

5 THINGS you can learn from your volunteering experience

You've got more time than you thought 2

You always thought that besides your undoubtedly full daily program, that there wouldn't be any time left for volunteering? You would be surprised to see how much spare time we have which we could partly fill with volunteer work – and feel much better about it!

4 Skills, skills and even more skills

Undoubtedly volunteering is a great way to gain skills in many different areas. Some of them were on your bucket list before you started and others were just amazing accidents!

#NSVW19   
nationalstudentvolunteerweek.org.au

CHALLENGE - CHANGE - CELEBRATE

You will feel good!

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It may sound cheesy, and we're not saying that this should be the only reason why you volunteer – but it's commonly known people who volunteer are happier and healthier!

3 Positive thinking

Most people are tired of the negativity they witness in their daily lives. Guess what? Through volunteering you meet up with people and work for something that's going to make the world a better place.

A new way of life

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All the time you spend at university or college must be awesome. But there's a whole world out there you don't know yet! Volunteer and experience it!