

# Volunteer Opportunities for Pre-Health Students

This list provided for information only and does not imply endorsement of any organization. These opportunities are only a fraction of what is available. Remember to be creative and don't be afraid to ask around! Please let your advisor know of other good opportunities we should add to this list.

## On-Campus Opportunities

Center for Civic Engagement	This office maintains a list of ongoing and one-time opportunities for OSU students. See list of opportunities on their website.	<a href="http://sli.oregonstate.edu/cce/">http://sli.oregonstate.edu/cce/</a> 541-737-3041
Student Health Services	Several options to serve as a peer health educator on campus.	<a href="http://studenthealth.oregonstate.edu/volunteer">http://studenthealth.oregonstate.edu/volunteer</a>
Cultural Ambassador Conversant Program	Meet with an OSU international student for informal conversation. Minimum 1-term commitment.	<a href="http://oregonstate.edu/international/cultural-ambassador">http://oregonstate.edu/international/cultural-ambassador</a>
IMPACT	Physical activity program for youth with special needs. 1-term minimum commitment. Application.	<a href="http://health.oregonstate.edu/IMPACT">http://health.oregonstate.edu/IMPACT</a> 541-737-2176

## Corvallis/Albany Opportunities

Community Outreach	Offers free clinics, housing, food, and childcare to the homeless and low-income populations of the local community. Medical and Dental.	<a href="http://www.communityoutreachinc.org/volunteer">http://www.communityoutreachinc.org/volunteer</a>
Good Samaritan Regional Medical Center	Corvallis location. Jobs in many different offices/departments. Application. Training. 6-month commitment. May have a waiting list.	<a href="http://www.samhealth.org/health-professionals/students/college">www.samhealth.org/health-professionals/students/college</a>
Samaritan Health Services	Hospital locations in Albany, Lebanon, Lincoln City, and Newport. Apply separately to each. Jobs in many different offices/departments.	<a href="http://www.samhealth.org/givingvolunteering/volunteering/applicationmaterials">www.samhealth.org/givingvolunteering/volunteering/applicationmaterials</a>
Albany InReach Services	Offers low-cost health care for the medically underserved residents of Albany, Millersburg and Tangent. Application.	<a href="http://www.samhealth.org/communitysupport/lowcostcommunityclinics/Pages/inreachservices.aspx">www.samhealth.org/communitysupport/lowcostcommunityclinics/Pages/inreachservices.aspx</a>
ABC House (All Because of Children)	Organization in Albany that supports children who are victims of abuse. Opportunities working with children and families.	<a href="http://www.abchouse.org/">www.abchouse.org/</a>
Evergreen Hospice House	An in-patient facility in Albany serving patients who are near end of life and their families. Training required.	<a href="http://www.samhealth.org/services/hospicepalliativecare/Pages/Hospice-House.aspx">www.samhealth.org/services/hospicepalliativecare/Pages/Hospice-House.aspx</a>
Benton Hospice	Organization provides end-of-life care to patients and their families in Corvallis. Training required. 1-year commitment requested.	<a href="http://www.bentonhospice.org">www.bentonhospice.org</a>
Old Mill Center for Children and Families	Organization provides services to support to at-risk children (ages birth to 18) and their families. Volunteers needed in classrooms and for events.	<a href="http://www.oldmillcenter.org/">http://www.oldmillcenter.org/</a> 541-757-8068
Chintimini Senior Center	Provides a variety of services to older adults in the Corvallis community. Many different volunteer opportunities.	<a href="http://www.corvallisoregon.gov/index.aspx?page=257">www.corvallisoregon.gov/index.aspx?page=257</a>
Grace Center Adult Day Care	Adult day services program for seniors and those recovering from surgery. Opportunities to interact with clients and lead activities. Application.	<a href="http://gracecenter-corvallis.org/">http://gracecenter-corvallis.org/</a>
Center Against Rape and Domestic Violence (CARDV)	Opportunities in advocacy, community education, and events. Organization supports survivors of domestic and sexual violence.	<a href="http://cardvservices.org/volunteer.php">http://cardvservices.org/volunteer.php</a>
The ARC of Benton County	Provides services and support to individuals with intellectual and developmental disabilities. Application. First aid/CPR training.	<a href="http://www.arcbenton.org/volunteer">http://www.arcbenton.org/volunteer</a>

