

What is volunteering?

Volunteering is the act of devoting your time, energy, and effort to making a positive difference in your community, society, and the world.

What are the benefits of volunteering?

Volunteering offers many benefits and can provide you with a sense of purpose and personal fulfillment. Here are some of the benefits that can come from volunteering:



**Meet
Friends**



**Learn
Skills**



**Help
Others**



**Build Your
Resume**



**Discover Job
Interests**

How do I find volunteer opportunities?

Online Platforms

Explore websites like [VolunteerMatch](#) or [Points of Light Engage](#), where you can search for opportunities based on your interests and location.

Local Organizations

Contact local nonprofits, community centers, religious groups, or schools in your area to inquire about volunteer opportunities.

Word of Mouth

Tell your friends and family that you're interested in volunteering. They may know of organizations or events looking for volunteers.

Remember to consider your interests, skills, and availability when choosing volunteer opportunities.

Self-Advocate Perspective: Charlotte's Story

Since sixth grade, I've been passionate about volunteering, initially at the local library where I assisted with book organization and checkout duties, which sparked my love for reading and community engagement.

In high school, my interest in healthcare led me to volunteer at a hospital, where I undertook various tasks including delivering supplies and providing snacks to new mothers. I found joy in bringing comfort and support to patients.

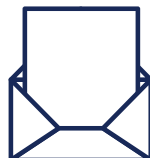
These experiences honed my skills in responsibility, teamwork, and dedication, shaping my approach to work today.



Volunteer Ideas



Serve meals at a community kitchen



Write letters to nursing home residents



Collect new toys for a children's hospital



Host a charity carwash



Clean up a park



Organize books at a local library