



## What can volunteering do for you?

*Volunteering offers the luxury of working in a supportive environment. You'll learn from the experience, including much that you didn't expect to learn. And the community will benefit too. You've got nothing to lose and everything to gain.*

Whether it is important to you to solve a community problem, advance a worth cause or to develop as a person, volunteering offers many benefits in appreciation for the gift of your time and expertise.

### **Build your confidence**

Many volunteers encounter a variety of new challenges when they begin giving time in their communities. Sharing new experiences with new people, they can learn new skills that can give them confidence to face challenges in other areas of their lives.

### **Introduce you to new friends**

There's no better place to meet likeminded individuals than through volunteering for a campaign or cause you believe in. Working together to bring about a change is a great way to bond with others and become part of a community that can stay in touch long after your work is done. Plus, you could meet people from a diverse range of backgrounds – people you may never come across in your daily life.

### **Create more fun in your life**

Many volunteers are surprised at how much fun it can be to help others. Not every volunteer experience is the same, but by finding an opportunity that matches your interests, you have a good chance of having fun while giving time.

### **Improve your health**

There is evidence that volunteering can improve your health. In "The Healing Power of Doing Good", writer Allan Luks found medical and scientific documentation supporting the health benefits of volunteering, such as:

- a heightened sense of well-being
- an improvement in insomnia
- a stronger immune system
- speedier recovery from surgery

### **Develop your skills**

When you volunteer, you gain skills and knowledge that may help you get paid work. You also develop qualities useful in all workplaces: punctuality, dependability, the ability to work on a team and the ability to handle pressure. Then there are your self-management and work-readiness skills. Everyone needs practice in decision making, problem solving and leadership.