

Volunteers have an enormous impact on the health and well-being of communities across Manitoba. Millions of Canadians of all ages contribute their time to get involved with people, causes, and organizations they care about. Every year, an average of 12.7 million Canadians contribute over 2 billion volunteer hours, and here in Manitoba we have the 2<sup>nd</sup> highest rate of volunteerism in Canada. With your help, we can become #1!

## Why Volunteer?

People choose to volunteer for a variety of reasons. For some it offers the chance to give something back to the community or make a difference to the people around them. For others it provides an opportunity to develop new skills or build on existing experience and knowledge. Regardless of the motivation, what unites them all is that they find volunteering both challenging and rewarding.

For some people, volunteering provides an opportunity to:

- Give back to an organization or charity that has impacted them personally
- Make a difference in the lives of others
- Help the environment
- Help those who are less fortunate
- Feel valued, and part of a team
- Build confidence and self-esteem
- Spend quality time away from work or a busy lifestyle

For many people, volunteering can help with employment, or may be a chance to try something new that might lead to a career change. For these people, volunteering can be a way to:

- Develop existing skills and knowledge
- Gain new skills, knowledge, and experience
- Enhance your resume
- Networking opportunities for employment and personal references
- Earning accreditation
- Opportunity to provide pro-bono volunteer support

Volunteering also appeals to many people because of its social benefits. These can include:

- Meeting new people and making new connections
- A chance to socialize
- Getting to know more about your community.

## Ready to Get Started?

Begin your search by reviewing the **volunteer opportunities** section of [www.volunteermanitoba.ca](http://www.volunteermanitoba.ca) for positions that may interest you. You can search our volunteer database for positions that fit your schedule, and that are close to where you live or work. You can also call us for help – we can give you a volunteer referral over the phone, via email, or in person!

To learn more, contact Volunteer Manitoba at [info@volunteermanitoba.ca](mailto:info@volunteermanitoba.ca) or call (204) 477-5180!