

General FAQs

Do I have to be in the first year of my degree to enrol in the ANU+ Award?

No you don't. You can enrol at anytime, so long as you think you can meet all requirements of the ANU+ Award.

Who can I volunteer with?

You can volunteer with any organisation, so long as it is [volunteer work](#) (not paid.) If you want help to find an external organisation, you can go to volunteeringact.org.au to search for opportunities. We also post opportunities on the [ANU+ Facebook page](#). If you want help in finding internal opportunities (inside the ANU) or other external opportunities, you can email anuplus@anu.edu.au.

When do I have to complete all my hours?

It is up to you, as we acknowledge every student is different. So long as you meet all the requirements by your last Semester (volunteer hours, reflections and final submission), you will receive the ANU+ Award. Remember, there is a cut off date each Semester, around early June Semester 1 and early November Semester 2. The exact date is advertised on www.anu.edu.au/anuplus

Do I have to do each 20 hours with one organisation?

No, you can volunteer with more than one organisation for each 20 hours. Please note though that some organisations have a minimum number of hours they require you to commit to as they invest in training you.

Can I do all volunteer work at one organisation?

You have to volunteer with at least two organisations, and with at least one external organisation, so you get a varied experience and can reflect on different development outcomes. You can volunteer with two or more external organisations, and no internal volunteering. You can do the majority with one organisation, and then a short number of hours with another organisation e.g. one day of tree planting.

What internal volunteering counts?

On the [ANU+ website](#), there is a list of approved [internal volunteer roles](#). If you are volunteering internally and it is not listed, please email anuplus@anu.edu.au

Can I do all internal volunteer work?

No. ANU+ aims is to encourage students to look outwards. You have to volunteer with at least one external organisation. If you are unsure if your volunteer works counts as internal or external, please email anuplus@anu.edu.au.

Can I count past volunteer work?

You can count up to three months prior to attending the ANU+ workshop. You will have had to have been enrolled in at least one course at ANU during this time for it to count.

Can I include volunteer training in my hours?

No. Only the actual volunteer work can count towards your hours.

Can I take part in ANU+ if I'm an exchange student?

No. Only students who will graduate from ANU can take part.

Can I count my unpaid internship towards ANU+?

No, as generally unpaid internships are structured where interns are provided with training and opportunities that are directly related to their future employment.

Can I count interstate and overseas volunteer work?

Yes - please follow the guidelines below for interstate and overseas volunteering:

- Evidence, in addition to the ANU+ timesheet, will need to be submitted by you to provide assurance that the volunteer work was undertaken. Volunteering in Canberra is easier to assess by an ANU+ staff member as you will mostly be sourcing opportunities from known organisations or through official avenues such as Volunteering ACT.

Additional evidence has to be one of the following:

- An email from the organisation that states the name of you and the dates and hours completed (email address must be the official organisations one and cannot be Gmail or similar); or
 - A letter from the organisation that states your name and the dates and hours completed (must be on the organisation's letterhead)
- There is a cap of the number of hours that can be counted. Up to 40 hours (out of 100 hours) can be counted if you are an undergraduate, and up to 20 hours (out of 60 hours) if you are postgraduate.

One of the steps is to 'reflect on your development'. Is there something specific I need to reflect on?

Yes. For each reflection you must reflect on one or more of the seven development outcomes:

- self-awareness
- resilience
- inclusion and awareness of diversity
- communication skills
- community and global engagement
- personal and social responsibility
- leadership skills and understanding of organisational dynamics

As part of the ANU+ workshop, you get more of an understanding of these development outcomes. There is also a [reflective writing guide](#).

The last step is a final submission. What does this involve?

The final submission is a future focussed submission, discussing what your ideal workplace culture is. Please refer to the [final submission guide](#).

What do I receive if I complete ANU+ Award?

You will receive the ANU+ Award, and it will appear on your academic transcript. There is cut off date each Semester, around early June Semester 1 and early November Semester 2. The exact date is advertised on www.anu.edu.au/anuplus

What if I enrol in ANU+ and then I don't have enough time to complete it?

That's ok, you just won't receive the ANU+ Award. We ask that you please email anuplus@anu.edu.au to let us know.

How can I communicate with ANU+?

The ANU+ team is still here to help you if you have any questions about the program. Email us at anuplus@anu.edu.au if you have any questions.