



What experience do I need to apply to be a Phab Holiday Project volunteer?

If you have experience of working with children and or disabled people, then great but it is not essential.

The Phab Adventure Residentials are busy and non-stop, but great fun and a wonderful opportunity to learn new skills and make friends. You need energy, enthusiasm, the ability to work as part of a team, a great work ethic and a positive can-do attitude to ensure everyone is having the best time they could possibly have.

Will I be given any information on what is expected of me whilst away?

Yes. All volunteers MUST attend the Phab Information and Team Building Weekend held at the outdoor activity centre where you will be volunteering. Topics discussed will include safeguarding, health and safety and other helpful information such as sign language and roles and responsibilities. It is a great opportunity to meet the Project Leader and the rest of the volunteering team, familiarise yourself with the centre and take part in some fun team building activities. Travel and accommodation expenses will be funded by Phab to enable you to attend. The date of the training weekend will be available before you apply so you can confirm your attendance.

You will also receive regular contact from your Project Leader in the run up to the event, giving you a chance to ask questions and discuss anything important to you.

Will I be expected to undertake any medical care for the participants?

Most children that require specialist care or have complex medical needs will come with their own personal assistant so you will not be expected to do any invasive or medical procedures.

Will I be expected to undertake personal care for the participants?

You may be expected to help some of the children/young people with personal care including washing, toileting, getting dressed, help at mealtimes etc. The level of help will be discussed at the training event and if you are at all uncomfortable with any aspect you can discuss this with your project leader.

Will I have to do all the outdoor activities?

An enthusiasm for outdoor activities is recommended and, in most cases, you are welcome to have a go at everything. However, if there is anything you are not comfortable with, we can transfer you to another activity.

I am 16 years old – am I too young to apply?

No – Phab appreciates the role of young volunteers. We can take a small number of applicants each year who are under the age of 18 but no younger than 16 years.

Will a Phab Adventure Residential count towards my Duke of Edinburgh Award?

Yes, absolutely! Your project leader can complete the necessary documents at the end of the week.

Will I have to pay anything towards the cost?

No - All accommodation, food, entrance fees will be paid and travelling expenses will be reimbursed. This includes the Information and Team Building Weekend). All we ask is that you keep your travel expenses to a minimum by booking train tickets in advance or car sharing.

Will I have to share a bedroom?

The centres we stay at have a mixture of twin, three, four, five and six bedded rooms. You will be expected to share a room with other volunteers of the same gender. You will not be sharing a room with a child.

What about insurance?

Phab has liability insurance that covers all participants and volunteers for damage caused to them or by them during the week. This does not cover personal possessions and it is advisable to leave them at home or check if they are covered on your home insurance.

You are welcome to discuss the level of cover before the project with the National Projects Manager.

Can I apply for more than one project?

If you feel you have the energy and time to attend more than one, please feel free to apply for as many as you like!

What are my chances of my application being successful?

We are very fortunate that the Phab Adventure Residential attracts many fantastic volunteers and we do take a large number of volunteers on each project. But sometimes, despite you being a perfect candidate, we may not have the space to accommodate you.

I already have a DBS clearance – can I send you a copy?

If you are registered on the Update Service all we need is your certificate number and your date of birth. However, if not you will have to undergo a DBS check via Phab (Phab will pay all costs). You will also be required to provide the details of two referees.

I would like to volunteer but how else can I help?

Phab relies entirely on voluntary donations and grants. By offering your time to help on a Phab Adventure Residential you are already contributing a huge amount but you can also help to support Phab by organising a fundraising event or activity or taking part in a challenge event – Phab staff can support any ideas you may have.

How do I apply?

Use the online application form.