



NCVO Workforce Development

Voluntary sector career case study

Ruth McCaughren
Student Intern
Forest YMCA

The job

- Working in blocks in university holidays
- Experiencing different departments, including volunteering, finance, human resources, IT and lifelong learning

Ruth says

"I am a participant in a scheme run by Forest YMCA, which offers training and experience within the YMCA and offers the opportunity to complete a correspondence theology degree.

"Often I get assigned special projects such as writing a quality assessment paper for the board or hosting our annual AGM.

"It is valuable for me as I get experience of working within the YMCA which, it helps me understand my business lectures far better.

"This has been an excellent place for me to develop different skills."

The challenges

"The challenges of the internship are to be flexible, to be able to tackle new areas consistently and to try to be a good communicator."

Skills needed

"For the internship you have to take a small set of exams to assess your potential management capability, be willing to work and have lots of enthusiasm.

"Anyone under the age of 25 can apply to the internship scheme."

Ruth's CV

"This is my first job.

"I have been working within the voluntary sector for a year and a half. I heard about the scheme from a friend of a friend when I explained that I was interested in a career in Christian management.

"I study business and theology and still firmly believe the YMCA is where I have been called to work."

The final say

"Organising the PACT programmes was extremely rewarding and my level of involvement was quite high.

"To find out later that many people benefited from the scheme really made my week!"