

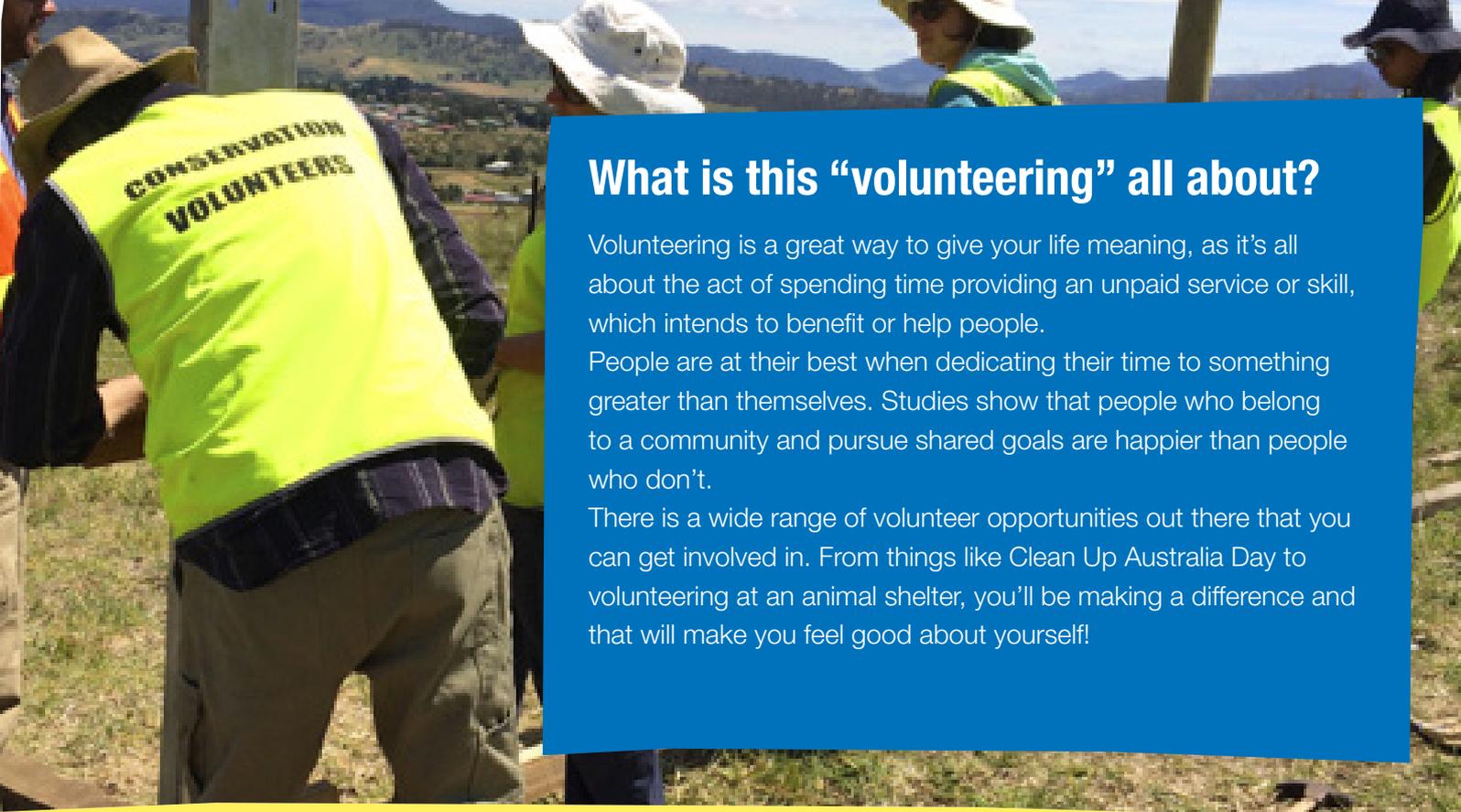
USEFUL FOR:

If you're feeling a little lost in life and you want to do something good in the world.

I VOLUNTEER



You don't have to pull a Katniss and volunteer as tribute, but you can **benefit others and yourself by volunteering**, and it's sure to make you feel great!



What is this “volunteering” all about?

Volunteering is a great way to give your life meaning, as it's all about the act of spending time providing an unpaid service or skill, which intends to benefit or help people.

People are at their best when dedicating their time to something greater than themselves. Studies show that people who belong to a community and pursue shared goals are happier than people who don't.

There is a wide range of volunteer opportunities out there that you can get involved in. From things like Clean Up Australia Day to volunteering at an animal shelter, you'll be making a difference and that will make you feel good about yourself!

Volunteering benefits the volunteer too? Yep!

It's okay to ask “What's in it for me?”. Volunteering is not only great for the cause you're helping, but there are also benefits for you.

Volunteering can help you:

- › Develop skills. Volunteering helps you learn new skills and keeps skills sharp, and can utilise your existing skills in new and helpful ways.
- › Experience personal growth. Donating your time gives you a break from day-to-day life, and you'll get hands-on experience that can teach you about a range of issues.
- › Make friends. It's a fun and meaningful way to make new friends. Volunteering will allow you to get to know other people who care about the same issues you do.
- › Find purpose and have an impact. You can find a cause you really care about and make it your passion. When you make something your purpose, you'll make a big difference in the community by getting involved.

But where do I start?

There is so much you can do to help!

Consider:

- › Talking to your school. You can ask them about volunteering opportunities within your school or community.
- › Speak to your local community centre, church groups, or centres for people with disabilities and find out if any of these organisations are in need of volunteers.
- › Look to online organisations that can help you help others, where you'll find countless opportunities that are sure to match your interests.

To wrap up

- › Volunteering will create meaning in your life and boost your wellbeing.
- › Volunteering not only benefits the cause, it has benefits for the volunteer, too.
- › You can get involved through your school, community groups, or online. So get to it!