Volunteer Opportunities

Any questions about volunteering? See or email Mrs. Bennell, FHS Outreach and Service Learning Coordinator, bennelld@rsu5.org room 309 near the library. Be sure to scroll down the document.

*****60 hours of community service earns you .5 elective credit*****

***Everybody can be great because everybody can serve.* -Martin Luther King Jr.**



VOLUNTEER MATCH **VolunteerME Southern Main**

Holiday Season Volunteers Wanted! Freeport Sparkle and beyond!

It takes a village to pull off one of Maine's most beloved holiday celebrations from Talking Tree voices, to Sparkle Parade of Lights line-up organizers, to fire tenders for the Sparkle Frosty Frolic and elves and helpers for the Stealth Elf gift card giveaway - there are many ways to participate in spreading joy and holiday magic!

Get a head start by signing up now for a shift or two: https://www.signupgenius.com/go/10C0E4BAAA92CA4F5C25-66581007-visit#/

Ms. Gee from Morse Street School is looking for volunteers. **Email her directly if you are interested** and let her know which sessions! geep@rsu5.org

Gee's Basketball Academy 🏀 Fall 2026---3:00 pm to 5:00 pm @ Morse Street School:

Mondays/1st grade: November 2, 9, 16, 30 & Dec. 7.

Wednesdays/Kindergarten: OCTober 28, November 4, 18, Dec. 2 & 9.

Thursdays/2nd grade: November 5, 12, 19, Dec. 3 & 10.

"If you like kids and basketball or you remember Miss Gee----
Come into Morse Street School gymnasium and help out the young ones learn, grow and have Fun 🏀!



VOLUNTEERS NEEDED FOR

THESE FUN TRAIN RIDES

FREEPORT WOOD BANK



Volunteers needed at the Freeport Wood Bank! You will be helping people in the community stay warm this winter.

If you can lift and carry logs or stack wood, you can help us process firewood for the winter!

We're located at the Freeport Recycling Center and hold workdays during the week and every Saturday morning 8am to12pm, weather permitting.
Contact Tony DiMarco at freeportwoodbank@gmail.com or (207) 318-2041 to be added to our volunteer distribution list.
Check us out on the web: www.freeportwoodbank.org and on FB and IG.

SEEKING STUDENT VOLUNTEERS TO USHER AT EVENTS!

Freeport Speech has a series of talks that will take place at Meetinghouse Arts in Freeport and the FPAC.

They would love to have student volunteers to usher people in: handing out programs and helping them find seats.

It's a great way to hear some amazing presentations while giving back to the community.

See Mrs. Bennell in room 240

Maine Health Volunteers needed!

Volunteers | MaineHealth Maine Medical Center

Volunteers at Maine Medical Center (Greater Portland Area)

Who can volunteer?

- **Students ages 14–17 are considered *Junior Volunteers*. The application and onboarding process is the same, but this group:**
  - **Cannot volunteer in certain areas of the hospital.**
  - **Wears a different color uniform.**
- **Students 18 and older are considered *Regular Volunteers* and have more placement options within the hospital.**

When can you apply?

- **Applications are accepted year-round.**
- **Summer volunteer opportunities follow a specific schedule, which will be released in the new year for planning purposes.**

Time commitment:

- **Most departments ask for one shift per week (3–4 hours).**
- **Final schedules are confirmed during orientation and onboarding.**
- **Flexibility is important—availability may impact which departments you can volunteer in.**

Application & Onboarding Process

1. **Submit an online application.**
2. **Health clearance: Complete required forms and provide immunization records.**
   - **COVID-19 vaccination is not required.**
   - **Influenza vaccination is required.**
3. **Schedule orientation: After your health screening is approved, you'll receive an email to set up orientation (in-person or virtual).**
   - **Orientation includes training on customer service, confidentiality, hand hygiene, and wheelchair assistance (if applicable).**
   - **Background check paperwork is also completed at this stage.**
4. **Department placement: Once orientation and training modules are complete, you'll be connected with your department**

supervisor by email to confirm your schedule and start date.

