

# Interest and activities checklist

**There are so many things you could do when you think about volunteering.**

In order to make your search easier use this checklist to identify areas of interest and types of activities that you would like to undertake whilst you are volunteering. Chose an activity that you have experience of doing or chose an activities that you have not done before and take this opportunity to learn and develop new skills.

Areas of interest	Type of activity
Adults	Administration
Animals	Advice work
Art and culture	Art
Children	Befriending and buddying
Disability	Business management and research
Domestic violence	Campaigning and lobbying
Drugs and addiction	Caring
Education and literacy	Catering
Elderly	Community/regeneration work
Employment	Computer and website design
Environment	Counselling
Families	Driving
Gay, lesbian, bi and transsexual	Entertainment
Health, hospital and hospice	Fundraising
Heritage	Gardening
Homeless and housing	General / helping
Human and civil rights	Languages
Legal Aid and justice	Local events
Mental health	Marketing, PR and media
Mentoring	National and international events
Museums	Practical work and DIY
Music	Retail and charity shops
Performing arts	Sports development
Politics	Teaching, training and coaching
Prisons and ex-offenders	Trusteeship and committee work
Race, ethnicity and refugees	Youth work
Religion	
Sports and outdoor activities	
Youth	