**Community & Action Day Volunteering**

**Logging your volunteering hours**

As an AberSU volunteer, you may freely give up your time to help and/or make a difference to someone or something within the community or university. As a volunteer, this means you can log your hours and work towards the Aber Award! In addition to this, your role will be recorded on your HEAR transcript.

By logging your hours, not only can you gain recognition for all your hard work and commitment throughout the year, but you can also improve your employability by using the hours, skills and activities you record to add to your CV or job application.

**What hours can you log?**

Volunteering takes many different forms, but providing you’re freely giving up your time in an unpaid role, then it’s more than likely you can count it as volunteering! Here are some examples;

* Helping at any AberSU Action Day (One-Off Volunteering)
* Helping with community groups i.e. Scouts, Guides, and Beach Cleaning etc.
* Charity shop work
* Befriending
* Event volunteering
* Fundraising activities (For charities or as part of RAG events)
* Unpaid sports coaching
* Attending training or meetings linked to your role

**What hours can’t you log?**

* Attending or planning social events
* Travelling to your place of volunteering or any events linked to your role

To start logging your hours and skills go to [www.aber.ac.uk/volunteering/logyourhours](http://www.aber.ac.uk/volunteering/logyourhours)

