



**STEPS IN THE  
RIGHT DIRECTION**

## **Career Trek Tips**

### **Volunteer Opportunities for Students**

**Volunteering is a great way to get work experience and make a difference in your community**

An important step in the career development process is getting the experience that will land you your first job.

Everyone knows someone that has been passed over for a job for someone with more experience. If employers won't hire you because you don't have any experience, how do you get the experience? The answer is simple, you volunteer.

Career Trek wants to help you get hired and so I have compiled the following list of volunteer opportunities.

We will produce and maintain this volunteer guide to help keep you informed of the funding available.

This guide is not a complete list of volunteer opportunities, but we hope it will help to get you thinking about how to get the experience you need to get the job of your dreams.

If you have any questions please contact me at the coordinates listed below.

Sincerely,

Ruth Stargardter  
Career Trek  
Career Development Specialist  
T: 204-944-1800 ext. 162  
E: [rstargardter@careertrek.ca](mailto:rstargardter@careertrek.ca)

## **Volunteer and Leadership Opportunities**

### **The Northern Aboriginal Internship Program**

The NAYIP provides an opportunity for northern high school students to access work experience and employment opportunities that might not otherwise be readily available to them. The program will usually allow a student a half day (3 hours) per week or one day (6 hours) every two weeks, maximum 16 weeks, attending an on-site work experience. This portion of the program will be unpaid and will normally take place between February and June. Students who successfully complete their work experience will be offered summer employment during July and August. The program is run as a partnership with each partner playing a distinct but integral role.

The program is currently based in The Pas, Manitoba but will be expanding services to other northern communities.

**Please contact FireSpirit Inc.**

**Dale Knutson Job Coach at (204) 627-7181 or [dale.knutson@fire-spirit.ca](mailto:dale.knutson@fire-spirit.ca)**

### **The Aboriginal Internship Program**

The AYIP provides an opportunity for local high school students to access work experience and employment opportunities that might not otherwise be readily available to them. The program will usually allow a student a half day (3 hours) per week or one day (6 hours) every two weeks, maximum 16 weeks, attending an on-site work experience. This portion of the program will be unpaid and will normally take place between February and June. Students who successfully complete their work experience will be offered summer employment during July and August. The program is run as a partnership with each partner playing a distinct but integral role.

**Please contact your school counsellor or Teri Starr-Olson Job Coach Phone at (204) 990-5184 or [teri.starr-olson@fire-spirit.ca](mailto:teri.starr-olson@fire-spirit.ca)**

### **Black Student's Internship Program**

BEAN provides resources, delivers cultural awareness workshops and provides ongoing support to eligible students who are recommended by their schools. The participating business provides a meaningful work experience that leads to a summer job. Manitoba Children and Youth Opportunities provide funds for program activities, which include an orientation, workshops and graduation ceremony.

The student interns work one afternoon a week for a specified number of weeks. They are expected to keep up their attendance at work and school, maintain good grades and conduct themselves in a professional manner. Students who successfully complete the program may be offered summer employment by their host business. Employers who offer their interns summer employment may qualify for a wage subsidy.

**For further information please contact your school counsellor or John Jack, President Black Educators Association of Manitoba (BEAM) [jjack@shaw.ca](mailto:jjack@shaw.ca) or Greg Kristalovich Program Manager, STEP Services [gregory.kristalovich@gov.mb.ca](mailto:gregory.kristalovich@gov.mb.ca)**

### **Skate and Stride**

The Mood Disorders Association of Manitoba needs volunteers for it's annual anti-bullying event.

For more information visit [Skate and Stride](#).

### **Winnipeg Symphony Orchestra**

The WSO has many volunteer opportunities including office support, fundraising, and pre-concert support.

For more information visit [Winnipeg Symphony Orchestra](#).

### **Saravati Productions**

Saravati Productions is always looking for new volunteers. Volunteer opportunities include ushering for shows, working behind the scenes, and joining the Board of Directors.

For more information visit [Saravati Productions](#).

### **MYVOP**

Manitoba Youth Volunteer Opportunities (MYVOP) is an initiative of Volunteer Manitoba that strives to motivate, assist, and engage Manitoba youth, 13-30 years of age, to become involved citizens through a commitment to volunteerism.

MYVOP maintains a helpful list of volunteer opportunities for youth.

For more information visit [MYVOP](#).