

American Red Cross

- [www.redcross.org](http://www.redcross.org)
- This emergency response organization hosts frequent blood drives and provides opportunities in community service involving assisting in blood drives, hands on aid during disaster relief process among others.
- Possible majors: Health Sciences, various

Chesapeake Bay Foundation—Save the Bay

- <http://www.cbf.org/join-us/volunteer/hampton-roads?>
- Every year, volunteers donate more than 25,000 hours to CBF programs that advance the Bay's health. In the field: Oyster restoration; stream and shoreline restoration; Clean the Bay Day. In your community: Advocacy; events, fairs and festivals; clean water captains.

Chesapeake Public Libraries

- <http://www.chesapeake.lib.va.us/volunteers>
- Contact Information: Volunteer Coordinator 757 410-7107
- Helping people with computers; reading one on one to children; shelving books; providing a program; and other special projects.
- Possible majors: All majors but specifically English, Foreign Languages and Literatures, History

Children's Hospital of the King's Daughters

- <http://www.chkd.org/giving/volunteer/>
- Contact information: 757-668-7195 email us [volserv@chkd.org](mailto:volserv@chkd.org)
- The volunteer opportunities are endless at CHKD. We offer a variety of

volunteer experiences based on your personal interests, including: Kids & Company Gift Shop; work directly with the kids; assist in a waiting room; support our staff

- Possible majors: All majors, Health Sciences, Biology, Counseling and Human Services

d'ART Center

- <http://www.d-artcenter.org/volunteer.html>
- Contact Information: 757-625-4211
- We are asking for as little as two hours of your time each week. Volunteers work as receptionists, greeters, tour guides, and provide visitors with general information about the center. Orientation and training are provided. Knowledge of art is NOT required - but expect to learn a lot just from being around our artists!
- Possible majors: Art Education, Art History, Art Studio

Foodbank of Southeastern Virginia

- <http://www.foodbankonline.org/HowToHelp/Volunteer.aspx>
- Contact Information: Stephanie Gordon, Volunteer Coordinator 757-314-4576 [sgordon@foodbankonline.org](mailto:sgordon@foodbankonline.org). Jan Cline, Volunteer Manager 757-314-4559 [jcline@foodbankonline.org](mailto:jcline@foodbankonline.org).
- The Foodbank works to provide solutions to hunger and certain consequences of poverty in our community by promoting food recovery by means of acquiring and distributing food, clothing and related products to those in crisis in our community.
- Possible majors: All majors

For Kids

- [http://www.homesforkids.org/get\\_involved/volunteers.html](http://www.homesforkids.org/get_involved/volunteers.html)
- Contact Information: Volunteer Coordinator Kirstyn Lazar 757.622.6400 Ext. 137
- We help families address the root causes of homelessness by targeting the specific and unique needs of homeless families and provide families with the skills they need to obtain and maintain independent housing.
- Possible majors: All majors, Human Services, Counseling, Education

Health Volunteers Overseas

- <http://www.hvousa.org/>
- This organization is dedicated to improving global health by sending doctors, interns and volunteers overseas to provide health services to less fortunate areas of the world.
- Possible majors: Health sciences, social sciences

March of Dimes

- <http://www.marchofdimes.com/virginia/getinvolved.html>
- Our mission is to improve the health of babies by preventing birth defects, premature birth and infant mortality. We carry out this mission through research, community services, education and advocacy to save babies' lives. March of Dimes researchers, volunteers, educators, outreach workers and advocates work together to give all babies a fighting chance against the threats to their health.
- Possible majors: All majors, Health Sciences, Nursing BSN, Nursing RN-BSN, Medical Technology

Muscular Dystrophy Association

- <http://mda.org/office/mda-norfolk>
- Contact Information: 757 420-3172
- MDA is the world's largest nonprofit health organization sponsoring research seeking the causes of and effective treatments for neuromuscular diseases. MDA research grants currently are supporting more than 250 projects worldwide.
- *Summer camp volunteer:* At most MDA camps, volunteer counselors work one-on-one with campers, providing the around-the-clock care, close supervision and the attention that children with muscular dystrophy need. Counselors push wheelchairs, meet the daily needs of each child and become a youngster's friend for a week. MDA especially is in need of male camp volunteers; however, female camp volunteers also are needed.
- Possible majors: Health sciences, human services

National Multiple Sclerosis Society

- [http://walkksg.nationalmssociety.org/site/TR?fr\\_id=19913&pg=entry](http://walkksg.nationalmssociety.org/site/TR?fr_id=19913&pg=entry)
- Every day more than 20,000 researchers go to work to create a world free of MS. We can stop the disease in its tracks, restore what's been lost, and end this disease forever. Our commitment to people with MS isn't to just get it done, but to do it NOW.
- Possible majors: All majors, Health Sciences

