



VOLUNTEERING X SPORTSMARK



Canterbury
Christ Church
University



Christ Church
Students' Union

THE AIM:

- **Use the time that you are already putting in to enhance your CV.**
- **Upskill you!**
- **Get recognition for your work as a committee member.**
- **Assist with job applications/CV writing.**



Platinum Volunteering Award

Canterbury Christ Church University

Issued May 2025



Platinum Volunteering Award

Awarded for 300 hours of volunteering during the 24/25 academic year.

THE PLAN:

- **Have committee members create a volunteering account on the CCSU website (it's free).**
- **Hopefully have a handful (if not all) committee members logging their hours and receiving a volunteering award.**
- **Meet at least once a semester in the SU for a 'log your hours' party: free pizza and drop-ins with the careers team.**
- **You get an extra prize at Sports Fed and get your team in the running for Club of the Year.**



THE RULES:

- **Everything you do in relation to your sport is NOT volunteering.**
- **We have a list of what guidelines which is approved by the volunteering team - they can see what you add to your account!**
- **We will send this list to your club accounts.**

WHAT IS ACCEPTED

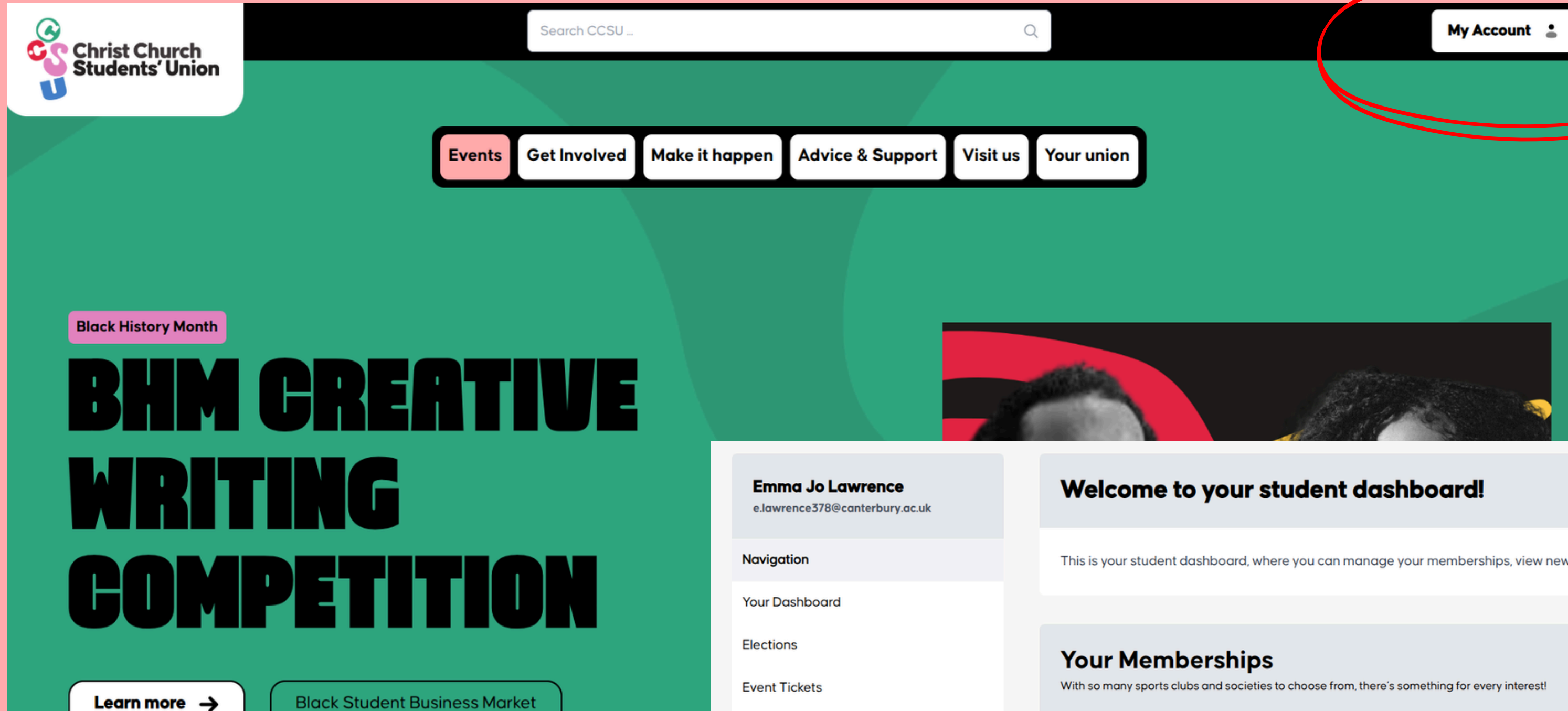
- **Email admin** - Make a note of what you get up to in the week and this time will quickly accumulate.
- **Meetings** - your committee meetings count!
- **Charity events** - any preparation and then the actual event will contribute a fair few hours.
- **Internal 'catch ups'** - must relate to club matters (e.g., organisation, team selection, internal issues/disputes, etc).

