



TOOLS AND RESOURCES

BENEFITS TO VOLUNTEERING

- Help others in the community
- Make a difference
- Find purpose
- Enjoy a meaningful conversation
- Connect with your community
- Feel involved
- Contribute to a cause that you care about
- Use your skills in a productive way
- Develop new skills
- Meet new people
- Explore new areas of interest or career options
- Meet good people
- Impress your family, friends, teachers and employers
- Impress yourself
- Expand your horizons
- Get out of the house
- Make new friends
- Strengthen your resume
- Feel better about yourself
- Have fun
- Make important networking contacts
- Get references for college, graduate school or job search
- Get outdoors
- Personal or professional growth
- Something to keep you busy
- Brings balance to life
- Gain status in an organization or the community
- Feel part of a group
- Time away from daily routine, just for yourself
- Improve your health
- Try new things
- Learn about different cultures
- Challenge yourself
- Give someone a hand up, not a hand out
- Be able to identify with other like-minded people
- Manage your time better
- Channel your passions
- Gain leadership experience
- Change someone's life
- Be part of a team
- Bridge the generation gap
- Build confidence
- Practice public speaking or a foreign language
- Inspire others
- Achieve self-fulfillment
- Solve problems
- Strengthen communities
- Improve lives
- Connect to others
- Transform our own lives
- Improved physical and mental health
- Greater life satisfaction
- Live longer

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