Benton County Health Department	Provides public health programs and low-cost health services for the community. Call about specific volunteer opportunities or openings.	<a href="http://www.co.benton.or.us/health/">http://www.co.benton.or.us/health/</a>
Home Life	Organization supports independent living for adults with intellectual and developmental disabilities. Volunteers needed for special events only.	<a href="http://www.homelifeinc.org">www.homelifeinc.org</a>
Valley AIDS Info Network (VAIN)	Dedicated to HIV/AIDS and STDs prevention. Provides support to people living with HIV/AIDS. Event planning & community education positions.	<a href="http://www.valleyaidsinfo.org/">http://www.valleyaidsinfo.org/</a>
Jackson Street Youth Shelter	Supports Corvallis and Albany youth in crisis. Mentoring, tutoring, and special events opportunities. Application. Interview. Internships also.	<a href="http://www.jsysi.org/">http://www.jsysi.org/</a>
Boys & Girls Club Corvallis	Work with local K-12 youth. Many opportunities. Application. Orientation.	<a href="http://www.bgccorvallis.org/">http://www.bgccorvallis.org/</a>
Corvallis School District	Variety of opportunities working with K-12 youth. Classroom help, reading program, tutoring, college prep, etc. Application. Background check.	<a href="http://www.csd509j.net/en-us/districtinformation/departmentservices/volunteeropportunities.aspx">http://www.csd509j.net/en-us/districtinformation/departmentservices/volunteeropportunities.aspx</a>

### Salem/Mid-Valley Opportunities

Salem Health	Locations in Salem, Keizer, Dallas, and Monmouth. Jobs in many different offices/departments. Application. 6-month commitment.	<a href="http://www.salemhealth.org/about/volunteers">http://www.salemhealth.org/about/volunteers</a>
Silverton Health	Variety of volunteer programs in Silverton. Application. Orientation.	<a href="http://silvertonhealth.org/in-the-community/volunteers/">http://silvertonhealth.org/in-the-community/volunteers/</a>
Willamette Valley Hospice	Organization provides end-of-life care to patients and their families. Pet therapy program. Marion & Polk counties. Application. Training required.	<a href="http://www.wvh.org">www.wvh.org</a>
Marion County	Opportunities in several departments and programs including Health Department community health initiatives. Application.	<a href="http://www.co.marion.or.us/BS/VOL">http://www.co.marion.or.us/BS/VOL</a>
Salem Free Clinics	Bilingual community clinics. Religiously-affiliated (Christian). Training.	<a href="http://www.salemfreeclinics.org/">http://www.salemfreeclinics.org/</a>
Hands On Willamette	Browse volunteer opportunities in Marion, Polk and Yamhill counties.	<a href="http://www.handsonw.org/">http://www.handsonw.org/</a>
McMinnville Free Clinic	A faith-based free clinic serving the underserved community. Variety of volunteer opportunities within a free clinic. Application.	<a href="http://www.mcminnvillefreeclinic.org/Volunteer_1nformation_2.html">http://www.mcminnvillefreeclinic.org/Volunteer_1nformation_2.html</a>

### Portland Metro Area Opportunities

Portland VA Medical Center	Provides health services to U.S Veteran's. Hospital campuses in Portland and Vancouver. Clinics in Hillsboro, West Linn, North Coast, The Dalles, etc.	<a href="http://www.portland.va.gov/giving/index.asp">http://www.portland.va.gov/giving/index.asp</a>
Doernbecher Children's Hospital	Jobs in many different offices/departments. Many opportunities working with children & families. Application. 6-months to 1-year commitment.	<a href="http://www.ohsu.edu/xd/health/services/doernbecher/">http://www.ohsu.edu/xd/health/services/doernbecher/</a>
MS Association of America	Opportunities in many areas to work improve the lives of individuals and their families affected by Multiple Sclerosis.	<a href="http://msoregon.org/">http://msoregon.org/</a>
Coalition of Community Health Clinics	Community health internships at clinics serving low-income populations in Portland area. 4 to 6-month commitment. Apply via resume/cover letter.	<a href="http://coalitionclinics.org/about-cchc/employment-volunteering/">http://coalitionclinics.org/about-cchc/employment-volunteering/</a>
Outside In Clinic	Provides medical services to people experiencing homelessness and poverty. Application. Must be 21. 100-hour commitment.	<a href="http://www.outsidein.org">www.outsidein.org</a>