Important Tip

Check your email regularly!
Each step of the process must be completed before moving on to the next. Staying on top of emails and required tasks will make the application and onboarding process much smoother.

https://www.adaptiveoutdooreducationcenter.org/

Horizons After School Program

- **Where: AOEC Brunswick (675 Old Portland Rd, Brunswick ME)**
- **Who: School age children with developmental/physical disabilities**
- **When: Every Other Thursday and One Friday per month 4:00-5:00PM**
  - **October 9th- Karaoke and dance party**
  - **October 17th- Arts and Crafts**
  - **October 23rd- Halloween Trail Walk and Games**
- **Commitment: Please sign up to volunteer for sessions in advance so we can plan accordingly. You do not need to be present at all sessions to volunteer.**

Parents Night Out

- **Where: AOEC Brunswick (675 Old Portland Rd, Brunswick ME)**
- **Who: School age children with developmental/physical disabilities and their siblings**
- **When: One Friday per month 5-8PM**
  - **November 7th**
  - **December 12th**
- **Commitment: Please sign up to volunteer for sessions in advance so we can plan accordingly. You do not need to be present at all sessions to volunteer.**

If you see something you would like to volunteer with, please email Kayla at infoAOEC@gmail.com.

PREBLE STREET RESOURCE CENTER

As summer approaches, we are in need of extra hands. This is a great opportunity for students to gain valuable experience, enhance their resumes, and make a meaningful impact. We also welcome teachers who might be interested in volunteering. Volunteering at Preble Street is not only a chance to make a meaningful impact in our community but also an enriching experience for personal and professional growth.

In addition to gaining hands-on experience, students who volunteer with us can receive recommendation letters for college or confirmation letters for their service hours, contingent on successful completion of their volunteer duties.

Interested students can create an account through our website and sign up for shifts directly through our online scheduling system. Our highest needs are in the Food Security Hub kitchen, where volunteers assist with tasks such as chopping vegetables, portioning and assembling meals, or preparing sandwiches. No previous kitchen experience is required, though we ask that volunteers are at least age 13 or older if accompanied by an adult, or 15 or older if unaccompanied.

Freeport Community Services is looking for volunteers to help in the Thrift Shop.

This is a great opportunity to gain job experience while completing community service hours. Volunteers need to be at least 15 years old to help in the Thrift Shop.

Thrift Shop Cashier: Volunteer cashiers welcome patrons as they enter the shop, and complete patron transactions using Apple Square technology. Volunteers must have excellent customer service skills and be comfortable handling cash and credit card sales. We are currently seeking volunteers for the summer (June/July/Aug) for 1 shift per week. Available days are Mondays, Tuesdays, Thursdays from 2:30 – 5:00 / Thursdays from 12:00 – 2:30 / Saturdays from 12:30 – 3:00

If you are interested, please complete the volunteer application on-line: https://fcsmaine.org/volunteer-application/ (please note if you are under 18 years old, this form needs to be signed by a parent / guardian).

For more information contact: Susan Adams, Volunteer Coordinator, sadams@fcsmaine.org / 207-865-3985 x 206

Susan Adams
She/her/hers
Volunteer Coordinator
Freeport Community Services
53 Depot Street, Freeport ME 04032
(207) 865-3985 ext. 206

Maine Needs is looking for volunteers!

As it gets colder and the holidays are approaching, Maine Needs is looking for volunteers to help fill numerous community requests.

Maine Needs is a community organization powered by our volunteers and we provide resources to Mainers to help them meet their basic needs.

You can learn more about the organization and sign-up to volunteer here.

If you aren't able to commit to a full shift, just email us and we would love to have you for any amount of time you can commit to.

Or, if you want to organize a group after-hours, please email us so we can accommodate you. Thank you in advance for your help!

Interested in advocacy issues and getting out the vote? Check out League of Women Voters ME Youth

We're building a diverse army of Gen Z, whose members are civically engaged and pumped to help GOTV in all elections. The members themselves run the Youth Council and determine how best to engage their peers to become lifelong voters and participate in other activities that strengthen our democracy. They take action on issues of interest and share opportunities to get involved that go well beyond voting.

