

## 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 health care 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.



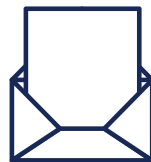
## Volunteer Ideas



*Serve meals at a community kitchen*



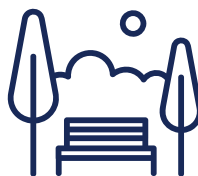
*Host a charity carwash*



*Write letters to nursing home residents*



*Collect new toys for a children's hospital*



*Clean up a park*



*Organize books at a local library*