

## Case Study

Sonny, a 20-year-old volunteer at ICOS, has been dedicating his time to the organization for over six months, and the experience has been transformative for him. Born and raised in Sunderland, Sonny wishes to give back to his community and become more involved. Through his involvement, he has not only deepened his understanding of environmentalism but has also discovered new opportunities to volunteer elsewhere.

His passion for sustainability has grown, and he has gained valuable hands-on experience that has broadened his knowledge about conservation efforts and community initiatives. These experiences have not only enriched his learning but have also opened doors for further voluntary work, allowing him to make a greater impact while building his personal and professional skills.

Sonny has learned about the native species to the park, such as the various birds that call backhouse park home, as well as the types of flowers and trees that are famous in the park.

Beyond the knowledge he has gained, volunteering at ICOS has had a positive effect on Sonny's confidence and social skills. Engaging with different people in a structured environment has helped him become more comfortable in social settings, making it easier for him to communicate and collaborate with others.

The routine that comes with volunteering has also provided him with a sense of stability, helping him develop better time management and work-related skills. These improvements have been crucial for his personal growth and have prepared him for future career opportunities by equipping him with valuable experience and a stronger work ethic.