High school students: Check out the list of opportunities.

VOLUNTEER WITH **FURNITURE FRIENDS** AND HELP CREATE NEW HOMES

Volunteers are crucial in helping us live out our mission of "Creating Homes. Rebuilding Lives." We rely on many volunteers to pick up furniture donations and deliver furniture to our clients. Time and again, we hear from our volunteers that they got far more out of their volunteer experience than they gave.

If interested, see Mrs. Bennell about coordinating a day to go and help with a group of FHS students. On

https://furniturefriends.org/volunteer/

Furniture Friends

Creating homes. Rebuilding lives.

WE NEED YOUR HELP!

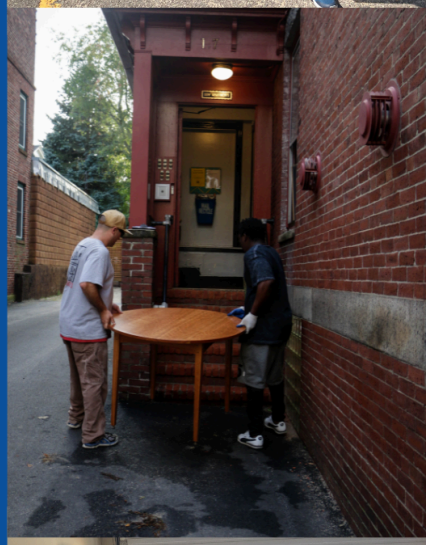
Furniture Friends provides donated furniture to low-income individuals and families in southern Maine.

We're looking for volunteers to help us pick up furniture from donors and deliver it to clients or work in our warehouse in Westbrook.

Three to six hour shifts are available. Flexible schedules.

For more information, visit our website at: furniturefriends.org.







BE A FORCE FOR GOOD!

Partners for World Health in Portland collects thousands of pounds of medical supplies every day and all of it needs to be evaluated, sorted, and repacked before it can be loaded in containers and sent to underserved populations in the developing world. This is what a majority of our volunteers enjoy helping with and tasks can include:

- **Macro Sorting - opening bags and boxes and sorting items into general category bins**
- **Microsorting - further sorting general category bins into bins of more restrictive categories**
- **Counting, bagging and labeling similar items**
- **Creating kits of supplies (respiratory kits, surgical kits, birthing kits, etc.)**
- **Packing, sealing and labeling boxes for shipment**

Volunteer Match As the world leader in volunteerism we feel a responsibility to unite our broader community, and to use this moment to become stronger.

Explore our growing directory of COVID-19-specific and virtual volunteering opportunities.

Freeport Conservation Trust
Volunteer information **here**
Contact information
(207) 865-3985 x 212
info@freeportconservationtrust.org

Growing To Give https://growingtogive.farm/

https://growingtogive.farm/get-involved/#volunteer You can contact our Volunteer coordinator directly, Cathy McDonald at volunteer@growingtogive.farm, with any questions.

Habitat for Humanity

The ReStore is also always looking for volunteers to help out. We do have an age requirement of 16 for the store. The contact is our ReStore Manager, Nick DiConzo (nick@habitat7rivers.org)

Mid Coast Hunger Prevention Program

Heather Arvidson Volunteer and Client Services Manager
Mid Coast Hunger Prevention Program www.mchpp.org (207)725-2716 x 305

Good Shepherd Food Bank in Auburn is looking for volunteers to We need volunteers to inspect and sort salvage foods from our retail partners, pack produce and box food for the Commodity Supplemental Food Program (CSFP) which is distributed to almost 9,000 seniors throughout the state monthly.

ANIMAL WELFARE

Animal Refuge League

Animal Welfare Society

Greater Androscoggin Humane Society

HART of Maine

MSSPA

Contact – Rescue Charlie's Friends

-MidCoast Humane

VIRTUAL VOLUNTEERING IDEAS

Ways you can volunteer from your home or outside with parent/guardian permission.

