



BEST BUDDIES FAQ

We are so happy to have you interested in Best Buddies. Before you join us please read all of the important information below.

What is Best Buddies?

Best Buddies International is a nonprofit 501(c)(3) organization dedicated to establishing a global volunteer movement that creates opportunities for one-to-one friendships, integrated employment and leadership development for people with intellectual and developmental disabilities (IDD).

What is a one-to-one friendship?

The length of the commitment is one school year. You are required to hang out with your peer buddy (Seattle U or UW student) once a month, contact them weekly, and attend mandatory monthly meetings with your chapter. This peer buddy is not a caregiver, mentor, or babysitter. They are students who may or may not have experience with people with disabilities. This friendship is meant to be organic and genuine and we ask that families allow time for this to happen.

When/where/how often are meetings and events?

Meetings are at the university you are signed up with (Seattle U or UW). Meetings are monthly and there may be other events or fundraisers throughout the month as well. All event times and locations will be communicated to you by your chapter.

When/where/how often are meetings and events?

All participants of Best Buddies are expected to be able to transport themselves to either UW or Seattle U for meetings. For peer buddy hangouts; buddies must be able to commute to U District for UW or Capitol Hill for Seattle U.

How do I choose a university chapter?

We ask that you choose the chapter that is closest to your home. We want the commute to be as easy as possible!

How are chapter members chosen?

People on our waiting list are chosen through a random lottery conducted by the Arc of King County.

Once I'm a member, how long am I a member?

Once you are a member of a chapter you have a saved spot as long as you comply with chapter attendance and participation policies.