

## **Volunteering, Internships & Job Shadows**

Volunteering and internships are a great way to get involved, learn new skills, and explore your interests! Often students find valuable connections and ongoing opportunities just by starting to get involved somewhere.

### **Volunteer Databases**

Use these local databases to look for volunteer and student opportunities:

- [Volunteer Center, United Way of Tucson and Southern Arizona](#)
- [Youth Volunteer Opportunities, Pima County Public Library](#)
- [Youth Volunteer Contact List, Pima County Public Library](#)
- [Library Volunteer Match](#)

### **Specific Organizations and/or Opportunities**

- [Assisteens Auxiliary](#) - community philanthropic program
- [Community Food Bank of Southern Arizona](#)
- [Iskashitaa Refugee Network](#)
- [Pima County Library Teen Volunteer](#)
- [Pima County Teen Court](#)
- [Reid Park Zoo Crew](#)
- [Unidas](#) - young women's empowerment & philanthropic program

### **Job Shadowing**

- [Official Club Med](#): follow on instagram at (@officialclubmed) or subscribe on YouTube to sign up for virtual job shadow events and Q&As with medical and health professionals from a variety of different fields!