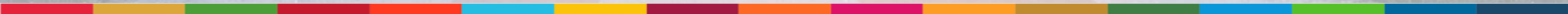




Becoming a UN Volunteer; What is in it for you?

The Hidden Benefits of Volunteering.



Today's presenters



Sandra Le Gray

OA Volunteer Recruitment (UNV)



Tobias Wollnik

OA Talent Acquisition (UNV)

Zoom Support Team



Rita Tsering

OA Volunteer Recruitment (UNV)



Caroline Okila

Regional Talent Acquisition
Analyst (UNV)



Christine Gazzol

OA Volunteer Recruitment (UNV)

House Keeping Rules

You are muted by default. The chat function is disabled.

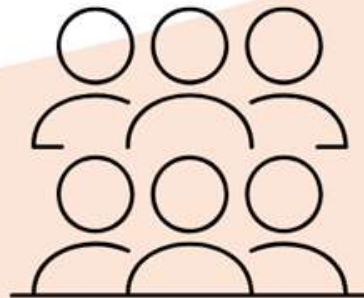
If you have any questions, please submit them through **Zoom Q&A button**.

The session will be **recorded**. The recording and presentation will be available on: [Inter-Agency Career Week 2026 webpage](#)



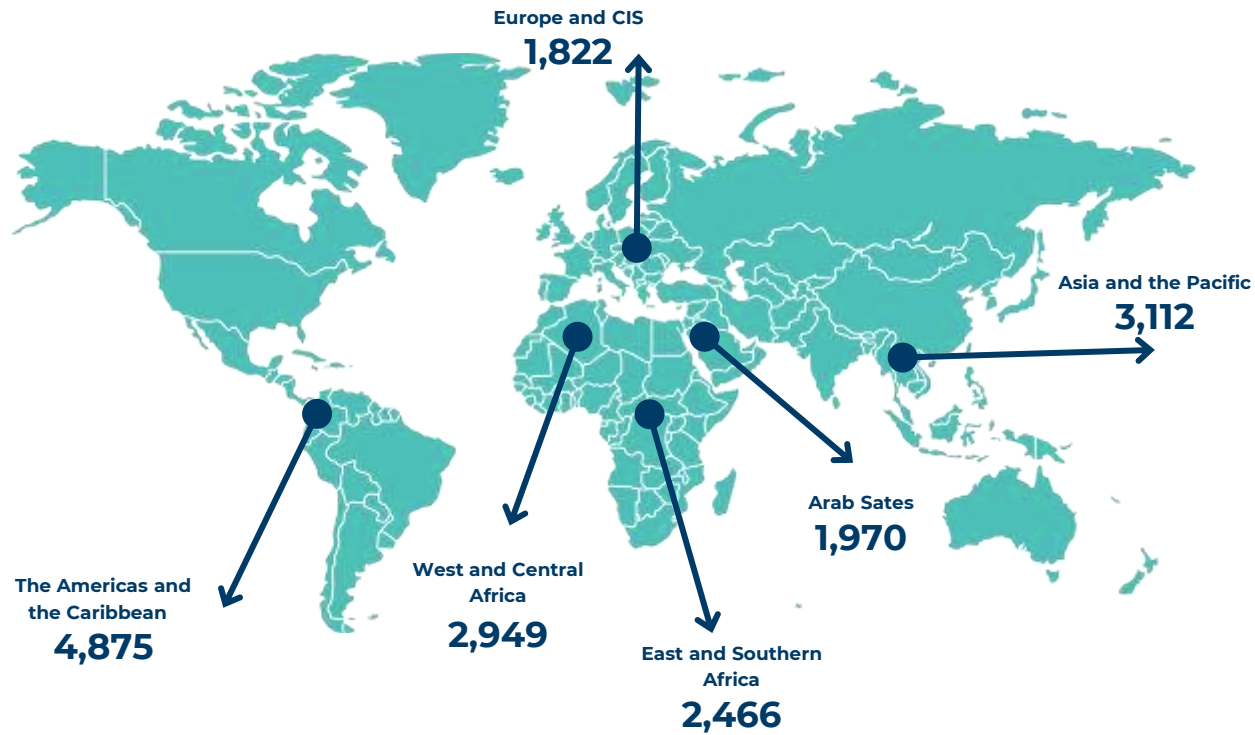
Due to the large number of participants in this session, we might not be able to respond to all of your questions.

Thank you for you understanding.





UN Volunteers in 2025



17,169
UN Volunteers
Served

Assignments in
172
Countries/Territories

90% of
UN Volunteers from
the Global South



60% Women



22% International
UNVs



78% National UNVs



182 Nationalities



33 Average
age

UNV Categories

If you are between **18 - 80 years old** you are eligible to apply to our volunteering opportunities in your home country or abroad.