OHSU: CRISP	Assist with data collection for clinical research projects in emergency medicine. 9-month commitment with regular shifts. Application.	<a href="http://www.ohsu.edu/emergency/crisp/">www.ohsu.edu/emergency/crisp/</a>
Critical Care Academic Associates Program	Assist with patient screening and data collection for clinical research projects in OHSU Hospital Intensive Care Units. 1-year commitment with regular shifts. Training. Application.	<a href="http://www.ohsu.edu/xd/research/centers-institutes/critical-care-academic-associates-program/">http://www.ohsu.edu/xd/research/centers-institutes/critical-care-academic-associates-program/</a>
Trauma Intervention Program	Serve as a well-trained citizen volunteer assisting emotionally traumatized individuals and families in emergency situations. Extensive training.	<a href="http://www.tipnw.org/">http://www.tipnw.org/</a>
Medical Teams International	Portland-based Christian global health organization. Mobile Dental program. Disaster response teams. Volunteer locally or abroad.	<a href="http://www.medicalteams.org/">http://www.medicalteams.org/</a>
Event Medical Services	Provides first aid services to spectators at events in Portland. First aid/CPR certification required. Flexible commitment. Sign-up for each event.	<a href="http://www.eventmed.us/index.html">http://www.eventmed.us/index.html</a> Contact Ron Forbes at <a href="mailto:Ron@eventmed.us">Ron@eventmed.us</a>
MIKE Program	Empowers youth to be health leaders in their communities to help reduce chronic disease. Some positions require training and commitment.	<a href="http://mikeprogram.org/">http://mikeprogram.org/</a>
Hands On Greater Portland	Browse volunteer opportunities throughout the Portland Metro Area.	<a href="http://www.handsonportland.org">www.handsonportland.org</a>

### Eugene/Springfield Opportunities

White Bird Clinic	Offers free medical and dental clinics, counseling, and other services to homeless and low-income community members. 1-term commitment.	<a href="http://www.whitebirdclinic.org">http://www.whitebirdclinic.org</a>
Volunteers in Medicine	Provides free medical clinics for low-income, uninsured adults. Application.	<a href="http://www.vim-clinic.org/">http://www.vim-clinic.org/</a>

### Southern Oregon Opportunities

Mercy Medical Center	Roseburg location. Jobs in many different areas of the hospital.	<a href="http://www.mercyrose.org/volunteers.php">http://www.mercyrose.org/volunteers.php</a>
Veteran's Affairs Roseburg Healthcare System	Provides health services to U.S Veteran's. Hospital in Roseburg. Clinics in Brookings, North Bend, Eugene, and Crescent City (CA).	<a href="http://www.roseburg.va.gov/giving/">http://www.roseburg.va.gov/giving/</a>
La Clinica	Provides health care access to seasonal farm workers. Neighborhood and school-based clinics. Locations in Medford and Central Point.	<a href="http://www.laclinicahealth.org/Page.asp?NavID=119&amp;menu=7">http://www.laclinicahealth.org/Page.asp?NavID=119&amp;menu=7</a>

### Central & Eastern Oregon Opportunities

Heart 'n Home Hospice & Palliative Care	Locations in Bend, La Pine, La Grande, Baker City, and western Idaho. Direct patient care and other opportunities. Application. Training.	<a href="http://www.gohospice.com/volunteer_services/">http://www.gohospice.com/volunteer_services/</a>
St. Charles Health System	Locations in Bend, Redmond, Prineville, & Madras. Application & background check required.	<a href="https://www.scmc.org/volunteers.html">https://www.scmc.org/volunteers.html</a>
St. Anthony Hospital	Pendleton location. Jobs in many different areas of the hospital.	<a href="http://www.sahpendleton.org/volunteer.html">http://www.sahpendleton.org/volunteer.html</a>
Good Shepherd Medical Center	Hermiston location. Jobs in many different areas of the facility. Look in the directory for the volunteer contact phone number.	<a href="http://gshcs.net/">http://gshcs.net/</a>
Harney District Hospital	Burns location. Jobs in many different areas of the facility.	<a href="http://www.harneydh.com/">http://www.harneydh.com/</a> 541-573-5184

