



# VARSITY LETTER IN COMMUNITY SERVICE

## Volunteer Requirements and Resources

2024-2025 School Year

### Required Volunteer Time

The Varsity Letter in Community Service Program recognizes students that volunteer 100 hours in one school year (served between 3/1/2024-2/28/2025). *With 52 weeks in a year, that is equivalent to about 2 hours per week.*

### Qualifying Volunteer Activities

United Way's mission is to unite people and resources to improve people's lives in our community. We fight for financial security, healthy communities, and youth opportunity for every individual, and for resiliency in the communities we serve, live, work, and play. We encourage students to volunteer in ways that support these community impact areas.

### What if my volunteer activity doesn't fit in one of those categories?

United Way of Olmsted County *encourages* volunteer opportunities in these specific areas of community impact. However, there are many local nonprofits within different areas. *Example* opportunities that would fall in the "Other" category include animal shelters, arts/humanities, business leagues, churches/religious organizations, and certain social/recreation clubs. Please specify which area your volunteer activity supports on the volunteer hour tracker. \*If you are unsure whether a certain activity meets the volunteer requirements, please contact Sonja via email [sonjas@uwolmsted.org](mailto:sonjas@uwolmsted.org) or by phone (507) 535-5509 to verify *before you start*.

The following opportunities are *examples* of activities and opportunities that qualify for Varsity Letter in Community Service volunteer time in each of the community impact areas. You may also use [Get Connected](#), United Way of Olmsted County's online volunteer portal, to find local volunteer opportunities and needs!

Type of Volunteerism	Youth Opportunity	Healthy Communities	Financial Security
<p><b>GENERAL examples</b></p> <p>What general types of volunteer activities are accepted?</p> <p>How can I help fight for education, health, and financial stability?</p>	<ul style="list-style-type: none"> <li>- Tutor/mentor/assist a teacher</li> <li>- Teach a language, an art, or another educational activity</li> <li>- Share your musical talent</li> <li>- Local library volunteer</li> <li>- Participate in a community service club</li> <li>- Donate activity kits with books, games, etc.</li> <li>- Visit a children's organization to read, dance, sing, color, puzzle, etc.</li> <li>- Volunteer at an event</li> <li>- Provide social media or IT support to a nonprofit org</li> <li>- Youth after-school programs</li> </ul>	<ul style="list-style-type: none"> <li>- Offer companionship to someone in assisted living or become a pen pal</li> <li>- Play games, cards or puzzle at a nursing home facility</li> <li>- Pick up litter or support a local public works effort</li> <li>- Volunteer as a coach or at a local sporting event</li> <li>- Volunteer at a medical center</li> <li>- Volunteer with a local farmers market or community garden</li> <li>- Help a local volunteer firefighter department</li> <li>- Personal hygiene collection drive</li> </ul>	<ul style="list-style-type: none"> <li>- Help at a food bank, food shelf, or with meal/s for a family in need</li> <li>- Support those with disabilities to live independently</li> <li>- Snow removal, yardwork, painting, moving/packing, home projects and/or other household chores for seniors or disabled individuals</li> <li>- Serve a community meal</li> <li>- Sew blankets, pillows, etc. to donate</li> <li>- Host or help with a collection drive/fundraising event or organize one!</li> </ul>

To get started volunteering in Dodge, Fillmore, Olmsted, and Winona Counties, scan the QR code to browse available volunteer opportunities in our Get Connected volunteer marketplace portal:

