

V4U DAY

2023 PROJECT PARTNER GUIDE

27 October 2023



**SSAF
FUNDED**

*Student
LIFE*
◆ VICTORIA UNIVERSITY

MESSAGE FROM

ADAM SHOEMAKER



I am thrilled to invite you to participate in Victoria University's (VU) nationally acclaimed V4U Day, which has been making a difference in the west since 2011.

At VU, we are committed to shaping a better future that positively impacts the health of people, place and planet. As a university embedded in Melbourne's west, we are proud to work collaboratively to benefit the communities we serve.

V4U Day is an engaging and inclusive way for our students, staff, alumni and partners to form invaluable connections and build their sense of social responsibility by volunteering to help our community. It also celebrates our partnerships with not-for-profit organisations, schools, community groups and local councils. This collaboration enables us to reach over 4,000 individuals in our local communities.

The project has substantial ripple effects, with the benefits extending far beyond the day itself. It creates a strong sense of belonging for our students and staff, and encourages positivity and wellbeing throughout the local community.

I very much look forward to welcoming you to V4U Day on Friday 27 October 2023.

With best wishes,
Adam

Professor Adam Shoemaker
Vice Chancellor & President



WELCOME

On behalf of Victoria University, we would like to thank you for taking the first step in becoming a Volunteer 4 You (V4U) Day project partner.

V4U Day is an annual, one-day community volunteering event delivered by VU's Student Life & Leadership team.

Held in Semester 2 each year, the day involves students, alumni and staff members taking part in volunteering activities across the Western suburbs of Melbourne. Projects are organised with the Maribyrnong Council, local not-for-profit organisations, schools, community groups and neighbourhood houses. Since V4U Day started in 2011, we have partnered with over 80 organisations in Melbourne's Western suburbs.

We were honoured to receive the Most Successful Event award for V4U Day at the 2021 CampusLink Awards and a 'Highly Commended – Most Successful Event' award at the 2018 CampusLink Awards.

The team was also awarded a citation for Excellence in Service at the 2015 Vice Chancellor's Awards.

By participating in this event, you will have your project completed with help from our volunteers and help solidify the relationship between VU and the community.

Thank you again and we look forward to working with you in 2023.

The V4U Day team

Phone: +61 3 9919 5084

Email: v4u@vu.edu.au

OUR IMPACT IN 2022



1817

VOLUNTEER HOURS
CONTRIBUTED



153

VOLUNTEERS

(including 133 students,
49 staff, 3 VU Alumni,
21 student Team Leaders)



