



Did you know that colleges and employers look at applicant's involvement and commitment to extracurricular activities? Colleges want to see extracurricular history because it can help show them that you are a well-rounded committed individual with *leadership skills* and the ability to take initiative and accomplish something. It's also important that you get involved in extracurricular activities, especially while you are in high school, to explore your interests and see how they may lead to a future career. You can use this list to to explore different opportunities in the LA area, from tech, to medical, and even social. All of the programs on this list are for **ages 14 and older**, and as you get older, more opportunities arise! Watch out for the programs that do have deadlines! Keep in mind that volunteering should be something fun and be similar to your likes and interests! Type in the [blue URL](#) on your computer for more info and remember to ask your counselors for help if you need it!

My Top 2 Programs to Research

Program Name	Deadlines
1.	
2.	



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Type	Name	Program Description	Location	Links
Academic Setting	Los Angeles Public Libraries	The Los Angeles Public Library is proud to host over 2,600 teens as volunteers every year at our 73 locations. Opportunities vary at different locations. Teen volunteers will assist with organize the teen area, work on special projects, be a homework helper, and other duties as assigned.	Various LA regions	https://bit.ly/2tA7JtG
Animal Care	Michelson Found Animals	Have fun with other knowledgeable animal lovers who are committed to providing pets with happy and healthy lives. Give a few tummy rubs while you're at it	Culver City	https://bit.ly/2JhhLGS
Animal Care	ASPCA	The ASPCA offers volunteer opportunities in a variety of fields, including pet adoptions, animal rescue and rehabilitation and government relations.	Various LA regions	https://bit.ly/2QbJxrD
Animal Care	Society for the Prevention of Cruelty for Animals	Youth aged 12 and up can be animal care givers working in the shelter, cleaning kennels, feeding and exercising animals and assisting with the public. Must be accompanied by adult.	Various LA regions	https://bit.ly/2QbJxrD
Animal Care	Spay 4 LA	SPAY-4-LA is a program solely devoted to spay/neuter in the South Los Angeles area. Our mobile spay/neuter van operates in five locations within the 90011 zip code every Tuesday, Thursday, Friday, Saturday, and Sunday. Volunteers working with Spay4LA will assist in these areas: Check-in arriving clients, help complete paperwork, answer incoming calls, prepare supplies, and hand out flyers.	South Central LA	https://bit.ly/2JhhLGS

Type	Name	Program Description	Location	Links
Animal Care	Los Angeles Zoo & Botanical Gardens	Volunteers play a vital role in fulfilling the Zoo's mission of "Nurturing Wildlife and Enriching the Human Experience," from helping with office work to assisting our animal keepers. If you have a love for our natural world, an interest in spending time with visitors of all ages, and are able to complete the required training, we invite you to join this dedicated team.	Los Feliz	https://bit.ly/2BNKLX8
College Prep	College Prep Academy	Students are guided through every phase of the college admissions process, including test prep and financial aid resources Training workshops are held monthly (on Saturdays) on the USC campus in Los Angeles.	USC	https://bit.ly/2Df0NJD
College Prep	Riordan Scholars Program	Tuition-free program that targets students who will be the first in their family to attend college and are interested in enhancing their leadership skills and preparing their admission to college	UCLA Anderson	https://bit.ly/1xqIW8R
Education	Boys and Girls Club	Help with tutoring during M-F from 2-6pm or with Sunday Oratory from 10am-2pm		https://bit.ly/2EjGvht
Education	Education Through Music LA	Volunteers can assist with creating social media content, mailings, filing and organizing, photography, and designing flyers, etc. There are also TA opportunities in after-school programs.		https://etmla.org/volunteer/
Engineering		Placeholder		
Engineering	EPIC- Engineering Possibilities in College	Engineering Possibilities in College - is a one-week summer camp at Cal Poly San Luis Obispo introducing campers to the varied fields of engineering through hands-on labs taught by university professors and	Cal Poly San Luis Obispo	https://epic.calpoly.edu/

