

VOLUNTEERING

January, 2014

Why Volunteer?

Volunteering is about giving up your time to do something useful. You won't get paid, but you will learn new skills and gain new experiences. Volunteering is a worthy cause with many benefits. By volunteering your time and talents with an organization, you are gaining valuable work experience while helping meet the organization's needs. As well, through volunteering, you are also building your personal and professional contacts. Volunteer opportunities exist at all levels and occupations.

Internet Resources

<http://volunteer.ca/content/i-want-volunteer>

http://www.helpguide.org/life/volunteer_opportunities_benefits_volunteering.htm

<http://www.imaginecanada.ca/files/www/en/giving/n-f8-ca.pdf>

<http://www.volunteercalgary.ab.ca/>

http://www.jobsetc.gc.ca/categories.jsp?lang=en&category_id=420

<http://www.canadiancareers.com/infointerview.html>

*You make a living
by what you get, but
you make a life by
what you give.*

- Winston Churchill -

TOP 10 TIPS ON REASONS TO VOLUNTEER

1. Experience

Volunteering is an opportunity to enhance your career while gaining valuable experience. It is also a way to build links with organizations and develop an understanding of an organizations culture.

2. Gain Work Experience

If you have never worked, volunteering is a great way to gain valid work experience. Volunteer work also enhances your resume.

3. Networking

Volunteering allows you to meet new people who may be able to connect you to other people. Volunteering can open the door to different opportunities.

4. Improve Job Opportunities and Employability

Volunteering can enhance your future employment prospects and enable employers to see that you have developed the necessary skills you may need in their organization. It is especially useful when completing application forms and during job interviews to illustrate the skills you have developed through these voluntary experiences. It may also give you a chance to get experience in the field you would like to work in.

5. Be Healthier

There has been research to show that volunteering enhances your life. Volunteering helps you have a sense of feeling needed and valued. It may even help you to live longer.

6. Pursue New Interests

Volunteering can help you pursue your interests. Maybe you have an interest in helping seniors and would like to volunteer in a senior's residence or perhaps you want to support the homeless, so you volunteer in a shelter for those who are living on the street.



7. Share your Knowledge and Experience

Volunteering can offer you the chance to share your knowledge and experience with others.

8. Gain Skills and Self-Confidence

Whether you have the skills or are learning new ones, volunteering can help to build skills and develop self-confidence and self-esteem. Important skills such as communication, planning, people skills, and time management are some of the skills you can develop.

9. Contribute to your Community

Being involved in your community can bring great joy and satisfaction. Volunteering can give back to your community and show gratitude to individuals or organizations that have helped you in the past.

10. Obtain a Reference

When you volunteer, you will have a supervisor who you could possibly use as a reference when applying for jobs. For people who have never worked, having a reference that is not a friend or family member is important. Also, if you are not from Canada and don't have any Canadian work experience, having a Canadian reference is important when applying for jobs.