<p>National (Full-time, part-time)</p>	 <p>UN Community Volunteer</p> <ul style="list-style-type: none"> • No minimum experience • Serving period: 1-48 months 	<p>Onsite (UN Offices) / Remote</p>
<p>National (Full-time, part-time)</p>	 <p>UN Volunteer Associate</p> <ul style="list-style-type: none"> • Experience: 1+ months • Serving period: 1-48 months 	
<p>AND</p>	 <p>UN Volunteer Specialist</p> <ul style="list-style-type: none"> • Experience: 3+ years • Serving period: 1-48 months 	
<p>International (Full-time)</p>	 <p>UN Volunteer Expert</p> <ul style="list-style-type: none"> • Experience: 7+ years • Serving period: 1-48 months 	
	<p>Online Volunteer</p> <ul style="list-style-type: none"> • Task-based* • Up to twelve weeks <p>*no financial compensation is available for online volunteering roles</p>	



Benefits for UN Volunteers

We encourage broad and inclusive participation, and therefore offer benefits designed to ensure a basic standard of living while you serve as a contracted UN Volunteer.

Benefits include:



Monthly living allowance <https://app.unv.org/calculator>



Life, disability and medical insurance



Annual leave



Learning opportunities



Reasonable accommodation for persons with disabilities

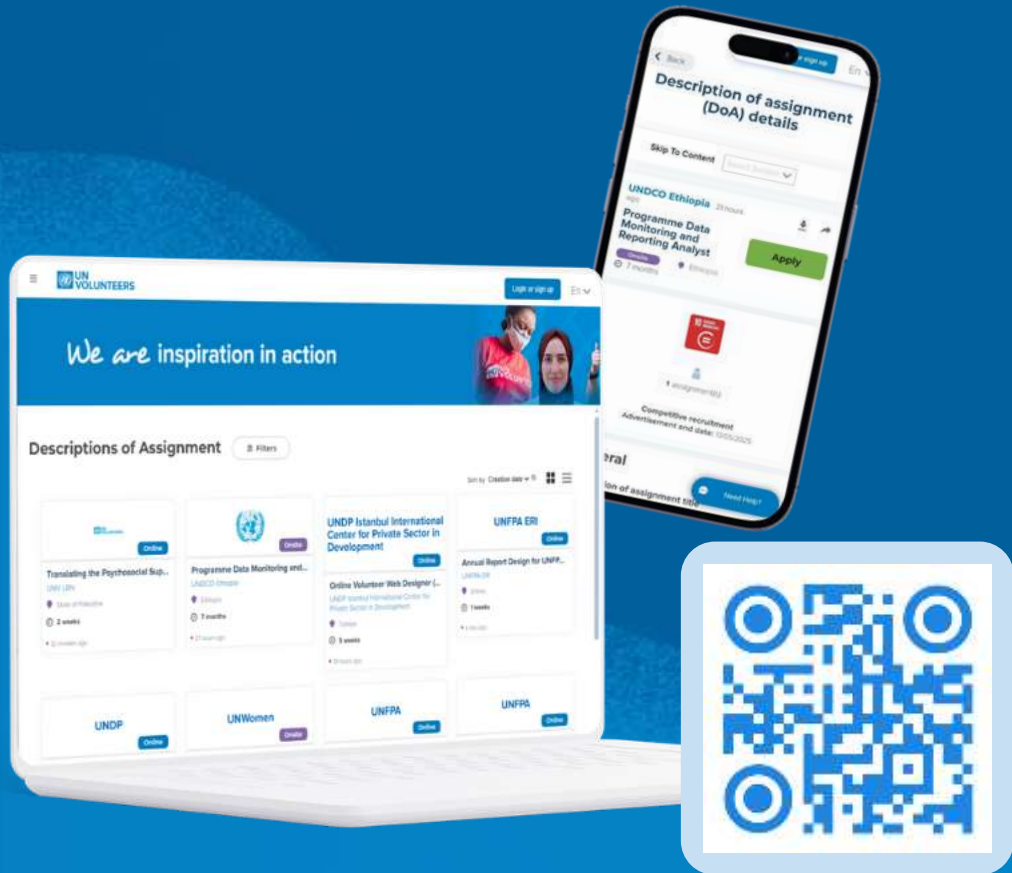


Travel allowance for international UN Volunteers (entry on duty and repatriation)

See more on our [UNV Conditions of Service](#)



Where to start...



