

# Sport volunteers - Reveal your skills!

[Click here to try the FREE online interactive sport volunteer self-reflection tool](#)

- +** Are you a sport volunteer?
- +** Have you given many hours of your free time to your local sport club or helping with sports events?
- +** Have you done things you've never done in your 'day job'?

If so, the chances are that you have gained a whole new set of valuable skills through sport volunteering, skills that are attractive to others and could help you get on in life – maybe apply for a new job, progress in your volunteering career, or even get into further education.

BUT do you know what these skills are?

- Can you analyse your sport volunteering experience and pick out the new things you have done?
- Can you highlight all the new skills and personal qualities you have gained?
- Could you present these to someone else, like an employer, event organiser or another sport organisation in a way that they can easily understand?

All of this probably sounds hard and time consuming but don't worry!

V4V is here to help you with the [FREE online interactive sport volunteer self-reflection tool](#)

Based on three years' research and development, this easy-to-use app guides you through the process of analysing what you have done while volunteering and then reveals the competencies, skills and personal qualities you have developed. It will then give you a downloadable report which can easily be pasted into a CV or resumé. All for free!

The whole process can be done in 30 minutes, so don't delay.

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Reveal your skills and make the next step up!

## What is V4V?

V4V is a project sponsored by the EU's Erasmus+ programme and led by the European Observatoire of Sport and Employment. Its main goal is to provide research and practical innovative tools which can help the sport sector build and refresh its volunteer workforce. You can find out more about V4V [here](#).