

# Barbora Nemeckova

Volunteer & Physiology, Sport Science and Nutrition student



I first heard of GSVB from one of my University lecturers. It's a volunteering website where I can easily search opportunities by date, skill or activity. I can pick sessions to suit my busy schedule, gain valuable experience all helping me pursue a career in Sport.

My first event was **Breast Cancer Care Pink Ribbon** event, being part of a team of volunteers we helped walkers tackle a 10-mile journey for a good cause. I really enjoyed the event. It taught me a lot and inspired me to start helping people affected by cancer by providing support as **Macmillan Cancer Support @ Glasgow Libraries Volunteer**.

Next, I helped at **Maggie's Culture Crawl** where despite of my feet freezing at the streets of Glasgow after dusk, I had this warm feeling of making people happy and all of us being "in it together".

I also enjoyed volunteering at **Pedal for Scotland**, supporting people that participate in physical activity and sport. I know that I'm not going to change the world but making events like these better for participants means that people are being active, and that's what we want, especially in Scotland with such a high prevalence of obesity.

Sometimes I question why am I doing this, especially when the volunteering shift starts at the crack of dawn but when I see the smiles of participants and hear the 'thank you's' of organisers, it's all worth it.

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Volunteer

I recently became a **Good Move Health Walk Leader**. As well as learning new things during the training such as risk assessments, benefits of physical activity and much more, it gives me an hour a week of physical activity for free, an hour of socialising and most of all fresh air and time to clear my head. It's improved my leadership skills, my listening and communication skills as well as my ability to deal with paperwork. And now on top of everything I can put on my CV that I've been involved in delivering programmes for improvement of physical activity which can significantly improve my chances of employment



Working with children and vulnerable groups is another thing close to my heart as I've dealt with people with disabilities in the past and appreciate how much harder everyday life can be for them. That's why being a **Youth Activity Volunteer for Whizz-Kidz** was an easy choice. It came with the benefits of obtaining a PVG, learning about safeguarding and protecting children and educating

Helping people is my drive to do more volunteering because as well as being part of a good cause, I feel a sense of fulfilment that makes me feel good about myself. Being a volunteer brings an endless amount of gratitude. I would encourage anyone to try GSVB- There is something for everyone.

In the Summer of 2018, Barbora was successful in securing a seasonal job as Parklives Coach with Glasgow Sport delivering activity sessions in Glasgow's parks.