\$67,284*

IN VOLUNTEER HOURS
CONTRIBUTED



19

COMMUNITY
PROJECTS

Feedback from our volunteers

79%

MADE NEW FRIENDS

97%

PLAN TO VOLUNTEER MORE

98%

FELT MORE CONNECTED
TO THE COMMUNITY

95%

FELT MORE
CONNECTED TO VU

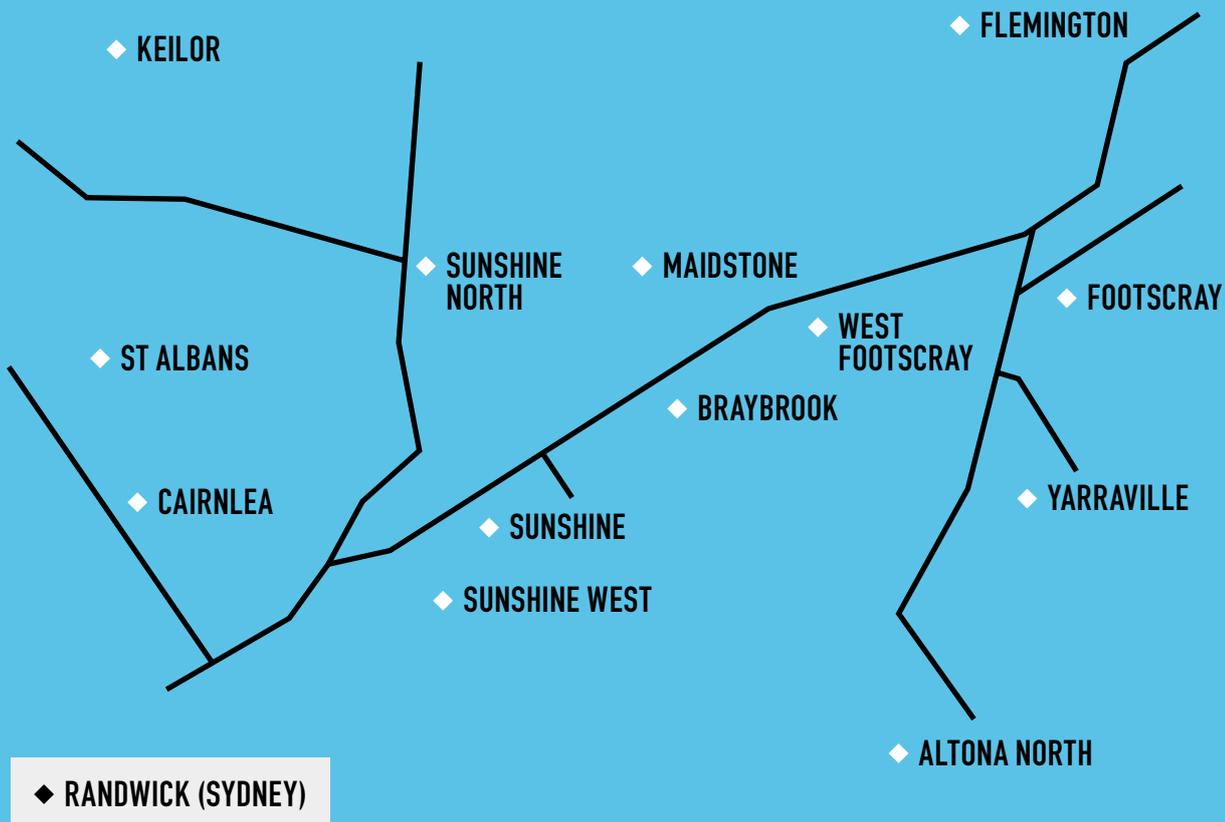
95%

FELT POSITIVELY
IMPACTED

*Calculated at VU HEP3 casual professional rate of \$37.03 per hour.

OUR REACH

IN THE WEST



Organisations we have worked with

- ◆ Angliss Neighbourhood House
- ◆ Australian Multicultural Community Services
- ◆ Australian Red Cross – Glen Mervyn Centre (Sydney)
- ◆ Cairnlea Conservation Reserves Committee of Management
- ◆ Dinjerra Primary School
- ◆ Enactus VU
- ◆ Footscray Community Arts
- ◆ Inner West Community Bike Hub Inc.
- ◆ Jigsaw Childcare
- ◆ Maribyrnong Libraries
- ◆ OzChild
- ◆ Sparkways Mentoring Program
- ◆ St Vincent de Paul Society Victoria – Vinnies
- ◆ United Housing Co-operative
- ◆ West Footscray Neighbourhood House
- ◆ West Welcome Wagon
- ◆ Yarraville Community Centre

FEEDBACK FROM ORGANISATIONS

“

**THE VOLUNTEERS INVOLVED
IN OUR PROJECT WERE
AMAZING.**

**THEIR CONTRIBUTION
HELPED IN COMPLETING
TASKS THAT WE WERE NOT
CAPABLE OF COMPLETING
DUE TO BEING SHORT
HANDED. WITHOUT THEIR
HELP, THOSE TASKS WOULD
NOT HAVE BEEN FINISHED.**

”

NARDO WAI
Enactus VU

“

**WE WERE SO PLEASED
TO HAVE SO MANY
ENTHUSIASTIC HELPING
HANDS.**

**THE V4U TEAM DID A
GREAT JOB ORGANISING
ALL ASPECTS OF THE
VOLUNTEERS, SO THAT
WE COULD FOCUS ON
ORGANISING THE PLANTS
AND EQUIPMENT.**

”

MEGAN O'SHEA
Cairnlea Conservation Reserves
Committee of Management

FEEDBACK FROM

VOLUNTEERS

“

I WOULD LIKE TO THANK THE V4U DAY STAFF WHO MADE THIS DAY A VERY MEMORABLE AND UNFORGETTABLE EXPERIENCE.

I WOULD LIKE TO JOIN AGAIN NEXT TIME SINCE IT MADE ME FEEL LIKE I WANT TO DO SOMETHING GREAT FOR THE COMMUNITY!

”

MAMIKO INAGAKI

Volunteer in Project 19 – ‘Day of fun!’

“

IT WAS A FUN EXPERIENCE PLANTING IN THE DINJERRA PRIMARY SCHOOL.

I MADE NEW FRIENDS AND EXPLORED THE SCHOOL AND NOW I FEEL MORE CONNECTED TO VU.

”

FAIZA AMREEN

Volunteer in Project 5 – ‘Native Garden’



V4U DAY

OVERVIEW

Purpose

V4U Day is designed to assist you with a project that you have been planning, but may need extra resources to complete.

The purpose of V4U Day is to:

- ◆ Engage VU students to get involved in volunteering and provide them with the opportunity to get a taste of what it is like to make a difference in the west and beyond.
- ◆ Provide VU students with the opportunity to develop skills and extend their network whilst giving back to the community
- ◆ Positively impact the student experience and create a sense of belonging
- ◆ Strengthen VU's relationship with Melbourne's Western suburbs community.

What happens on a V4U Day?

We will recruit volunteers, provide them with their lunch and transport them to and from your project. They will spend 4 hours volunteering as a team to complete your project.

V4U Day is a free community volunteering event. We can also supply tools and equipment to complete your project.

