

## Why Volunteer?

Become a volunteer and you'll soon discover why so many people find volunteering a rewarding and satisfying experience. More than 70,000 people in the Greater Victoria area donate their skills and time to volunteering. Volunteering provides endless opportunities for growth and enjoyment: explore a new career, gain work experience, learn new skills, help a cause you believe in, meet people; make friends!



Helping & Caring!

## Individuals Volunteer to:

- Expand personal growth, learning & satisfaction
- Pursue professional growth & development
- Create employment skills
- Expand their professional network
- Enjoy social interaction/meet new people
- Master a new language
- Learn about a new society, country or community
- Full a sense of empathy/connection with a "cause"
- Be a part of positive change in their community
- Have fun
- Build personal empowerment & self-esteem
- Instill a value of giving & caring
- Complete education or work experience



Volunteering



## Why Volunteer?

Community Involvement  
& Responsibility



Mt. Douglas  
Career Centre,  
Planning & Portfolio

March 2007



# Volunteer Resources

**Volunteer Victoria & Youth Volunteer Connections Program**

[www.volunteervictoria.bc.ca](http://www.volunteervictoria.bc.ca)

**Capital City Volunteers**

[www.capitalcityvolunteers.org](http://www.capitalcityvolunteers.org)

**Saanich Volunteer Services Society**

[www.saanichvolunteers.org](http://www.saanichvolunteers.org)

**Volunteer B.C.**

[www.volunteerbc.bc.ca](http://www.volunteerbc.bc.ca)

**Volunteer Canada**

[www.volunteer.ca](http://www.volunteer.ca)

**Charity Village**

[www.charityvillage.com/cv/main.asp](http://www.charityvillage.com/cv/main.asp)

**Go Volunteer—Volunteers Online**

[www.govolunteer.ca](http://www.govolunteer.ca)

**Idealist.org (Action Without Borders)**

[www.idealist.org](http://www.idealist.org)

**St. John Ambulance Brigade**

[www.sja.ca/bc](http://www.sja.ca/bc)

**UN Volunteers**

[www.unv.org/volunteers/index.htm](http://www.unv.org/volunteers/index.htm)

**Youth Cyberzone**

[www.pch.gc.ca/special/cyberstation/html/izone\\_e.htm](http://www.pch.gc.ca/special/cyberstation/html/izone_e.htm)

**Youth Victoria**

[www.youthvictoria.com](http://www.youthvictoria.com)

## How Do I Start?

- Talk to family friends, about their experiences and suggestions.



- Contact your local volunteer centre.

- Ask at school.

- Contact local organizations directly.

### Ask yourself these questions:

- "What do I want or expect from a volunteering experience?" and "How much am I willing to give of myself?"
- What are my talents, abilities & skills?
- What do I want to achieve? Why am I volunteering?
- What kind of work would I be good at and/or willing to learn?

- What type of organization or "cause" would I like to contribute to?
- How much time do I have to give? When am I available?
- How long a commitment am I willing to make?
- What kind of environment would I prefer to work in? Indoors, Outdoor, Physical work, with other people or alone?



With special thanks to Volunteer Victoria & Volunteer BC for their words of wisdom.