Nauticus

- <http://www.nauticus.org/get-involved/join-our-crew>
- Contact information: Volunteer coordinator Juli Mansfield

juli.mansfield@norfolk.gov 757-664-1043

- Whether you're helping to restore the Battleship Wisconsin, showing a child how to touch a horseshoe crab, helping a guest find the perfect souvenir, or providing support to our office staff, you will be an invaluable part of our crew! Individual volunteers must submit the Online Volunteer Application Form, successfully complete an interview, and attend a volunteer orientation prior to their service.
- Possible majors: All majors, Oceanography

#### Norfolk Public Library

- <http://www.npl.lib.va.us/volunteers/volunteers.html>
- Amanda Lloyd Volunteer and Training Coordinator 757-664-7328 ext. 320
- Public library opportunities include public interaction, activities with children, educating patrons, and providing services in the upkeep of the library.
- Possible majors: English, Education, Foreign Language, Social Sciences

#### PETA

- <http://www.peta.org/about/volunteer/default.aspx>
- PETA volunteers come from diverse backgrounds and include student and community groups, teens, adults, and various professionals. No matter what your talents are, if you want to volunteer for animals, we have a place for you! PETA provides a variety of rewarding opportunities at our Norfolk, Virginia, headquarters for those in the Hampton Roads area, including the following: Tabling at local concerts; outreach at

local fairs and festivals; attending seminars on topics such as companion animal care and wildlife rescue; office work, such as data entry, online research, preparation of mailings, phone calls, etc.

- Possible majors: All majors, Communications, Audio Visual Technology, Journalism, Biology

#### Samaritan House

- [www.samaritanhouseva.org](http://www.samaritanhouseva.org)
- Contact information: Volunteer Coordinator Judy Welp 757-631-0710 ext 279 [judyw@samaritanhouseva.org](mailto:judyw@samaritanhouseva.org)
- Samaritan House is committed to fostering personal safety, growth and self-sufficiency in adults and their children through freedom from domestic abuse and homelessness.
- Possible majors: All majors, Human Services, Counseling, Education, Social Sciences

#### South Hampton Roads Habitat for Humanity

- <http://shrhabitat.org/volunteering09.php>
- We are a nonprofit, ecumenical Christian ministry founded on the conviction that every man, woman and child should have a decent, safe and affordable place to live. We welcome volunteers and supporters from all backgrounds. You may be an experienced craftsman who enjoys teaching people. You may be a novice wanting to learn a new skill such as roofing or hanging drywall. Your help is needed -- either to build a Habitat home or to support those who do.
- Possible majors: All majors

Student Conservation Association

- <http://www.thesca.org/serve>
- The Student Conservation Association (SCA) is America's conservation corps. Our members protect and restore national parks, marine sanctuaries, cultural landmarks and community green spaces in all 50 states.
- Possible majors: Biology, Geology

Virginia Aquarium

- <http://www.virginiaaquarium.com/get-involved/pages/volunteering.aspx>
- Contact information: Volunteer Services 385-0274
- The mission of the Virginia Aquarium & Marine Science Center is to inspire conservation of the marine environment through education, research and sustainable practices. Each month, more than 800 dedicated volunteers - ranging in age from 11 to 93 - unselfishly offer their time and talents. In return, volunteers are given the opportunity to learn and have fun sharing their enthusiasm for Virginia's marine environment with others.
- Possible majors: Biology, Ocean and Earth Sciences

Virginia Zoo

- <http://www.virginiazoo.org/the-zoo-and-you/volunteer.asp>
- Volunteer coordinator 757-441-2374 ext. 225
- The Virginia Zoological Park seeks to increase understanding of the world's flora and fauna and to add to the growing body of knowledge about them;

to display animals respectfully, in a way that encourages their natural behavior; to conserve animals and their habitats; and to offer opportunities for learning and enjoyment to the public. The zoo offers opportunities such as zookeeper's aid, docent (guide), in horticulture and special events.

- Possible majors: Biology

Virginia Arts Festival

- [http://vafest.org/2013/about\\_volunt\\_opps.php](http://vafest.org/2013/about_volunt_opps.php)
- Contact Information: Sandy Miller, [smiller@vafest.org](mailto:smiller@vafest.org), Phone: (757) 282-2800, Fax: (757) 282-2787
- Virginia Arts Festival invites world famous artists and performers to our locality and offers volunteering opportunities that involve community education, publicity, backstage aide, front of house aid, ushering, etc.
- Possible majors: Fine arts, Music, Visual Arts, Dance, Drama, English, etc.

Also see

- Volunteer Hampton Roads  
<http://www.volunteerhr.org/>
- VA Service
- [vaservice.org/go/volunteer](http://vaservice.org/go/volunteer)