coach if you have volunteered 10 hours coaching at your club) and then send out your certificate to you in the post. You can create your Saltire Awards account online at <https://saltireawards.org.uk/> and it takes about ten minutes. If you already have an account and have forgotten your log in details then you can reset your password using your email address that you registered with, otherwise you will need to get in touch with Lara to retrieve your account details (her details are on the last slide).

Any volunteering you have done in the previous two years can be logged on to your account! However, it can only be volunteering achieved between the ages of 12 and 25.

## Different Levels of Awards

The Challenge: one-off

The Approach: 10 and 25 hours

The Ascent: 50, 100, 200 and 500 hours

The Summit: by nomination



Photo's of conservation and Christmas Challenges



The different levels of the Awards are:

The Challenge – a one-off volunteering event, for example packing Christmas boxes for a day at your local Community Centre.

The Approach – regular volunteering, can achieve 10 and 25 hour certificates

The Ascent - regular volunteering, can achieve 50, 100, 200 and 500 hour certificates

The Summit – outstanding volunteers can be nominated for this award, you cannot put yourself forward for it. Only twelve Summits are awarded per year per council area and it is the highest achievement a young volunteer in Scotland can receive in recognition of their contribution and commitment as a volunteer through the Saltire Awards.

## Volunteering

- Volunteering is a free will activity
- It is not undertaken for financial gain (out with reasonable expenses)
- It is a public and civil good undertaken for the benefit of the community, society at large or an individual other than the volunteer

Lots of young people have volunteered and don't realise it! If you think you might have volunteered and aren't sure, get in touch (contact details on final slide)



These are the three characteristics that must be present for volunteering.

1. You must **choose** to do it – not forced or coerced into volunteering
2. You are not paid for it – you can receive reasonable expenses for travel with most volunteer opportunities
3. It helps people other than yourself 😊

Volunteering, internships and work experience are all different things – if you aren't quite sure if you've volunteered or not, get in touch with Lara and she will help you.

## Examples and Benefits

- Make a difference – to others, to communities, to you!
- Gives you the opportunity to try something new, gain experience, develop skills, improve your career prospects, build confidence and meet new people.
- There are literally hundreds of things you could do - help at a day centre or sports club, pet fostering, gardening...



*'When I started volunteering, I did so because I wanted to improve my personal statement and I saw it as a 'tick the box'. However, I find volunteering so enjoyable that I've continued for over a year and a half!*

*Volunteering is very rewarding, I get as much out of it as I put in.'*

**Rosie Hamilton, former NBHS pupil**



There are lots of benefits to becoming a volunteer! You are making a difference to lots of people – it has a 'ripple effect' and can benefit people you may have never even met. It is a brilliant way to make you stand out when applying for work, college, University, internships, apprenticeships and more. There are a huge amount of things you can get involved in! Have a look here to discover some of the opportunities available to you <http://strive.me.uk/find-opportunities/>

Ask Lara for:

- Volunteering opportunities
- Troubleshoot any accounts issues

Facebook: Saltire Awards East Lothian

Instagram: saltireawardsel

Twitter: @SaltireAwardsEL

Website: [www.saltireawards.org.uk](http://www.saltireawards.org.uk)

Email: [lara@strive.me.uk](mailto:lara@strive.me.uk)

Call: 0131 665 3300



Lara can help you find volunteering, solve problems you have with your Saltire Awards account and answer general queries around volunteering. Get in touch with her via email or by calling the office number.