### Multiple Location Opportunities (in Oregon, the Pacific Northwest, and across the U.S.)

Providence Health & Services: OR and SW WA	Locations in Portland, Medford, Hood River, Seaside, Newberg, and Milwaukie. View volunteering details by location.	<a href="http://oregon.providence.org/our-services/v/volunteering/">http://oregon.providence.org/our-services/v/volunteering/</a>
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Special Olympics Oregon	Provides athletic opportunities for persons with mental disabilities. Ongoing and special events volunteers needed. Training may be required.	<a href="http://soorws.visionsiteclients.com/Sub-Page.aspx?Name=Volunteers&amp;PID=57">http://soorws.visionsiteclients.com/Sub-Page.aspx?Name=Volunteers&amp;PID=57</a>
Yakima Valley Farm Workers Clinic	Clinics serving low-income families and seasonal farm workers. Locations in Salem, Woodburn, Portland, Hermiston, and eastern Washington.	<a href="http://www.yvfwc.com/">http://www.yvfwc.com/</a>
SCREEN Program	Increase awareness of breast and cervical cancer screening. Public outreach in Linn, Benton, Lincoln & Lane counties. Application. Training.	<a href="http://www.samhealth.org/communitysupport/Pages/screenprogram.aspx">http://www.samhealth.org/communitysupport/Pages/screenprogram.aspx</a>
Oregon Long-Term Care Ombudsmen	Serve as an advocate for seniors and assure the quality of their long-term care. Training mandatory. 2-year commitment requested. Must be 21.	<a href="http://www.oregon.gov/ltco/pages/index.aspx">http://www.oregon.gov/ltco/pages/index.aspx</a>
Veteran's Affairs Student Volunteer Program	Wide variety of assignments available at VA medical facilities across the U.S. Orientation and training required.	<a href="http://www.volunteer.va.gov/StudentProgram.asp">www.volunteer.va.gov/StudentProgram.asp</a>
American Red Cross	Variety of health-related opportunities in local communities throughout the U.S. Commitments vary. Search by zip code and interests.	<a href="http://www.redcross.org/support/volunteer">http://www.redcross.org/support/volunteer</a>
Big Brothers Big Sisters	Get matched with a youth in your community and serve as a mentor through regular outings. 1-year minimum commitment. Application.	<a href="http://www.bbbsnorthwest.org/">http://www.bbbsnorthwest.org/</a>
Volunteer Match	Search for opportunities that match your interests. Anywhere in the U.S.	<a href="http://www.volunteermatch.org/">http://www.volunteermatch.org/</a>
Volunteers of America	Human service programs, including housing and healthcare, in 46 states, D.C. and Puerto Rico. Volunteer with one of 35 local offices.	<a href="http://www.voanet.org/">http://www.voanet.org/</a>

### International & Full-time Opportunities

Child Family Health International	CFHI partners with OSU to offer health-related IE3 Global Internships in Ecuador, India, Argentina, South Africa, and more. See the International Degree & Education Abroad (IDEA) website to get started.	<a href="http://www.cfhi.org/web/index.php">http://www.cfhi.org/web/index.php</a> and <a href="http://oregonstate.edu/international/studyabroad/internships/ie3">http://oregonstate.edu/international/studyabroad/internships/ie3</a>
Oregon Camp Adventure	Serve as a youth camp counselor in one of 20 countries world-wide. Summer-long commitment. Local training spring term. Minimum 2.5 GPA.	<a href="http://oregoncampadventure.weebly.com/">http://oregoncampadventure.weebly.com/</a>
Jesuit Volunteer Corps Northwest	Full-time volunteer opportunities in low-income communities in the Pacific Northwest. Must be 21 & have college degree or applicable work experience. Religiously-affiliated.	<a href="http://jvcnorthwest.org/">http://jvcnorthwest.org/</a>
International Medical Volunteers Association	Lists of international aid organizations looking for volunteers for health-related experiences. Advice for students looking to volunteer abroad.	<a href="http://www.imva.org/">http://www.imva.org/</a>
Unite for Sight	Volunteer abroad in with non-profit group improving eye care in rural communities. Commitment 1-week to 1-year. Application. Travel and fees.	<a href="http://www.uniteforsight.org/">http://www.uniteforsight.org/</a>
Cross Cultural Solutions	International volunteering trips in Africa, Asia, and Central/South America. 1 to 12-week commitment. Application. Travel and fees.	<a href="http://www.crossculturalsolutions.org/">http://www.crossculturalsolutions.org/</a>
Peace Corps	Extended volunteer assignments in countries around the world. Public and community health projects available. Most volunteers serve 27 months.	<a href="http://www.peacecorps.gov/learn/">http://www.peacecorps.gov/learn/</a>
AmeriCorps	Full-time opportunities throughout the U.S. ranging in length from 10-week summer to 1-year. Serve critical needs in low-income communities.	<a href="http://www.americorps.gov/">http://www.americorps.gov/</a>
Teach for America	Teach for two years in high-need urban and rural communities throughout the U.S. College degree with 2.5 GPA required. Extensive training.	<a href="http://www.teachforamerica.org/">http://www.teachforamerica.org/</a>