**VOLUNTEER INTAKE FORM**

Thank you for your interest in volunteering with Upward Bound House! Please fill out the following information so we can match you with opportunities that align with your skills and interests.

**Personal Information**

|  |  |
| --- | --- |
| **Full Name** |  |
| **Date of Birth (MM/DD/YYYY)** |  |
| **Phone Number:** |  |
| **Email Address:** |  |
| **Address:** |  |
| **City, State, Zip Code** |  |

**Emergency Contact Information**

|  |  |
| --- | --- |
| **Full Name:** |  |
| **Phone Number:** |  |
| **Email Address:** |  |
| **Relationship:** |  |

**Availability**

* **Preferred Days** (Check all that apply):  
  [ ] Monday  
  [ ] Tuesday  
  [ ] Wednesday  
  [ ] Thursday  
  [ ] Friday
* [ ] Saturday  
  [ ] Sunday

**Preferred Times**:  
[ ] Morning  
[ ] Afternoon  
[ ] Evening

**Areas of Interest** (Check all that apply):

[ ] Pantry

[ ] Transportation/Donation pick-up (DMV record required)

[ ] Storage/Organization of items

[ ] Food preparation/service

[ ] Unit Turn-Over/Prep

[ ] Urban Farm

[ ] Other (please specify)

**Skills and Experience**

* Please describe any skills or experience relevant to volunteering in nonprofits.
* Do you have any certifications or special training? (e.g., First Aid, CPR, etc.)

|  |  |
| --- | --- |
| [ ] Yes (please specify): |  |

[ ] No

**Background Information**

* Are you over 18 years old?  
  [ ] Yes  
  [ ] No (If no, parental consent will be required.)
* Have you ever been convicted of a crime?

|  |  |
| --- | --- |
| [ ] Yes (please specify): |  |

[ ] No

**References** Please provide the names and contact information of two references:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Full Name:** |  |  | **Full Name:** |  |
| **Phone Number:** |  |  | **Phone Number:** |  |
| **Email Address:** |  |  | **Email Address:** |  |
| **Relationship:** |  |  | **Relationship:** |  |

**Additional Information** Is there anything else you would like us to know about you or your interest in volunteering?

**Acknowledgment and Agreement:** By signing below, I certify that the information provided is accurate and complete to the best of my knowledge. I understand that submitting this form does not guarantee placement as a volunteer. Upward Bound House reserves the right to conduct background/LIVE Scan checks for certain volunteer roles.

|  |  |
| --- | --- |
| **Signature:** |  |
| **Date:** |  |