**Information for Sponsored Volunteers**

**Volunteering in the UK**

* **Who invited you to UK?**

Volunteering Matters, through the Full Time Volunteering Programme.

If you are asked about the **selection process,** this means you were interviewed by our staff.

* **How many hours will you be volunteering?**

35 hours per week; this is considered “full time volunteering”. Most people in the UK volunteer for a few hours a week.

* **Are you being paid?**

No.

You will receive subsistence of up to £40 per week for food expenses and £35 per week for living expenses as maintenance to enable you to volunteer for our charity.

* **Will you get time off from volunteering?**

You will not volunteer every day and your hours will be specific to your project. Please read your project information for specific details.

You will get time off from volunteering during your time in the UK, please check your project information for more details or talk to your Volunteer Manager.

* **Where will you stay in the UK?**

Accommodation is provided for you as part of your volunteer placement.

You can find the details in your Project Information if needed.

* **How long will you stay in the UK?**

For a maximum of 12 months. This is different for each volunteer and you should have the length of your placement confirmed before you arrive.

* **Where does Volunteering Matters have projects?**

Volunteering Matters has projects in England, Scotland and Wales.

* **Have you volunteered before?**

This is different for everyone. Remember, volunteering is different from an employed job.

* **Why is it important for you to be a volunteer?**

You will have your own reasons for wishing to volunteer full time, rather than spend time working or studying. This is different for you all. Common reasons for volunteering include to help other people or to make a difference in a community.

Many people are not aware that full time volunteering takes place all over the world, including the UK, and for many reasons.

*If you need any further information, please contact your Volunteer Manager.*