

Fact Sheet

Benefits of Volunteering

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Volunteering – a two-way relationship

Volunteering allows you to connect to your community and make it a better place. Volunteering is a two-way relationship: it can benefit you and your family as much as the cause or organisation you have chosen to support.

Dedicating your time as a volunteer helps you make new friends, exposing you to people with common interests, neighbourhood resources fun and fulfilling activities., expand your networks and boost your social skills.

- Volunteering give you the opportunity to practice and develop your social skills, through meeting regularly with a group of people with common interests to support a common cause.
- Volunteering is good for your mind and body, it provides benefits for both our mental and physical health. Volunteering helps counteract the effects of stress, anger and anxiety.

Volunteers helps combat depression

By keeping you in contact regularly with others and helps to develop a solid support system, which in turn protects you against depression.

Volunteering makes us happy

The more we give the happier we feel. Researchers have discovered that being helpful to others deliver immense pleasure

Volunteering increases self-confidence.

As you do good for others and the community it provides a natural sense of accomplishment, a sense of pride and identify, allowing you to feel better about yourself, giving you a positive view of life and future goals.

Volunteering give us a sense of purpose

It can help us take our mind off our own worries, keep us mentally stimulated and dd more zest for life.

Volunteering can advance your career

By provides opportunities to practice important skills used in the workplace, such as teamwork, communication, problem solving, project planning, task management and understanding the community sector.

Volunteering brings fun and fulfillment to your life, providing opportunities to explore new interests and passions.

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Volunteering can provide you with renewed creativity, motivation and vision which can carry over into your personal and professional life.

To have a rich and enjoyable volunteering experience you (the individual) should first take some time to identify:

- what you want to get out of volunteering (your goals and interest),
- what skill do you wish to learn or wish to share?
- what time do you have to give, (the amount of time that feels good to you – once a week, a month, once a year - spontaneous volunteering)
- How are you going to get there (travel arrangements / public transport)?
- what do you enjoy doing?

The opportunities that match both your goals and your interest are most likely to be fun and fulfilling. Volunteering should feel like a fun and rewarding activity not another chore on your to-do-list!

If you require any additional information in relation to the benefits of volunteering, please contact the Bendigo Volunteer Resource Centre's Volunteer Hub by phoning 03 5441 1404 or by email info@bgovolunteers.org.au