- **Conflict resolution** - amending disagreements within your club.
- **Leading training/warm ups** - Captain's supporting the coach also counts as volunteering.
- **Running a social** - social secs only! The 60-90 mins that you're in charge of the team counts. Dancing in Chem doesn't.
- **Committee Training** - SU and Christ Christ Sport Training as well as Varsity/fixture meetings.
- **Sponsorships and external meetings.**

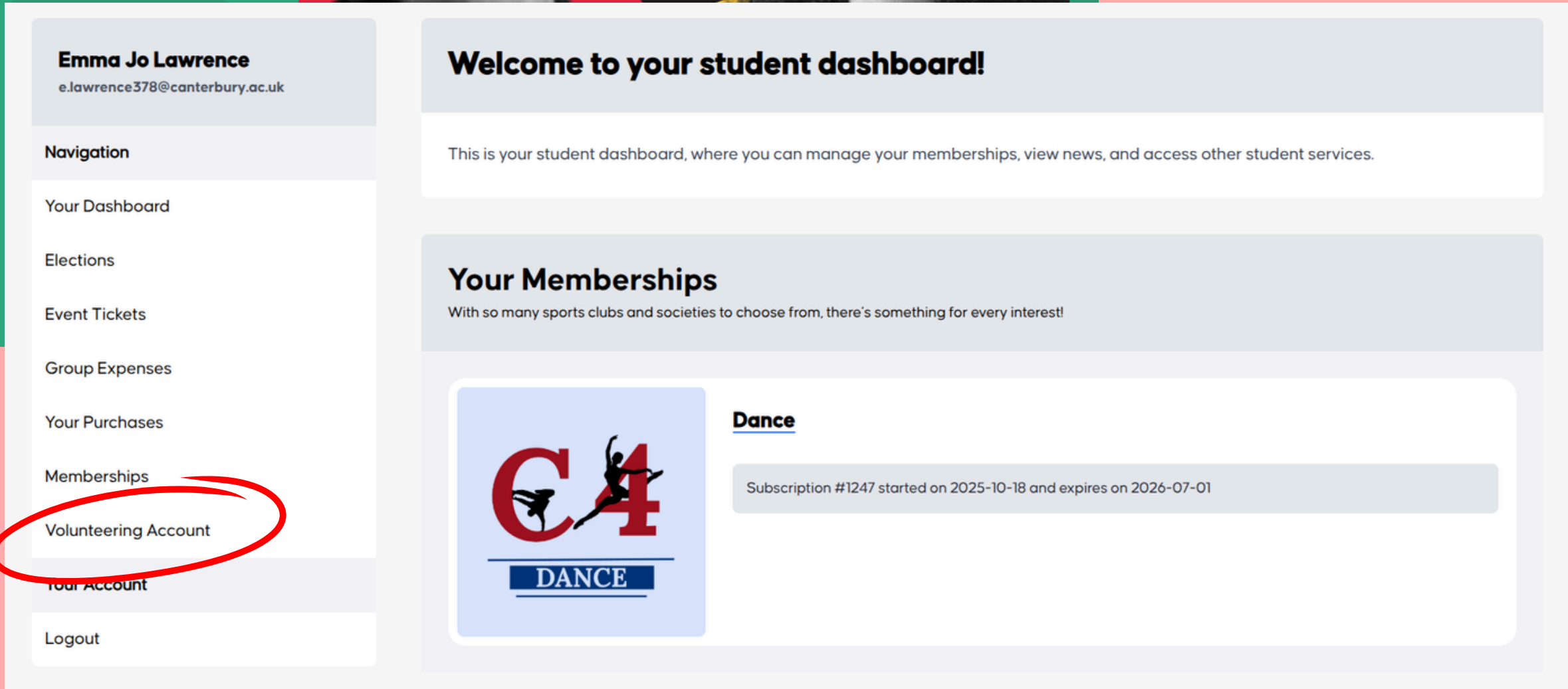
- **Meetings with SU and CCCU Sport** - meeting with our staff over issues or club development counts.
- **Coaching other teams/development squads** – helping beginners outside of your own training and competing time.
- **Supporting Active Campus** – Activating or leading Active Campus sessions and/or joining the Active Campus student ambassador programme.

