

Volunteering – The Surprising Benefits

Volunteering can help you make friends, learn new skills, advance your career, and even feel happier and healthier. Learn how to find the right volunteer opportunity for you.

Why volunteer?

With busy lives, it can be hard to find time to volunteer. However, the benefits of volunteering can be enormous. Volunteering offers vital help to people in need, worthwhile causes, and the community, but the benefits can be even greater for you, the volunteer. The right match can help you to find friends, connect with the community, learn new skills, and even advance your career.

Giving to others can also help protect your mental and physical health. It can reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose. While it's true that the more you volunteer, the more benefits you'll experience, volunteering doesn't have to involve a long-term commitment or take a huge amount of time out of your busy day. Giving in even simple ways can help those in need and improve your health and happiness.

The benefits of Volunteering:

- **Volunteering makes you happy**
- **Volunteering helps combats depression**
- **Volunteering helps counteract the effects of stress, anger, and anxiety**
- **Volunteering increases self-confidence**
- **Volunteering provides a sense of purpose**
- **Volunteering helps you stay physically healthy**

Volunteering can advance your career

Just because volunteer work is unpaid does not mean the skills you learn are basic, It can also be a great way to gain experience in a new field .Many volunteering opportunities provide extensive training and can expose you to opportunities and/or internships within organisations which you might not otherwise come across.

Volunteering gives you the opportunity to practice important skills used in the workplace, such as teamwork, communication, problem solving, project planning, task management, and organization.

There are a number of local community organisations you can become involved with, check in with the Laverton Community Integrated Services LCIS, Hobsons Bay City Council, Food Bank Project, Salvation Army Centre, just to name a few...

For a list of current local volunteer opportunities, follow this link

<https://www.volunteer.com.au/volunteering/in-laverton-vic-3028>