1. Help elderly neighbors with yard work
2. Offer tutoring services to other students/family/friends
3. Call parents you know who have young children and offer to help
4. Donate blood. Must be 16 and older, 17 years old and older do not require parental consent, must be in good health and weigh at least 110 lbs
5. Collecting food donations from doorsteps and delivering them to food banks or hosting a virtual food drive. https://www.gsfb.org/myvfd/create/
6. Take part in digital support groups for causes that matter to you.
7. Join an adopt-a-senior Facebook group.
8. Support small businesses in your community (if you can, with parent/guardian permission).
9. Start a virtual book club or writing club for a group of friends/similar-aged students or even younger students..
10. Complete an energy audit of your home: http://canfeinesharim.org/wp-content/uploads/2014/05/Wasted-Energy-checklist6.pdf.
11. Play an instrument? Offer to play in someone's yard to celebrate a birthday or other special occasion whose party had to be put on hold.
12. Or search this listing of online volunteering options: https://www.allforgood.org/search?getRemote=true

13. Write letters to elder care facilities in Freeport.

Bella Point (formerly the Freeport Nursing Center)

Sara Grover, Activities Director

3 East Street

Freeport, ME 04032

Hawthorne House

Michele Lamare, Activities Coordinator

6 Old County Rd.

Freeport, ME 04032

SEARCH ENGINES FOR VIRTUAL VOLUNTEER OPPORTUNITIES

All for Good is Points of Light's database of thousands of volunteer opportunities, many of which can be completed remotely. To find virtual opportunities, make sure to put "virtual" in your keyword search under "More options" when searching.
Catchafire uses its website to match professionals with nonprofits based on their skills, cause interest and time availability. You'll find tons of skills-based volunteering opportunities, many of which can be completed virtually.
Create the Good is an initiative by AARP to help its members get connected with nonprofits and causes. Anyone can use the site to find virtual volunteering activities in support of a variety of organizations. Enter either "virtual" or "online" in the keyword search, chose any for distance and date, and leave your postal code blank.
Crowd4U is a micro-volunteering and crowdsourcing platform, an all-academic open and generic platform for "Crowdsourcing for Good," providing a task pool for microtasks for academic and public purposes. Crowd4U also serves as a testbed for developing advanced crowdsourcing technologies.
DoSomething.org empowers young people to enact social change both online or off. Volunteer online through one of their campaigns to help solve real-world problems.
Help From Home has a mix of volunteering activities you can do from home, both online and without a computer. Most are micro-volunteering – tasks that require just a few minutes or a few hours.
Idealist has many volunteer tasks listed on its site that can be completed online.
Taproot+ is a marketplace for short-term, individual pro bono consulting projects, curated by the Taproot Foundation. Many of these volunteer projects can be completed remotely.

VolunteerMatch uses their website to bring good people and causes together. Search through their database of thousands of volunteer opportunities, and be sure to look for those opportunities that are virtual.

ARCHIVES, GENEALOGY & MAPS

Ancestry.com's World Archives Program (AWAP) provides free software to its volunteers to access already-scanned images and transcribe them into a common, publicly-searchable database. The Ancestry World Archives Project's online volunteers use their passion for genealogy to help others discover their roots.

Carnamah Historical Society virtual volunteering initiative uses online volunteers to help with transcription and indexing projects to make historical records more discoverable and searchable.Map Rectifier Project by the New York Public Library. This geo-rectification toolkit creates layered digital maps utilizing all the information available about a certain geography from sources as varied as Google's satellite imagery and centuries-old fire insurance land maps. Volunteers index information that records how many floors a building once had or what a street was named at different points in time, and the resulting layered digital map shows the aggregate results.

The National Map Corps (TNM Corps), part of the U.S. Department of the Interior, asks citizen volunteers to collect data on structures and use it to add new features, remove obsolete points and correct data for The National Map database.

OpenStreetMap is a free editable map of the whole world. It is made by online volunteers. Anyone can contribute to its geographical database.

Smithsonian Archives of American Gardens is an online database of thousands of images in the Smithsonian's Collections Search Center. By correctly tagging an image regarding the types of plants in the image, the structures, objects, people, or any details you notice, you help make that image more useful to professional catalogers in museums, archives and libraries.

