

Volunteering

Multicultural Peer Network



Volunteering can help **you meet new people** and **discover your talents**. It is a great way to get out and get involved in your community.

Volunteering allows you to connect to your community and make it a better place. Volunteer work is unpaid.

Social inclusion

- > Being part of your local community
- > Making new friends
- > Belonging to a group of like-minded people
- > Helping others in your local community
- > Discovering and building new skills
- > Wanting to make a difference.

Why volunteer?

Volunteering can help improve your **self-confidence** and overall **happiness**. It can also give you a feeling of pride and identity. By giving your time as a volunteer you are doing good for others and the community.

- > Learn **new skills**
- > Gain important **work experience** and sometimes even qualifications
- > Take on a **challenge**
- > Build **confidence** and **self-esteem**
- > Develop **communication skills**
- > Be part of a **team**.

Volunteering can help you to build on your skills and to gain paid employment.

Career experience and pathways

Volunteering is a great way to **get work experience** and try out a new career without having to make a long-term commitment.

Where can I volunteer?

- > Ask people in your circle of support
- > Volunteering Australia:
<https://www.volunteeringaustralia.org/>
- > Check your local council website or local library
- > Check with your local church, religious organisations or schools



EXPLORE

your interests



EXPERIENCE

real hands-on work



TRY

new things



MEET

new people from different cultures and backgrounds



BE INSPIRED

by others and let others be inspired by you



DEVELOP

your social and communication skills