



# GIVING BACK WEEK

December 9 > 14 2019

Welcome to the registration platform

## PROPOSED ACTIVITIES

In addition to already familiar GROUP activities, this year you can also choose an INDIVIDUAL volunteering or AWARENESS raising experience.

**INDIVIDUAL** volunteering: several Non-Profit Organisations asked for a support to better organise their day-to-day work, requiring specific knowledge and skills (e.g. MS PowerPoint, MS Excel, and Accounting). Please note that these are individual initiatives where you contact the NPO directly prior to the Away day to learn more about their needs and to agree on the exact content of the assistance and agenda of the day.

**AWARENESS** raising experience: while most of the group activities offer you a possibility to contribute by carrying out a particular task (e.g. painting, sorting clothes), some of the NPOs have offered initiatives that are more informative and social by nature. You will get an insight in the daily activities of the NPO and challenges they face, as well as get an opportunity to engage with the final beneficiaries.

When you have made your choice, register directly by clicking on "Confirm registration here".

Please note that the places will be allocated on a **'first come, first served'** basis, so do not wait too long to make your choice. All activities present none or minimal safety risks.

**IMPORTANT NOTICE:** Non-Cisco employees (aka. red badges) are not covered by Cisco's insurance. Their employers should be aware of their activities next week. Cisco's work insurance will not cover incidents or damage as a result of particular "risky" activities including operating tools and machines, climbing on ladders, contact with animals (horses).

We wish you all a successful and rewarding volunteering experience.

## HOW TO SELECT YOUR ACTIVITY?

To learn more about each activity on offer, use the filter or click on "More details" next to each activity.

You will find information about the non-profit organisation and what they do, as well as practical information on the tasks proposed.

We tagged the activity under each of the following categories:

**Location:** *indoors* or *outdoors*

**Interaction:**

- **physical:** where the activity requires manual input
- **intellectual:** where the activity requires skills to identify solutions
- **emotional:** where the activity leads to moments which can personally and highly affect you
- **social:** where the activity is focused on the common, shared societal challenges

**Contact** (with the beneficiaries):

- **light:** no or limited interaction with the final beneficiaries
- **intense:** direct communication, dialogue with the final beneficiaries