		industry professionals. EPIC campers see "Learn by Doing" in action as they participate in labs where they design, build, and test their own projects! Campers build rockets, create Android phone apps, develop a solar car, and learn about computer security.		
Type	Name	Program Description	Location	Links
Environment	Student Conservation Association Summer Youth Programs	Plug yourself into SCA's nationwide network of young conservationists-thousands of students who are passionate as you are about preserving wildlands, protecting nature in urban areas, and keeping the planet green		https://bit.ly/2T5iOlc
Hunger & Homelessness	Habitat for Humanity LA	Volunteers are the heart of Habitat for Humanity of Greater Los Angeles (Habitat LA). Thousands of volunteers lend a hand to build, renovate and repair homes with us each year. Habitat LA brings together individual and group volunteers to ensure that everyone can live in decent, affordable and sustainable housing. We invite you to help on our construction sites, in our ReStores, during our special events or behind the scenes in our offices!	Various LA regions	https://bit.ly/2tuXA1F
Hunger & Homelessness	LA Food Bank	Without volunteers, the Food Bank would not be able to provide food for thousands of hungry people every week. At the LA Food Bank you can find various volunteer roles to participate in.	South Central LA	https://bit.ly/1SMLNCL
International	Tomodachi	The Japanese American society of Southern California is accepting applications to participate in TOMODACHI MUFG International exchange program, a two-week people-to-people exchange and learning program. Stay with a Japanese family, visit cities affected by earthquakes, and educational visits to Tokyo, Hiroshima, and Kyoto.		https://bit.ly/2VgB3S9

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Law/Legal	Alliance for Children's Rights	Volunteers can help in Spanish translation, admin and clerical support, and client intake. All opportunities require an 80 hour commitment with a minimum of 8 hours/week in 4+ hour blocks	Koreatown	https://bit.ly/2AC4I63
Law/Legal	Police Explorers	Weekend classes for youths aged 14 to 20 at the police academy teach basic law enforcement techniques. Graduates of the 3 month program are assigned to local divisions to work parades, marathons and other community events. You can also apply by contacting the Youth	Various LA regions	http://www.lapdcadets.com/
Medical	Monterey Park Hospital	Interact with patients by volunteering in a service position or volunteer in clerical and support jobs.	Monterey Park	https://bit.ly/2Deny0b
Medical	Camp Children's Hospital LA	Explore exciting health careers by shadowing health care professionals, observing medical procedures, participating in skills labs, exploring different career options and more! This 5 day program is FREE of charge and gives you participation to a different realm of activities!		https://bit.ly/2InbDAn
Medical	Cedars Sinai	Clerical and clinical volunteer options. Clinical volunteers help staff in patient-care areas. A minimum of 40 volunteer hours are required per academic year	West Hollywood	https://ceda.rs/2AC843z
Medical	AIDS Project LA	AIDS project LA is a nonprofit org working with people living with AIDS and HIV and other related issues. High school volunteers assist with mailings and office work and with phone banks Sun-Thurs. 6:30pm-9:30pm		https://bit.ly/2G2hxSd
Medical	American Red Cross	Helping out in the office or visiting the elderly. There are also groups that	Inglewood and East LA	https://rdcrss.org/2NJprqD

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		focus on leadership development and development planning.		
Medical	California Hospital	High school students are recruited once a year and must commit to 12 months of active volunteer participation. Minor high school students are required to attend one of the meetings with a parent or guardian	Downtown LA	https://dignityhlth.org/2Oh9CDx
Medical	Venice Family Clinic	Venice Family Clinic offers many different volunteer roles across 12 sites throughout the Westside. To learn more about the Clinic, the work that we do, and how you can help support patients in need – the first step is to attend a Volunteer Information Session. At the session, you will learn more about what it means to volunteer here, and we will announce our current volunteer needs and expectations. Most of our opportunities are limited to 18 years and older, though we have some limited opportunities for people 14+ years.	West Los Angeles	https://bit.ly/2EQEA68
Medical	Harbor-Ucla Medical Center	Volunteers must be at least 15 years of age. Junior Volunteer Program entails exposure of hospital work and how volunteers can make a tremendous difference in the lives of patients.	West Los Angeles	https://bit.ly/2oRt6Dt
Other	Fire Explorers	Weekend and evening meetings to learn about firefighters and paramedics and their equipment. Graduates of the program ride along with firefighters and assist with non-emergency situations		https://bit.ly/2TWR9Qz
Other	LA Works	Committed to revitalizing Los Angeles, LA Works makes it easy for people to get involved in their communities through volunteer service. Their big event is LA works day, a city-wide neighborhood cleanup event.		https://www.laworks.com/