Event overview

- ◆ **Date:** Friday 27 October 2023
- ◆ **Event time:** 8.15am–4.30pm
- ◆ **On-site project time:** 10.30am–2.30pm
- ◆ **Number of projects expected:** 20
- ◆ **Project registration deadline:** 11:59pm, Sunday 13 August 2023
- ◆ **Project registration form:** bit.ly/V4U-projects-2023

HOW TO PARTICIPATE

IN V4U DAY

Before you register

1. Think about what project you would like our volunteers to assist you with.

Here are some ideas to help you brainstorm:

- ◆ Assisting with English classes.
- ◆ Art and craft projects.
- ◆ Gardening and other working bee tasks.
- ◆ Facilitating a sports/activity day.
- ◆ Data entry or other administrative tasks.
- ◆ Painting (general and/or decorative).
- ◆ Categorising, pricing and displaying donated goods.
- ◆ Washing and cleaning.

2. Think about the details of your project.

Here are some questions to help you plan your project:

- ◆ How many volunteers do you need?
(a minimum of 10 volunteers are recommended)
- ◆ Do you need the volunteers to possess any particular qualifications or skills?
- ◆ What tasks do you want the volunteers to complete in the allocated project time (four hours, including briefing, break, and debriefing)?
- ◆ Are there any risks associated with the volunteering tasks?
- ◆ What is the desired outcome of your project?
- ◆ What tools or equipment do you need for your project?

If you need help planning or developing your project, feel free to contact the V4U Day team – we will be happy to provide ideas, suggestions, and help.

Register your project

After deciding on your project, you can register it with us by completing the online [Project Registration form](#).

After you register

We will contact you to confirm more details, arrange a time to visit you, inform you whether we would like to proceed with your project, and provide you with further instructions and assistance.



WHAT YOU CAN EXPECT FROM US

Volunteers

We will recruit volunteers, transport them to and from your project and provide them with a V4U Day t-shirt, hat and lunch (you are more than welcome to provide volunteers with additional food and drink). We will also issue them a certificate of appreciation after the event.

Team Leaders

We will recruit and train Team Leaders for your project. We will allocate approximately one Team Leader for every 15 volunteers. The Team Leader will be your main point of contact on V4U Day. They will assist you by communicating with the volunteers to ensure your project is completed.

Tools and equipment

We can supply tools and equipment provided our volunteers can bring them back after finishing their tasks. For example, we can provide paint brushes for your painting project, but not the paint.

After you submit your project registration, we will contact you to confirm whether we will be able to provide the tools or equipment you requested.

Costs and Fees

V4U Day is a free community volunteering event. VU covers the volunteer's expenses including their V4U Day T-shirt and hat, lunch pack and transportation to and from project locations. We can also supply tools and equipment to complete your project.



WHAT WILL HAPPEN ON V4U DAY

Schedule*

- ◆ **8.15–9.30am**
Volunteers arrive at VU Footscray Park campus.
- ◆ **9.30–10.30am**
Volunteers are transported to their assigned project.
- ◆ **10.30am–2.30pm: On-site Project time**
Volunteers complete volunteering tasks at your organisation.
- ◆ **2.30–3pm**
Volunteers are transported back to Footscray Park campus for a post-event celebration.

*Please note that the above timetable should be used as a guide and is subject to change.



AFTER V4U DAY

Enjoy the outcomes that our volunteers have made to your project.

Also, please complete a short feedback survey to let us know your experience with the event and what we can do improve V4U Day 2024!

Contact us

Phone: +61 3 9919 5084

Email: v4u@vu.edu.au

TESTIMONIALS

From the organisations

- ◆ “The volunteers were very positive, compassionate and committed to giving back to our community.”

CZECHKONE CITROEN

VINNIES – St Vincent De Paul Society VIC

- ◆ “We were delighted to be a part of V4U Day and found it a great way to build partnerships with our local community.”

JAYNE SLADDEN

Jigsaw Childcare

- ◆ “The volunteers were friendly, positive and their attitude of ‘can do’ was enthusiastic and supportive especially given that much of what they had to do was ‘housekeeping’ which required physical effort and many of the tasks were mundane and boring!”

NEG HIGGINS

Angliss Neighbourhood House Inc.

From the volunteers

- ◆ “V4U Day opened my eyes to a whole new world of how many refugees and asylum seekers there are in Melbourne. It warmed up my heart seeing our volunteers gathering on such a special day to give back to the community.”

KARENA PUNJ

Volunteered at West Welcome Wagon

- ◆ “Having the satisfaction of helping out those in need is my highlight of the day. I believe this is way more meaningful than scrolling on social media endlessly.”

TRONG NHAN NGUYEN

Volunteered at United Housing Co-operative

- ◆ “It was great to see such a significant number of volunteers, from different backgrounds and experiences, coming together in a harmonious manner and learning alongside each other.”

SHIVA FOROUTAN

Volunteered at Maribyrnong Libraries

- ◆ “Just their faces when we had finished in the kitchen. They were so happy.”

KATRIN DUBOVSKI

Volunteer at Yarraville Community Centre

WE LOOK FORWARD TO

**WORKING
WITH YOU**

**SSAF
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Last updated: April 2023

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LIFE*

 **VICTORIA UNIVERSITY**