**Share Your Volunteer Experience**

If completing this form at an event or activity, please tell us what it is and who the organiser is:

**Where do you volunteer?**What village, town or city do you volunteer in? What organisation do you volunteer for?

**What does volunteering look like to you?**   
What volunteering do you do and how often? Why do you volunteer? How did you get into volunteering?

**What do you get out of volunteering?**How does volunteering benefit you personally?

**How do you think your volunteering helps others?**

Think about how the organisation or people you support, or local community, might benefit.

**Do you have any stories about how volunteering has made a positive difference?**Think about your own volunteering but also other examples that you know of.

**What do volunteers need more of?**

If you would like to volunteer more, why can't or don't you? What support should volunteers be given? What do you think stops other people from volunteering?

**Why do you think volunteer appreciation events like Volunteers' Week and Volunteer Awards are important?**

**Do you have any other thoughts about volunteering?**

**What is your age? (optional)**

**What is your gender? (optional)**

**What is your ethnicity? (optional)**

**Do you have a limiting long-term illness or disability? (optional)**

Thank you!

Please register on Time2Volunteer.org to join a volunteer community, and be kept up to date with news, events, training, resources and new opportunities.

**If you would like to be contacted about your volunteer experience for a case study, or receive support around volunteering, please enter your name and email address or phone number:**