

## I WANT TO VOLUNTEER! WHERE DO I START?

To find a volunteering role that suits you using the Internet:

**Step 1** ▶ Visit [www.volunteer.vic.gov.au](http://www.volunteer.vic.gov.au) (Victoria's Volunteer Portal).

**Step 2** ▶ Under 'find volunteer opportunities' select your area of interest (e.g. Music, Politics, Health, etc.).

**Step 3** ▶ Choose what type of time commitment that you want (e.g. one-off, ongoing or both).

**Step 4** ▶ Enter the postcode or suburb of where you are living or wish to volunteer (e.g. 3128 or Box Hill). Click the 'Find' button.

**Step 5** ▶ Scroll through the search results and if you find a volunteering opportunity of interest, click the link for more information.

You can also search for local volunteering opportunities by visiting:  
[www.govolunteer.com.au](http://www.govolunteer.com.au)  
[www.volunteeringvictoria.org.au](http://www.volunteeringvictoria.org.au)

This brochure is available in various community languages. For more information, please contact:

Migrant Information Centre (Eastern Melbourne)

9285 4888

[www.miceastmelb.com.au](http://www.miceastmelb.com.au)



## I WANT TO VOLUNTEER! WHERE DO I START?

To find a volunteering role that suits you, contact your local Volunteer Resource Service:

Volunteer Resource Services offer information and support for people who would like to become a volunteer. You can visit, call or email one of the Volunteer Resource Services in your area:

### **Boroondara Volunteer Resource Centre**

*Includes: Ashburton, Camberwell, Hawthorn*

9278 4550 [www.bvrc.org.au](http://www.bvrc.org.au)

### **Bridges Connecting Communities**

*Includes: Bayswater, Knoxfield, Wantirna*

9729 9499 [www.bridgescc.com.au](http://www.bridgescc.com.au)

### **Eastern Volunteers**

*Includes: Box Hill, Ringwood, Lilydale*

9870 7822 [www.easternvolunteers.org.au](http://www.easternvolunteers.org.au)

### **Monash Volunteer Resource Centre**

*Includes: Chadstone, Clayton, Glen Waverley*

9562 0414 [www.mvrcvolunteer.org.au](http://www.mvrcvolunteer.org.au)

### **Volunteering in Manningham**

*Includes: Bulleen, Doncaster, Warrandyte*

9841 4215 [www.vim.org.au](http://www.vim.org.au)

# VOLUNTEERING



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## WHAT IS VOLUNTEERING?

Volunteering is something that people do to benefit the community. Volunteers can help individuals, groups or not-for-profit organisations. Volunteers choose to give their time without payment.

Research tells us that people who volunteer live longer and are healthier

## TYPES OF VOLUNTEERING:

There are many different ways that you can become a volunteer. The most common types of volunteering include:

- Helping older people
- Helping people with a disability
- Being involved in sports and recreation
- Caring for the environment
- Office and administration work
- Providing emergency services
- Providing transport
- Tutoring
- Working with young people
- Fundraising
- Preparing and serving food



## WHO CAN VOLUNTEER?

Anyone can volunteer!

It doesn't matter if you:

- are young or old
- are looking for work or working full-time
- are studying
- have limited English skills

There is a volunteering role for you!



Volunteering is an excellent way to learn about the Australian workplace

## WHY SHOULD I VOLUNTEER?

There are many benefits of volunteering. These include:

- Meeting new people & making new friends
- Helping others
- Learning new skills
- Building your self confidence
- Gaining experience in an Australian workplace
- Improving your language skills
- Improving your ability to get a job
- Having fun

*Volunteering is:*

- Work that helps the community
- Work that people *choose* to do
- Unpaid work