

## Project Scotland



ProjectScotland gives 18 to 30 year olds an experience of work while volunteering with a local charity. There

are a number of opportunities in the Aberdeenshire area. Placements are full-time and arranged to suit an individuals hopes and aspirations while creating something worthwhile for the charity. Each volunteer is offered the support of an independent mentor. Mentors act as a 'guide on the side', someone who can reflect on the experience being gained and use that insight to identify personal goals and make plans for the future.

### **Annabel's story**

Annabel, 18, came to ProjectScotland needing experience and confidence. She had moved around a lot as a child due to family commitments so had not managed to get the grades she wanted at school. This really affected the way she felt about her strengths and abilities

Annabel applied for an opportunity with the National Trust for Scotland (NTS) as a Heritage Assistant volunteer. This role saw her involved in all aspects of the running of Crathes Castle in Banchory. The varied nature of the placement, from exploring the grounds with the park rangers to planning and organising events, appealed to her. Annabel says that she was out of her comfort zone at first, but soon settled in once she realised how supportive the team at Crathes Castle were. She was not only supported by her line manager, Gareth, but also by the rangers, receptionists and office staff. This feeling of acceptance gave Annabel a real boost.

As part of her ProjectScotland placement, Annabel took part in some workshops and sessions aimed at bringing her closer to work. She met with an employability consultant and found that his advice was of huge value. She left the sessions feeling empowered – before, she had felt she had nothing to offer employers or even to put on a CV. In her own words, she said that her experience was ***“one of the post positive things I have done in ages.”***

**To find out more or apply for ProjectScotland visit [www.projectscotland.co.uk](http://www.projectscotland.co.uk) or e-mail [volunteer@projectscotland.co.uk](mailto:volunteer@projectscotland.co.uk)**