

ANU+

FAQs

Do I have to be in the first year of my degree to enrol in ANU+?

No you don't. You can enrol at anytime, so long as you think you can meet all requirements of the Program.

Who can I volunteer with?

You can volunteer with any organisation, so long as it is [volunteer work](#) (not paid). If you want help to find an external organisation, you can go to volunteeringact.org.au to search for opportunities. If you want help in finding internal opportunities (inside the ANU), you can email anuplus@anu.edu.au.

Do I have to do each 20 hours with one organisation?

No, you can volunteer with more than one organisation for each 20 hours. Please note though that some organisations have a minimum number of hours they require you to commit to as they invest in training you.

Can I do all volunteer work at one organisation?

You have to volunteer with at least two organisations, and with at least one external organisation, so you get a varied experience and can reflect on different development outcomes. You can volunteer with two or more external organisations, and no internal volunteering. You can do the majority with one organisation, and then a short number of hours with another organisation e.g. one day of tree planting.

Can I do all internal volunteer work?

No. ANU+ aims is to encourage students to look outwards. You have to volunteer with at least one external organisation. If you are unsure if your volunteer works counts as internal or external, please email anuplus@anu.edu.au.

Can I count past volunteer work?

You can count up to three months prior to attending the ANU+ workshop. You will have had to have been an ANU student during this time also.

Can I include volunteer training in my hours?

No. Only the actual volunteer work can count towards your hours.

Can I take part in ANU+ if I'm an exchange student?

No. Only students who will graduate from ANU can take part.

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Can I count interstate and overseas volunteer work?

Yes - please follow the guidelines below for interstate and overseas volunteering:

- If you want to count interstate and overseas volunteering towards ANU+, you have to inform an ANU+ staff member prior to beginning the volunteering by email (anuplus@anu.edu.au), no later than three weeks before you start the volunteer work. This notification has to include the organisation, the organisation's website and the relevant contact at the organisation who will be signing off on the time sheet and additional evidence (see next point). The organisation has to agree to sign off your time sheet and to provide the additional evidence prior to informing the ANU+ staff member. The purpose of this is so that there is time for an ANU+ staff member to research the organisation prior to volunteering starting and to receive assurance that the organisation's contact will sign the time sheet and provide the additional evidence.
- Evidence, in addition to the ANU+ timesheet, will need to be submitted by you to provide assurance that the volunteer work was undertaken. Volunteering in the ACT is easier to assess by an ANU+ staff member as you will mostly be sourcing opportunities from known organisations or through official avenues such as Volunteering and Contact ACT. Additional evidence has to be one of the following:
 - An email from the organisation that states the name of you and the dates and hours completed (email address must be the official organisations one and cannot be Gmail or similar); or
 - A letter from the organisation that states your name and the dates and hours completed (must be on the organisation's letterhead)
- Prior interstate and overseas volunteering can be considered if it was done up to three months prior to joining ANU+ and whilst you were an ANU student. You still must provide the additional evidence and inform an ANU+ staff member prior to submitting your time sheet.
- There is a cap of the number of hours that can be counted. Up to 40 hours (out of 100 hours) can be counted if you are an undergraduate, and up to 20 hours (out of 60 hours) if you are postgraduate.
- All other ANU+ guidelines must be followed.

One of the steps is to 'reflect on your development'. Is there something specific I need to reflect on?

Yes. For each reflection you must reflect on one or more of the seven development outcomes:

- self-awareness
- resilience
- inclusion and awareness of diversity
- communication skills
- community and global engagement
- personal and social responsibility
- leadership skills and understanding of organisational dynamics

As part of the ANU+ workshop, you get more of an understanding of these development outcomes.

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One of the steps is to ‘share your experience’. What does this involve?

This step is to share your overall volunteering experience. What you produce at this stage can be guided by you – it can be a written piece, presentation, video, etc. When you get close to this stage, ANU+ staff can give you specific guidance when you decide what to produce.

What if I enrol in ANU+ and then I don’t have enough time to complete it?

That’s ok, you just won’t receive the certificate. We ask that you please email anuplus@anu.edu.au to let us know.