The Smithsonian Digital Volunteer program engages the public in making its collections more accessible. Digital volunteers transcribe historic documents and collection records to facilitate research and preserve these valuable assets for future generations.

Vocal ID is a voice bank where you can record yourself talking so that people who use machines to help them talk can sound more like a human and less like a robot!

DISASTER

The American Red Cross always has needs for volunteers to act as digital advocates. Volunteers can help generate donations to the Red Cross while shopping for themselves online or by setting up online fundraisers. Volunteers can also help spread awareness by re-post their social media content.

Humanitarian Data Exchange (HDX). Key data needed by humanitarian workers addressing critical needs during a crisis, such as a natural or man-made disaster, as well as data needed by other development workers and researchers, is often trapped in PDF documents. Volunteers extract this data into a database so that it can be easily found, helping anyone to visualize trend lines across regions or countries and compare this data to other indicators.
Humanity Road volunteers use Internet and mobile communications technology to collect, verify and route information online during disasters. They provide public safety information as well as directing the public to governmental and aid agencies that are providing assistance for the disaster. Each year, disasters around the world kill nearly 100,000 and affect or displace 200 million people. Many of the places where these disasters occur are literally 'missing' from any map and first responders lack the information to make valuable decisions regarding relief efforts. Missing Maps is an open, collaborative project in which you can help to map areas where humanitarian organizations are trying to
meet the needs of vulnerable people.

ENTREPRENEURS AROUND THE WORLD
Bpeace is a U.S. nonprofit that recruits business professionals to help entrepreneurs in countries emerging from war to create and expand businesses and employment (particularly for women). Volunteers need a particular area of expertise regarding business development or project management and pay a monthly membership fee.
Cherie Blair Foundation Online Mentors. Online mentors are successful business women in the U.K., and mentor online women entrepreneurs in developing countries.
Grow Movement recruits online volunteer business consultants from around the world to work via Skype, phone and email to empower African entrepreneurs in Uganda, Rwanda and Malawi, helping them with business skills, enabling them to run their organizations more effectively, increase profitability and create jobs in their communities.
For over 50 years, SCORE has served as America's premier source of free business mentoring and education. As a resource partner of the U.S. Small Business Administration (SBA), SCORE has helped more than 11 million entrepreneurs through mentoring, workshops and educational resources since 1964. Volunteers use their business expertise to answer questions online from small business owners, entrepreneurs, and independent contractors.

GENERAL SKILLS
Doe Network. Devoted to assisting official law enforcement agencies in solving cold cases concerning unexplained disappearances and unidentified Victims from North America, Australia and Europe. Online volunteers also help translate documents into various languages.
MovingWorlds works with individuals, organizations, and corporate-sponsors to create scalable skills-based programs that create lasting change for all stakeholders.

Mozilla/Firefox. Did you know that this web browser is produced by a nonprofit organization? "We believe in the power and potential of the Internet and want to see it thrive for everyone, everywhere." Mozilla involves hundreds of online volunteers, and "you don't have to be a C++ guru (or even know what that means!)" to contribute as an online volunteer.
Nabuur is an online volunteering platform that links volunteers with local communities in Africa, Asia and Latin America so they can learn about each other, share ideas and find solutions to local issues.
The OpenMRS community is a worldwide network of volunteers from many different backgrounds including technology, health care, and international development. Together, they are working to build the world's largest and most flexible technology platform to support delivery of health care in some of the most challenging environments on the planet.
TED Translators are a global community of volunteers who subtitle TED Talks, and enable the inspiring ideas in them to crisscross languages and borders. Bring TED into your language!
Wikipedia, the largest online volunteering initiative in the world. To volunteer, you simply find an article you have some knowledge of and add information to the entry. Note that Wikipedia now strongly encourages all additions to any entry be attributed to a verifiable source. Available in Spanish, French, German, Polish, Italian, Dutch, Portuguese and more!
The Zooniverse is the world's largest and most popular platform for people-powered research. This research is made possible by volunteers. With our wide-ranging and ever-expanding suite of projects, covering many disciplines and topics across the sciences and humanities, there's a place for anyone and everyone to explore, learn and have fun in the Zooniverse. To volunteer with Zooniverse, just go to the Projects page, choose the one you like the look of, and get started.