NOT INCLUDED:

- **Anything that a 'non-committee' member does**
- **Attending training and matches**
- **Going to a social**
- **Travel**
- **Comp Days**
- **Events such as Sports Fed.**
- **Drinking. Any Drinking.**



**Go to the CCSU Website
and head to your student
dashboard.**



VOLUNTEERING



Give back to your community and gain valuable skills

Search opportunities



Search all our current volunteering opportunities and find something perfect for you!

Register as a Volunteer



New to volunteering with us? You'll need to register for a volunteering account first.

Volunteer FAQs



Got questions about volunteering with CCCU? We've got you covered!

create a volunteering account with your normal login

Emma Jo Lawrence
e.lawrence378@canterbury.ac.uk

Navigation

Your Dashboard

Elections

Event Tickets

Group Expenses

Your Purchases

Memberships

Volunteering Account

300 hours 0 minutes

Total time logged

0

New skills

Next Award Available

Volunteering

Our volunteering platform connects you with local charities, community groups, and university-led projects.

Dashboard

Edit Account

Log Hours

Opportunities

Awards

Add volunteering hours

Use the form below to add volunteering hours to your account.

Who did you do the volunteering with? *

External Opportunity

Organisation name and project, e.g. CCSU- Course Rep *

CCSU Sport Committee Member

How long did you do the volunteering for?

30 minutes

Did you gain any skills during this work?

Fundraising and Campaigning

IT, Computing and Web Skills

Leadership and Management

Literacy and Copywriting

Marketing and Media

How to log your hours

1. Sign in to your [CCSU account](#)

2. Click on 'Volunteering Account' on your left-hand dashboard


3. Select 'Log Hours' and then 'Add Hours'

4. Add any time volunteering on that one day, as well as the organisation you volunteered for, and the project name if there is one. For example 'SATEDA: Project Hope' or 'CCCU: Sports Coaching' or 'CCSU: Course Rep'

5. If you gained any skills during your volunteering shift, do remember to add them here so you can see your skills achieved throughout the year.


6. Navigate back to your Dashboard to see your awards progress and how near you are to the next CCCU Student Volunteering Award.

- Click 'log hours'
- Fill out boxes and add skills



Time Logged			Add Hours 
Date Logged	Opportunity	Time	
2025-08-29 10:33	Imported Volunteer Hours	300 hours 0 minutes	Delete
2025-10-21 10:41	CCSU Committee member	1 hour 0 minutes	Delete

- **You can keep track of your hours and see how close you are to an award.**
- **You can also download your logged skills to add to your CV.**

Next Award Available



Diamond

-  350 hours needed
-  15 transferrable skills

FINAL COMMENTS

- **Keep a note of what you get up to - this session counts!**
- **Log your hours as you go OR make a list and do it all at the 'log your hours' party. We plan to have one each semester.**
- **You have until April 30th to log your volunteering, we will send you reminders!**

Any questions?