



## Benefits of being a UNV volunteer

The benefits of volunteering go beyond income. Foremost is the personal and professional satisfaction that an assignment brings to the UNV volunteer. It can be challenging and rewarding and require you to use your skills in a new context. You can transfer useful knowledge while gaining a greater understanding of the issues affecting other people.

In return for their services, UNV volunteers also receive:

- A Settling-in-Grant
- A Volunteer Living Allowance for basic living costs
- Travel costs, if away from home
- Annual leave
- Life, health and permanent disability insurances
- A resettlement allowance upon completion of an assignment, based on its duration

## Volunteers' voices

"The UNV programme enabled me to have a highly enriching and challenging professional and personal experience. It will be an important landmark in my life."

*Mr Conradin Rasi (Switzerland)  
UNV volunteer*

"I realized that there were a lot of people doing volunteer work in order to help us in the third world. I said to myself, "if they are doing it for us, we can do it for ourselves too."

*Ms Nipanema Mdoe (Tanzania)  
UNV volunteer*

"Being an online volunteer is being able to volunteer at anytime that is convenient. It is a great experience to be able to benefit those who live so far away."

*Ms Minh Vo (Vietnam)  
Online Volunteer of the Year 2006*

## About United Nations Volunteers

UNV promotes Volunteerism For Development (V4D), which means harnessing volunteerism in its various forms – mutual aid and self-help, philanthropy and service, advocacy and campaigning – in order to support development initiatives in line with the UN peace and development agenda.

UNV mobilizes volunteers nationally and internationally for development projects run by UN agencies, governments and other partners. UNV volunteers are also engaged in UN peacekeeping and humanitarian projects and in electoral programmes. They make distinctive contributions to development effectiveness in three areas:

- Improving opportunities and access to services and the delivery of services
- Inclusion and participation
- Community mobilization through voluntary action

## For more information

To learn more about becoming a UNV volunteer, and to apply, please contact:

Cyprus Recruitment Resources Center  
P.O. Box 25711  
1311 Nicosia, Cyprus  
Telephone: (357 22) 87 83 60  
Fax: (357 22) 87 83 61  
Email: [enquiry@unvolunteers.org](mailto:enquiry@unvolunteers.org)  
Website: [www.unv.org/how-to-volunteer](http://www.unv.org/how-to-volunteer)

*Nationals from developing countries can contact the local UNDP office to obtain a UNV application set.*

## Become a volunteer

Becoming a volunteer expresses your support for the principles at the heart of the United Nations: that by working together we can make the world a better place for all. Volunteering benefits society at large and improves the lives of individuals, including those of the volunteers themselves.

UNV volunteers are helping to achieve the Millennium Development Goals by reducing poverty and contributing to economic, social and political development, peace and security, and the health and welfare of millions of people worldwide. They are improving opportunities and participation and making unique contributions to societies locally and nationally.



## How to volunteer

This leaflet describes options for working with UN Volunteers or in related fields. The options include:

- International UNV volunteers
- National UNV volunteers
- Online volunteers
- Other opportunities



## UNV volunteers

Every year more than 7,000 qualified and experienced women and men of 170 nationalities serve as UNV volunteers in 140 countries. They contribute to achieving the Millennium Development Goals: reducing human poverty, fostering democratic governance, promoting energy and environmental policies, strengthening resources to prevent and respond to crises, and fighting the spread of HIV and AIDS.

### International UNV volunteers

Sixty per cent of UNV volunteers serve in countries other than their own. They are recruited for specialized inputs to development programmes, and increasingly, in the areas of peacekeeping, humanitarian assistance and UN-supported electoral processes.

The UNV programme maintains a roster of candidates with relevant experience in these sectors. It covers more than 100 professional categories including, for example, programme/project development, administration, communications, community development, demobilization and reintegration, disaster prevention, humanitarian and civil affairs, engineering, environment, HIV/AIDS, medicine, human rights, logistics, and election support.

### National UNV volunteers

Forty per cent of UNV volunteers serve in their own country and support national capacity-building initiatives and facilitate local networking and the exchange of information.

The recruitment of national UNV volunteers is managed at the country level. Interested and qualified persons should contact the local UNDP office to find out about available opportunities.



## Requirements for UNV volunteers

To become a UNV volunteer one should fulfill the following minimum requirements:

- A university degree or higher technical diploma
- Several years of relevant work experience
- At least 25 years of age (no maximum age limit)
- Good working knowledge of at least one of the three UN working languages: English, French and Spanish
- Strong commitment to the values and principles of volunteerism
- Ability to work in a multi-cultural environment
- Ability to adjust to difficult living conditions
- Strong interpersonal and organizational skills
- Prior volunteering and/or working experience in a developing country



UNV is administered by the  
United Nations Development Programme (UNDP)

## Other opportunities

The first place to look for volunteer opportunities is in your own community. Engage in, and with, your local community and other communities and groups where you live. Explore local initiatives and community groups and find out about the hidden issues and projects that could benefit from your enthusiasm and an extra pair of hands.

You could also join one of your country's national volunteer or service organizations; or periodically offer your competencies and skills.

If you would like to share your skills and knowledge with people in another country, research the organizations in your home country that recruit volunteers for assignments abroad. Volunteer programmes abroad are diverse in type, length, qualifications and purpose.

There might be a range of volunteering opportunities available. Your resourcefulness, persistence and curiosity will aid you in finding the one that suits you best.

Another source of information about opportunities to volunteer is the World Volunteer Web run by UN Volunteers. See 'Take Action' at: [worldvolunteerweb.org](http://worldvolunteerweb.org)

## UNV's Online Volunteering service

UNV's Online Volunteering service connects development organizations and volunteers worldwide and supports their effective collaboration. Volunteers do not travel or meet face to face. Instead, online volunteers can apply for and complete assignments entirely over the internet. Note that online volunteers are not UNV volunteers, and the requirements differ. For more information visit: [onlinevolunteering.org](http://onlinevolunteering.org)