

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



Why Volunteer?

Community Involvement
& Responsibility



Mt. Douglas
Career Centre,
Planning & Portfolio





Volunteer Resources

Volunteer Victoria & Youth Volunteer Connections Program

www.volunteervictoria.bc.ca

Capital City Volunteers

www.capitalcityvolunteers.org

Saanich Volunteer Services Society

www.saanichvolunteers.org

Volunteer B.C.

www.volunteerbc.bc.ca

Volunteer Canada

www.volunteer.ca

Charity Village

www.charityvillage.com/cv/main.asp

Go Volunteer—Volunteers Online

www.govolunteer.ca

Idealist.org (Action Without Borders)

www.idealist.org

St. John Ambulance Brigade

www.sja.ca/bc

UN Volunteers

www.unv.org/volunteers/index.htm

Youth Cyberzone

www.pch.gc.ca/special/cyberstation/html/izone_e.htm

Youth Victoria

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.