



Benefits of Volunteering

Volunteering is a way to give back to your community and impact the lives of others. The great thing about volunteering is that it also affects the life of the giver. These three benefits of volunteering may surprise you.

Health: In their 'Volunteering and healthy aging' resource, Volunteer Canada notes that a study done of 500 volunteers over 30 years revealed only 36% of participants had a major illness compared to 52% of people who did not volunteer. Many volunteer activities also involve being active and on your feet. Your physical health can get a boost just by volunteering!

Career & Professional Development: Volunteering is a great way to explore a new career path and gain professional experience. Volunteer roles help you develop valuable skills that can be applied in your professional life. You can also list your volunteer experience on your resume to help describe your interests and personality to a potential employer.

Social: Volunteering is also a great way to make new social connections! Your fellow volunteers are likely to share similar values and interests, and these connections may lead to life-long friendships.



Edmonton Chamber of Voluntary Organizations

