

# Volunteering



Volunteers offer their time and skills for many reasons – to help out with events or causes they feel passionate about, to share their knowledge and experience, and to stay active and engaged in their communities. Volunteering offers numerous opportunities to expand and grow, to learn, to meet new people, to be creative, to feel valued, to make a difference and to help shape the community you live in.

Volunteers report having increased levels of satisfaction and self-esteem, and overall better physical and emotional health, than non-volunteers.

## Questions to think about when planning to volunteer:

**What do you love to do?**

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**Which skills would you like to share?**

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**What would you like to learn?**

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**How much time can you commit to community or volunteer work?**

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**Do you want to share your skills locally or internationally?**

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**Which organization would you like to work with?**

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**What are the issues in your community that you feel passionate about?**

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**Are you interested in getting involved to make your community more age-friendly?**

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- [Volunteering](#) (link)
- [Community Engagement and Connection](#) (link)
- [Social Connections](#) (link)
- [Age-friendly BC](#) (link)
- [Planning for Healthy Aging](#) (link)