LITERACY

BookShare.Org offers thousands of books to people with reading disabilities. As an online volunteer you can either scan books to be added to the collection or edit books that have been scanned.
Distributed Proofreaders. These online volunteers turn public domain books into online books, mostly for Project Gutenberg. Many volunteers work on a book at the same time and proofread each other's work.
Learning Ally. Many audiobooks are created with text-to-speech software that scans text from computer files and uses synthesized human voices to read the text aloud. However, illustrations or figures used throughout the books are not included. Online volunteers type those figure descriptions into the text, enabling students to receive ALL book material, not just the text.
LibriVox is a nonprofit that coordinates online volunteers to record audio versions of public domain books.
Translators Without Borders recruits volunteers who want to translate texts into different languages for NGOs and nonprofits.

MENTORING/TUTORING

Career Village. An online platform where students ask career questions that are answered by people working, or that have worked, in that field. All you need is a LinkedIn account to start helping students become better informed about the career decisions they are facing.

CricketTogether was developed in response to an increasing demand for youth mentorship as schools work to instill 21st century skills. The program is a safe, innovative turnkey eMentoring solution that offers employee volunteers a meaningful opportunity to deliver a compelling educational experience for children and teachers across the country.

icouldbe.org is meant to connect the energy and expertise of mentors from various professions with the most vulnerable students in the U.S. educational system.

Infinite Family, an online mentoring program matching adults and families in the U.S. with at-risk, impoverished children in South Africa.

MicroMentor matches small business owners with business mentors. Volunteer mentors should have three years of business ownership experience, or five years of management experience, or several years of professional experience in a specialized skill. The program is part of MercyCorps.

MentorNet, a division of Great Minds in STEM (GMiS), strategically matches STEM students and professionals in compatible online mentoring relationships.

Skills for Change is known for pioneering programs that respond to shifting immigration and workplace trends and lead to employment. Join their e-mentoring program to assist skilled internationally-educated professionals in their settlement process, language skills development, and provide entrepreneurship guidance.

UPchieve is a free, online platform that connects low-income high school students in the U.S. with live, volunteer coaches (that's you!) any time they need it. Coaches provide either math tutoring or college counseling, to help students improve their grades, academic motivation, and chances of going to college.

TECHNOLOGY & ENGINEERING

Volunteers are a key element of NPower's program success. As part of preparing our students for a career in technology, we engage tech professionals throughout our program to share their knowledge, experience, insight, and advice. Interacting and learning from professionals in the industry is a crucial part to our students becoming well rounded professionals. Connect with NPower students in-person or virtually, in small or large group settings, and for short or long-term projects. NPower can create a customized volunteer experience suited to your team's needs that readies each student for career success.

Crisis Commons / CrisisCamp mobilizes technology volunteers to work together to create disaster response and learning events with volunteers, who collaborate to aggregate crisis data, develop prototype tools and train people on how to use technology tools to aid in disaster response. Online volunteers need to be experienced, credible IT experts and need to sign up before a crisis.

FLOSS Manuals' online volunteers produce free manuals about Free and Open Source Software (FOSS) in their own language. To date, they have completed 120+ manuals in more than 30 languages, such as French, English, Farsi, Dutch, and Finnish.
Geeks Without Bounds is an international coalition of passionate problem solvers working together through the use of technology to assist people whose survival is threatened due to violence, neglect, or catastrophe. Online volunteers need to be experienced, credible IT experts and need to establish a relationship with this organization before a crisis.
TechSoup has a series of discussion groups where nonprofits ask questions about technology. You can log into the community at any time and try to help nonprofits and volunteers with questions about software, databases and more. TechSoup also needs volunteers to transcribe its most popular archived webinars.

Other Websites to explore:
https://www.idealist.org/en/careers/how-to-virtual-volunteering

https://www.pointsoflight.org/

www.mainerstogether.com
Maine People's Alliance has a sign up for volunteers to connect directly with people's needs throughout communities across the state.