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Other	LA Youth at Work	Mayor Eric Garcetti has set a goal of finding summer and year round jobs for 20,000 youth through the 2020 Hire LA's Youth initiative. A starter job is key in helping young people ages 14-24 learn about the workplace, find a mentor, and enter a path to meaningful employment		https://www.layoutthatwork.org/join
Other	USC Summer Programs	USC Summer Programs extends a tradition of excellence to outstanding high school students through unique 4 and 2 week summer courses. Accepted students to the USC Summer Programs will balance academic and campus life as they prepare for college in the nation's entertainment center – Los Angeles, California.		https://summerprograms.usc.edu/
Social Service	Teen Project LA	Armed with goodies and lots of compassion, we hit the streets and distribute food and hygiene bags in areas of LA	Downtown LA	http://www.laoncloud9.org/teen-project/
Social Service	Teen Line Online	Volunteers help in hotlines. Topics discussed include crisis intervention, family life, cultural diversity, values, sexuality and gender identity, child abuse, and self-destructive and life threatening behaviors. They respond to calls, emails and texts, every evening from 6:00 p.m. to 10:00 p.m. PST.	West Hollywood	teenlineonline.org/volunteer
Social Service	East Los Angeles Community Youth Center	Tutor any day Monday through Friday anytime from 2 to 6PM or Saturday Oratory from 10 to 2 PM.	East LA	elacyc.org

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Social Service	Proyecto Pastoral	We are currently looking for passionate volunteers who can help with academic enrichment as a tutor, be an extra set of eyes to watch the children, and/or lead an enrichment activity one or two days a week for a month or so (Painting, Writing, Drawing, Math, Science, Cooking, SAT workshops, or anything else you may be passionate about and willing to share with children!) You can volunteer as much or as little as you like, with a minimum of 1 hour a week during the school year.	Downtown LA	https://www.proyectopastoral.org/volunteer
Social Service	Los Angeles Mission	Homeless outreach program. Volunteers may serve in the dining room Mon-Sat.		https://bit.ly/2EjmN5n
Social Service	Children's Hunger Fund	Together, we deliver hope in many ways! You might build Food Paks, scoop beans, bag pasta, wrap toys, or package a variety of other gifts to help suffering children and families around the world.	Sylmar	http://childrenshungerfund.org/volunteer/los-angeles/
Social Service	Intercambio Volunteer	Learn about Latino culture and practice your Spanish as well! Volunteers will be matched up with students in South Central LAMP's ESL classes who wish to practice their English through conversation. One hour or more per week!		https://bit.ly/2S9pTws
Social Service	Rebuilding Together	Organization that selects homes in South Central LA that need refurbishing and even rebuilding. Teams of volunteers along with professional builders, painters, plumbers, etc., are sent to different		https://rebuildingtogether.org/

Type	Name	Program Description	Location	Links
		locations to do work all in one day (no experience necessary).		
Social Service	Red Cross	Students in Red Cross Clubs and Youth Corps organize fundraisers for a variety of Red Cross initiatives including disasters and overall youth programming. Red Cross Clubs and Youth Corps help the American Red Cross by building awareness, hosting blood drives, promoting Red Cross programs.	Various LA regions	https://rdcrss.org/2ACXh9v
STEM	UCLA Nanoscience Lab Summer Institute	The CNSI Nanoscience Lab Summer Institute is an exclusive summer workshop for high school students with a background in chemistry that are interested in advanced science and technology. During this five day program, students have the unique opportunity to explore technologies similar to those currently investigated by the scientific community through hands-on experiments that give students a survey of diverse topics		https://bit.ly/2lurPQJ
STEM	Media and Tech Summer Experience	Students will choose two 6-week summer courses that meet Monday to Thursday, 8:30 a.m. to 12:30 p.m. at the Center for Media and Design campus, located in the heart of Silicon Beach and accessible by Metro and Big Blue Bus.	Santa Monica College	https://bit.ly/2U0F3pr
STEM	STEAM Academy 2019	Interested in spending an amazing and enriching Summer getting a head start on your college experience? Sign up for LATTC's STEAM Academy	LA Trade Tech	https://bit.ly/2ShFR7B
Tech	Teens Exploring Technology	Join TXT for their Summer Leadership Coding Academy this summer where you learn how to develop and launch your own app. Applications are due March 16th.	South Central LA	https://exploringtech.org/prgrams/scla

Type	Name	Program Description	Location	Links
Tech	Summer Tech Camps	Develop your artistic talent in four fun-filled, creative summer workshop camps. There are video game design and animation and web design. Camp meets 4 days from 9:30am-4. Price for each camp is \$279 and includes all materials for class.	Cal State Dominguez Hills	https://bit.ly/2lwEkeq