- **Explore the Unified Volunteer Platform (UVP):** Visit app.unv.org to find all available volunteer opportunities.
- **Tailor your search:** Use filters such as duty station, area of expertise, and assignment type (national or international) to find opportunities that match your interests.
- **Create your UNV profile:** Register to the platform and complete your profile. Summarize your qualifications, skills and experience – this is your business card!

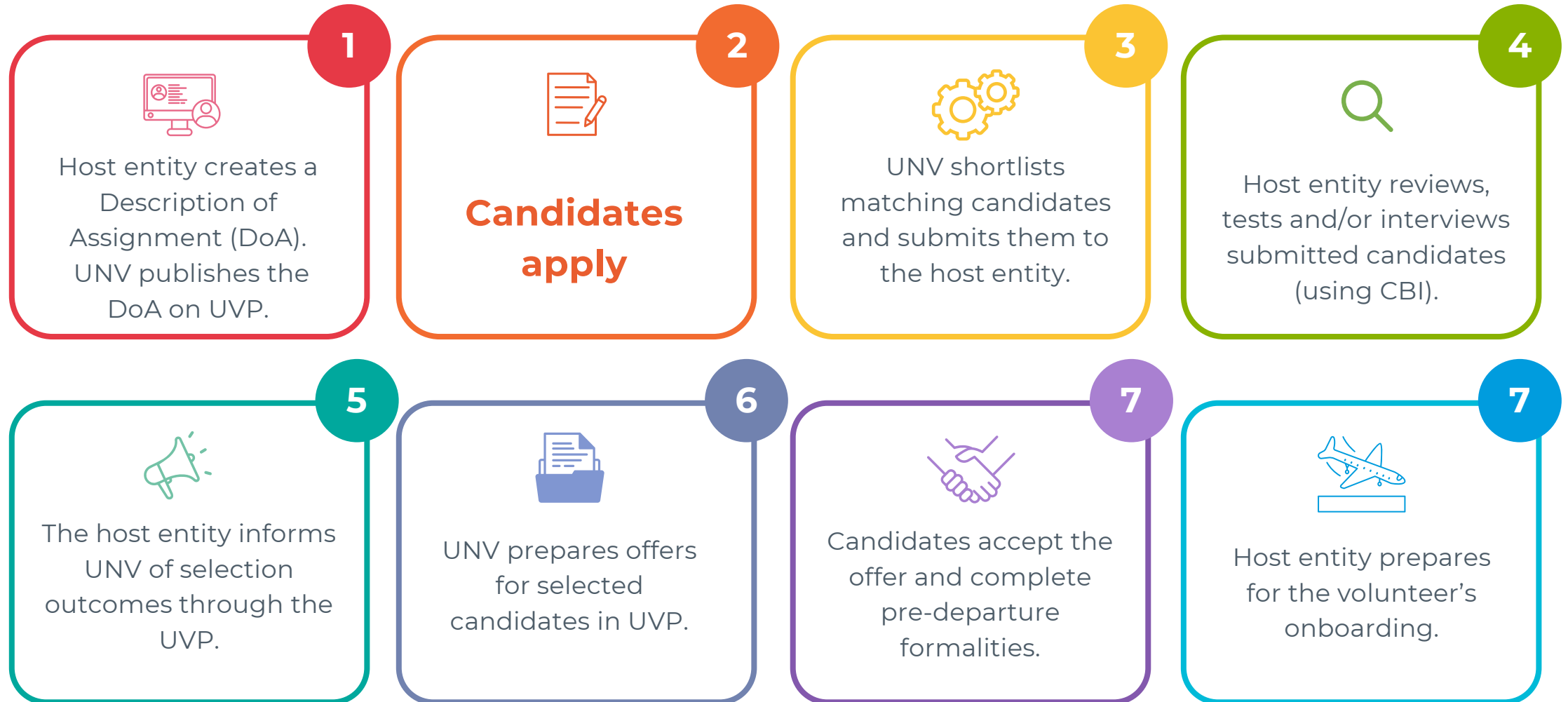


QUICK TIPS

- **Read the Description of Assignment (DoA) carefully!** Before applying, check that your experience, studies and skills match the eligibility criteria and requirements
- Keep your UNV profile **up to date**



Recruitment process for UN Volunteers assignments



Hidden Benefits of volunteering with the UN



- “Inside view” of the UN
- Access to networks
- Hands-on field experience and credibility
- Skills growth - not just “learn”
- Connections with colleagues and mentors
- Recognition you can show
- Leadership “muscle” early
- Cultural intelligence + adaptability
- Career pathway momentum

Useful Resources



Current
Opportunities:
app.unv.org



Coffee Break
with UNV
Recruiters:
[Video Series](#)



