



## RA Toolkit

*Hey RAs!*

You're all so well connected on this campus that we don't need to tell you about The 10,000 Hours Show, the local group that helps celebrate volunteering by hosting a concert just for those who complete 10 hours of service. What we can tell you about is how to **bring 10K to your floor**, and how to **complete one of your blueprint requirements!**

Enclosed in this packet are the supplies and information you need to get a group together from your floor and go out to volunteer! There is a sign-up sheet, some helpful tips for creating a successful program, and the contact info of anyone you may need along the way.

Volunteer service is an integral part of our time at the University, and this is your chance to bring that opportunity to your residents!

because together we rock.

10K of Eastern Iowa

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## About the 10,000 Hours Show of Eastern Iowa:

The 10,000 Hours Show is an organization based out of the great Iowa City that engages students in the community through **volunteering**, then celebrates at the end of each year with an **awesome free concert!** It only takes 10 hours, and you can get involved with hundreds of non-profits within walking distance of the residence halls. Go to [www.10000hoursEI.org](http://www.10000hoursEI.org) to check it out!

## How it works:

1. **Find a non-profit** that interests you and suits your floor
  - At [www.corridorvolunteers.org](http://www.corridorvolunteers.org), there are hundreds of non-profits, offering both ongoing and one-time service opportunities.
  - Non-profits have different volunteer capacities. Often, one-time opportunities have the largest volunteer need, so if you're bringing lots of people, check out the Corridor Volunteers calendar for upcoming one-time events.
2. Get your floor **signed up for 10K!**
  - It's easy! Before you serve, just have each of your residents visit [www.10000hoursEI.org](http://www.10000hoursEI.org) and click 'Volunteer Now!'
3. **Contact** the non-profit to coordinate the details of your group's project
  - Phone is best, but email is ok too
4. Print off the easy-to-use **sign up sheet** (below)
  - Decorate your bulletin board in 10K blue! Everyone will see who is signing up and know exactly where/when to meet
5. Get out there and do it!
6. **Log your hours** for 10K and **go the concert!**
  - At [www.corridorvolunteers.org](http://www.corridorvolunteers.org), your residents can log in with their usernames and passwords, and click 'Log Hours'

## Tricks of the Trade:

Just in case you're new to the volunteering scene, here are a few quick tips to make it run smoothly:

- Prep your floor! Remind them that they are making the community a better place!

- If you're volunteering outside, dress for the weather--think about raincoats, closed-toe shoes, or gloves
- If needed, wear clothing that can get dirty
- Be polite to your hosts and let them know if you need anything
- Bring lots of water!
- Be aware of what you're getting into (if you have a dander allergy, don't sign up at the animal shelter)
- **Double-check location details, and provide directions for your residents**

### **How to contact a non-profit:**

- Check out [www.corridorvolunteers.org](http://www.corridorvolunteers.org) – you can see one-time and ongoing volunteer opportunities by clicking the 'View Opportunity' link on the non-profit's profile  
Then...

#### **BY PHONE:**

- Call with a date in mind, and an approximate number of people
- Get a contact name and number
- Be polite!

#### **BY EMAIL:**

- You can contact the non-profit directly through the Corridor Volunteers site—just click 'Email this person' and inquire about opportunities for a group your size

### **Non-profits and Links:**

Here's some great non-profits nearby in Iowa City:

Habitat for Humanity – <http://www.ivhfh.org>

Riverfest – [www.uiowa.edu/~rivrfest](http://www.uiowa.edu/~rivrfest)

Big Brothers Big Sisters - <http://www.bbbsjc.org>

Crisis Center - <http://www.jccrisiscenter.org>

Domestic Violence Intervention Program - <http://www.dvpiowa.org>

Emma Goldman Clinic - <http://www.emmagoldman.com>

United Action for Youth (UAY) – <http://www.unitedactionforyouth.org>

If you have questions or want more information, email us or check out these helpful websites!

Email: [agruwell@gmail.com](mailto:agruwell@gmail.com)

| [www.10000hoursEI.org](http://www.10000hoursEI.org), [www.corridorvolunteers.org](http://www.corridorvolunteers.org)

# It couldn't be easier:

We're volunteering at \_\_\_\_\_  
on \_\_\_\_\_ from \_\_\_\_\_ until \_\_\_\_\_.

This is the kind of service we will do:

Sign up below!

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Be sure to bring the following supplies:

Meet here at this time:

Here's how we'll get to our volunteer site:

| because together we rock.