

# 20 Reasons to Volunteer

1. It's good for your health
2. It will boost your confidence
3. Being selfless makes you feel good
4. It's a great way to try out a new career
5. Volunteering is a great excuse to get out of doing housework
6. Volunteering is an opportunity to meet new people  
(from many different walks of life)
7. You can learn new skills or keep skills up-to-date
8. Volunteering looks great on your CV
9. You might need help yourself one day; volunteering is a great way  
to pay it forward
10. Your whanau will be proud of you
11. You will make a positive impact on your community
12. Volunteering gives you that much-needed break from their routine
13. You can help people and brighten up their day
14. Volunteering is a fun activity to do with your whanau
15. Because you can change the world
16. You can make new friends
17. Volunteering is a great way of giving back to your community
18. Volunteering helps you fill in some of your spare time
19. Volunteering gives you hands-on experience that will be helpful  
when you get a paid job
20. You get to see a little bit of the wider world and have experiences  
you might not have otherwise

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