***Volunteering with Go Vegan Scotland***

**Thank you so much for showing an interest in volunteering with us! Go Vegan Scotland is a grassroots, volunteer group working to promote veganism through education and information sharing.**

**We wouldn't be able to do our advocacy without the help of like-minded people, willing to give up their time.**

**In case you don't know much about how our stall works, this is roughly how the average stall goes:**

* **meet up with all of our kit (gazebo, tables, food, leaflets etc.) around midday,**
* **pick a fairly busy are like Buchanan Street/Princess Street,**
* **we all pitch in to set it up. There are usually at least three of us there to help out,**
* **once everything’s set up (often before then) we get people coming up to us, wanting to try samples/discuss veganism.**

**The approach we take on the stalls is as follows:**

* **we don’t approach people or go out into the street to hand out leaflets. We let people come up to the stall;**
* **the samples are there to attract people over and as a “prop,” as letting people sample vegan food can be a good ice breaker and then we can have a conversation,**
* **a good intro can be *“are you interested in veganism…?”*, “*are you vegan yourself…?”***
* **many people who approach the stalls are vegetarian. If they stopped consuming animals because they wanted to avoid hurting and killing them, those same things apply to dairy and eggs and explaining that can be enough for them to realise they should be vegan,**
* **99% of the time we have positive interactions with the public. We've had the odd *“how do you live without bacon”* comment or disgusted look at the thought of trying vegan food but never anything bad like you get online,**
* **we're all there for each other if we get stuck on a topic. There's no pressure to know everything about veganism. If we get stuck we often direct to our leaflets or websites which has heaps of information,**
* **we ask that you always try to be friendly and calm with people. Not many of us were brought up vegan so try to remember how you felt before you went vegan,**
* **new volunteers are more than welcome to just come along and observe for the day to see what we do. There's no pressure to talk to anyone unless you want to,**
* **food samples are usually provided by volunteers (easy to buy shop bought things or home baked goods) but please feel no obligation to provide any.**

**Go Vegan Scotland is abolitionist, which means we promote veganism as the morally right thing to do. Animals are living, feeling beings and should not be used, abused and killed as if they were things. We promote veganism (and nothing less) because we want to see an end to *all* animal exploitation (for food, clothing, entertainment, experimentation and all other purposes).**

**We ask that our volunteers respect that and don't promote welfarist, single issue, reducetarian (meatless Monday's etc) ideas. We also ask that they don't bring along other outreach material. We have our own leaflets with a clear abolitionist message.**

**Please look at our website to get an idea of our approach** [**www.goveganscotland.com**](http://l.facebook.com/l.php?u=http%3A%2F%2Fwww.goveganscotland.com%2F&h=ATMITXvTYStFKAMc5a-t7dDU7nOM04pldBi0l_tzhHoFX9ZHX2mKIO2TJXlQXlqh2FiradfrzWxmlvQ4WXQkciY6Ec0N81pXuwY09ICKXnBoBTwCF33GmcuJ6INnSoyYVEzQwRO3pFBN-lc&enc=AZPHh9gR96XYBFLMgNOsZOeWjrvi1i6JZMB07gLVFH5wwXbFVkdVPe02v1wq5uLaomWCG3ynop8SSMuxVhDLxnCc0b3DuUijcuJT4xZEvcy5yA4u7kqhNyMxPsv0Iwl_ZzirdmyGOGeqAuJm_3TaHYMA9ZEuVI7lk4wjafRlpClEjg&s=1)

**Other recommended reading to understand our approach and to learn about the usual questions non-vegans ask, and the best answers:**

* **Gary Francione, the Abolitionist Approach (on Facebook and YouTube) and the book Eat Like You Care (available on Amazon)**
* **Grumpy Old Vegans (on Facebook)**
* **Ecorazzi (on Facebook)**
* **There's an Elephant in the Room (Facebook)**
* **My Face is On Fire (Facebook)**
* **Go Vegan Radio with Bob Linden (podcast)**