Your UNV Guide:
How-to
[YouTube
playlist](#)



UNV's
Conditions
of Service:
[Conditions
of Service](#)



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Q&A

Inter- Agency Career Week 2026 Agenda

04 - 08 May

	Monday, 04 May	Tuesday, 05 May	Wednesday, 06 May	Thursday, 07 May	Friday, 08 May
03:00-04:00 (New York) 09:00-10:00 (Europe) 10:00-11:00 (Nairobi) 14:00-15:00 (Bangkok)	Pres (E) - From the UN to the Private Sector: Skills that enable Career Transition	Pres (E) Thriving in Uncertainty	Pres (E) - Career Trend Coaching: Preparing for What's Next	Pres (E) - Habits under Pressure: working more intentionally	Pres (E) Behavioural Science for Career Development: Evidence-Based Steps for Action
04:30-05:30 (New York) 10:30-11:30 (Europe) 11:30-12:30 (Nairobi) 15:30-16:30 (Bangkok)	PD (E) - Inside the Recruiter's Mind: How Hiring Really Works in the UN and Beyond	Pres (E) - From Sat Nav to Compass: Navigating Your Career in a Changing UN System	Pres (E) - Upskilling for the Future: How to Stay Marketable Inside and Beyond the UN	Pres (E) - Becoming a UN Volunteer: What is in it for you? The Hidden Benefits of Volunteering.	PD (E) - Beyond the UN Blue: Navigating Your Career Transition to Other IGOs
06:00-07:00 (New York) 12:00-13:00 (Europe) 13:00-14:00 (Nairobi) 17:00-18:00 (Bangkok)	PD (E) - Talent on the Move: Growing your career through mobility	Clinic (F) - Recherche d'emploi optimisée par l'IA : éthique, sécurisée et tournée vers l'avenir	Clinic (E) - AI for Your Career: Practical Tools and Prompts for Career Management	Pres (E) - Leading from Within	Pres (F) - Réussir les entretiens basés sur les compétences : un guide avec des conseils pratiques pour se préparer
07:30-08:30 (New York) 13:30-14:30 (Europe) 14:30-15:30 (Nairobi) 18:30-19:30 (Bangkok)	Clinic (E) - Mapping Your Motivators for Career Choices	Pres (E) - Mapping Professional Achievements to Job Application and Interview	Pres (E) - Breaking Down Job Descriptions	Pres (E) - What remains when everything changes: A Counselling Framework for global nomad staff facing adversity and transition	Pres (E) - The skills shift: What skills-based hiring and AI agents might mean for a UN career
09:00-10:00 (New York) 15:00-16:00 (Europe) 16:00-17:00 (Nairobi) 20:00-21:00 (Bangkok)	Pres (E) - Your Career, Your Conversation	Pres (E) - Strengthening Your Adaptability Muscles - AQ: The Adaptability Quotient	Pres (E) - Managing Your Saboteurs: Removing Barriers to Your Career Growth	Pres (E) - Use Your Strengths to Boost Your Career	Pres (E) - Activating Inner Resources in Uncertain Times
10:30-11:30 (New York) 16:30-17:30 (Europe) 17:30-18:30 (Nairobi) 21:30-22:30 (Bangkok)	Pres (E) - A Mind-Blowing Tour of AI Tools to Accelerate Your Career	Pres (E) - From Sat Nav to Compass: Navigating Your Career in a Changing UN System	Pres (S) - Construye tu Asistente de Carrera con IA	Pres (E) - Building a winning profile from application to interview	Pres (E) - Mentoring 2.0: From Top-Down to All-Around
13:00-14:00 (New York) 19:00-20:00 (Europe) 20:00-21:00 (Nairobi) 00:00-01:00 ¹ (Bangkok)	Pres (F) - Opportunités de carrière aux Nations Unies pour les jeunes professionnels et conseils pour réussir sa candidature.	PD (E) - Thriving Globally - The human side of relocation	Pres (E) - Career Development: How you can turn a Psychosocial Hazard into a Thriving Strategy	Pres (E) - Youth Engagement: Put in Practice! (Young Talents in the UN System)	Pres (E) - Working for Justice
14:30-15:30 (New York) 20:30-21:30 (Europe) 21:30-22:30 (Nairobi) 01:30 ¹ -02:30 ¹ (Bangkok)	Pres (E) - Navigating Competency-Based Interviews: A Practical Preparation Guide	Pres (S) - Entrevistas basadas en competencias: guía práctica de preparación	Clinic (S) - Desarrollo de habilidades y redes profesionales a través de la mentoría		

