

# Volunteer FAQ



## Getting to Bendrigg

### How do I get to Bendrigg Trust?

Bendrigg Trust is located just outside Kendal at:

Bendrigg Lodge, Old Hutton, Kendal LA8 0NR

There is no public transport to the centre so if you are not travelling by car then the nearest train station is Oxenholme, Lake District. We ask you to let us know your travel arrangements at least a week before you arrive.

### Can you pick me up/drop me off at the local train station?

Yes, we can pick up and drop off at the station. We ask you to phone when you arrive at Oxenholme so we can arrange to come down and pick you up. The centre is only 10 minutes away.

## Accommodation

### Is accommodation & food provided?

Yes, food and accommodation is provided in return for some hard work!

### Are towels and sheets provided?

Yes, bedding is provided but you will need to bring your own towel.

### Will I have to share a room?

Possibly. We have some twin and some single rooms which may mean that you have to share.

### Can I stay the night before my volunteering starts?

Unfortunately not. Due to the nature of our volunteering programme and the groups we have on site we cannot provide accommodation the night before your volunteering starts.

## Details

### How old do I have to be to volunteer?

16 years old. Work experience pupils and Duke of Edinburgh bronze and silver students can be younger but are not allowed to be residential.

### How long can I volunteer for?

The majority of our volunteers come for a week or weekend although occasionally longer courses are available particularly in the summer. If you would like to volunteer for longer than this we suggest you first come for a shorter period of time to see how you get on. We do accept student placements for longer periods of time.

### **Are there any costs involved?**

No. Our volunteering programme is free and we do not charge for food and accommodation. We are however a registered charity and rely on charitable donations to keep our services running therefore we do gratefully receive donations which can be made via our website [www.bendrigg.org.uk/donate](http://www.bendrigg.org.uk/donate) or during your stay.

### **Do I need to bring any equipment?**

No. All outdoor equipment is provided. Please bring plenty of comfortable, 'functional' clothes, two pairs of trainers (if possible – one pair to get wet for canoeing). There is no need for you to go out and buy any new outdoor equipment but if you want to wear your own waterproofs you are welcome to bring them.

### **Do you accept student placements?**

Yes. We accept student placements from colleges and universities and ask applicants to provide an up to date CV. We will also invite any longer placements for an informal interview.

## **Duke of Edinburgh Award**

### **Can I volunteer as part of my Duke of Edinburgh Award?**

Yes! If you are local to Bendrigg you are welcome to do your Bronze or Silver volunteering sections with us on a regular basis. This is usually in the form of helping in our kitchens on an evening. You can also volunteer as part of the Residential section of your Gold Duke of Edinburgh Award.

### **Gold Duke of Edinburgh Residential**

This has become very popular at the centre particularly in the school holidays so we ask that students apply early so as not to be disappointed. During the summer months some of our courses run from Saturday to Saturday and although the scheme only asks for a minimum of four nights and five days we do ask students to commit to the full seven days to give the guests some continuity. You will also get a better 'Bendrigg experience' from staying for the full course!

### **Can I come with a friend?**

If you are coming as part of your Gold Duke of Edinburgh Residential Course you cannot come with somebody you know.

**Please note that we encourage any potential DofE volunteers to get in touch with us personally rather than through parents.**