



**Metropolitan Action Committee on  
Violence Against Women and Children**

# Volunteer Application Form

*Thank you applying to become a METRAC volunteer. Please fill out this form. It will be reviewed and you may be contacted to attend an interview to determine the best placement for you. If there is a match, you will participate in a training & orientation session. This application is for screening purposes only.*

## **Volunteer Availability and Commitment**

METRAC's office is open Monday to Friday from 9am to 5pm. However, meetings, special events, and trainings are often held outside of normal hours of operation. We work with volunteers to determine the best day and time for their activities. Volunteers are expected to make at least an eight-month commitment to the organization.

## **Guiding Vision**

METRAC is a community-based, not-for-profit organization dedicated to preventing and ending violence against women, youth, and children. We work from an anti-oppression, non-discriminatory framework. Volunteers should be open to and comfortable learning about and working within this framework during their training period and volunteer placement.

**Note:** METRAC welcomes applications from diverse people, especially members of historically marginalized communities. Unfortunately, METRAC's office space is currently not wheelchair accessible.

## **General Information**

**Yes!** I understand METRAC works to end violence and promote the right of diverse women, youth, and children to live free from violence, and I endorse this mission.

Name: \_\_\_\_\_

Email address: \_\_\_\_\_ Phone number: \_\_\_\_\_

Mailing address: \_\_\_\_\_

I am (please indicate):  16 years of age or older  19 years of age or older

## Person to contact in case of emergency

Name: \_\_\_\_\_

Phone number(s): \_\_\_\_\_

## Questions About Volunteer Applicant

1. How did you hear about METRAC?

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2. Please outline your reasons for wanting to volunteer with METRAC.

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3. Please list your experience, skills, and/or special interests that might be useful to METRAC's work and goals.

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4. What does the term violence against women mean to you?

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5. Please outline your understanding of the terms anti-oppression and systemic discrimination.

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6. Please indicate what area(s) of METRAC you are most interested in (choose all that apply):

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|--|---|
| <input type="checkbox"/> Board of Directors                | <input type="checkbox"/> Committee and/or planning work |
| <input type="checkbox"/> Fundraising                       | <input type="checkbox"/> Public education               |
| <input type="checkbox"/> Administration/Office help        | <input type="checkbox"/> Special community events       |
| <input type="checkbox"/> Graphic design                    | <input type="checkbox"/> Research                       |
| <input type="checkbox"/> Multi-media (e.g. website, video) |   |

7. With which communities do you identify (e.g. Filipino communities, People of Colour communities, Lesbian communities, Deaf communities, First Nations communities, youth communities, Muslim communities, Senior communities, etc.)?

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8. What language(s) do you feel comfortable speaking and writing?

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9. Can you make the required 8-month commitment to volunteering at METRAC?

Yes       No      Additional Comments: \_\_\_\_\_

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10. How much time are you able to commit?

\_\_\_ hours per day, \_\_\_ hours per week, \_\_\_ hours per month

11. Which days would you be available to volunteer (choose all that apply)?

Monday       Tuesday       Wednesday       Thursday       Friday  
 Saturday       Sunday

12. Do you prefer to volunteer on (choose all that apply):

Mornings       Afternoons       Evenings

13. Please give any additional information about yourself that you wish to share. You may also submit your resume.

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### Reference Information

Please give us contact information for two people who can act as a references for you.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Work phone: \_\_\_\_\_ Home phone: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Work phone: \_\_\_\_\_ Home phone: \_\_\_\_\_

**Declaration**

I declare that all of the information on this form is true and complete to my knowledge.

\_\_\_\_\_  
Signature of Applicant

Date: \_\_\_\_\_  
Day                  Month                  Year

## Membership Information

METRAC asks that volunteer applicants consider becoming members of the organization. As a member, you will receive:

- METRAC's newsletters, packed with articles about women's issues and information about special events, projects, programs, and publications
- METRAC's members-only quarterly E-Bulletin
- Opportunity to attend METRAC's Annual General Meeting as a voting member and participate first-hand in strengthening the organization
- Personal invitation to METRAC's events, including the Annual Community Safety Night and special events
- 10% discount on all METRAC publications
- A general "thank you" in METRAC's Annual Report

**Yes!** I would like to become a Member of METRAC at this time.

## Individual Membership Fees

Membership Options (please choose one)	Annual Membership Fee
<input type="checkbox"/> Youth 13-24, students, seniors, and people who are under-employed or unemployed	Sliding scale of \$0-10 (or an affordable donation)
<input type="checkbox"/> Other Individuals	\$25

**Note:** A non-tax deductible receipt will be provided for payment of membership fees.

## Payment Options and Information

I am selecting a total payment of \$\_\_\_\_\_ and I am paying by (choose one):

Cash (to be dropped off or mailed to METRAC)

Cheque (make payable to METRAC)

Visa – Name on Card: \_\_\_\_\_

Card Number: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

### Please return completed form to METRAC:

METRAC, 158 Spadina Road, Toronto, ON, Canada, M5R 2T8  
Phone 416-392-3135 ● 416-392-3031 (TTY) ● (Toll-free) 1-877-558-5570  
Direct Email [info@metrac.org](mailto:info@metrac.org)  
Fax 416-392-3136 ● Web [www.metrac.org](http://www.metrac.org) | [www.owjn.org](http://www.owjn.org)  
*This Application Form is also available online at [www.metrac.org](http://www.metrac.org)*