Volunteering in Australia

Development · Gain skills · **Volunteers** · Give hope · Rewarding · Get involved · Experience · **Knowledge** · Inspire · **Fulfilment** · Create opportunities · Support · Worthwile · Confidence · **Help**

What is Volunteering?

'Volunteering is time willingly given for the common good and without financial gain.'

'Volunteering' covers a wide range of activities, including:

- formal volunteering that takes place within organisations (including institutions and agencies); and
- informal volunteering (volunteering that takes place outside an organisational setting).

Volunteering in Australia - the facts

Over 6 million Australian's make a difference in their community by volunteering each year with 900,000+ across South Australia.

According to the Australian Bureau of Statistics (ABS) close to 40% of the total population volunteer in some capacity to contribute to their communities.

Source: Australian Bureau of Statistics – abs.gov.au

Benefits of Volunteering

Volunteering is highly regarded in Australian society and often viewed as important as paid work. Being a volunteer has many benefits to an individual both personally and professionally.

If you are job seeking, employers like to see you are participating even if your volunteering is unrelated to your occupational skills.

Volunteering can help you as person:

Meet new people – connect with likeminded people, expands your network, boost your social skills

Become part of the community – help you to feel more connected and valued to build healthy relationships

Improve your general sense of wellbeing – helps improve mental health, sense of belonging and assists in reducing effects of stress, anxiety, isolation, loneliness

Share existing skills and develop new skills – provides an opportunity for personal growth and new experiences

Improve your self-esteem and confidence – help you feel better about yourself with sense of achievement and purpose

Volunteering can help your job search and career by:

Building networks – not all jobs are publicly advertised, word of mouth plays a key role in job seeking

Filling gaps in your resume – if you are job seeking a volunteer position can be included in your resume. Employers highly value community participation

Developing your understanding of Australian workplace culture and practices – exposure to an Australian workplace through volunteering allows you to adapt to common workplace practices, get used to the accent and better understand your rights and responsibilities as a worker

Increasing motivation, self-esteem and confidence – Helps you maintain a work routine, provides a sense of achievement in your work and being part of a team and builds confidence in your communication skills

Developing employability skills – learn and develop new skills through every day work practices and access professional development through workplace training and programs

Gaining valuable experience – you can gain experience in a range of roles within the organisation if you take the opportunities

Helping you to meet a diverse range of people – developing an understanding of the diversity in Australian workplaces and cultures assist in both personal and professional development

Gaining a local referee – You can use your volunteer supervisor or coordinator as a referee on your resume

Useful links

Volunteering SA&NT – https://www.volunteeringsa-nt.org.au/

SEEK Volunteer – https://www.volunteer.com.au/

GoVolunteer – https://govolunteer.com.au/

Volunteering with the government – https://www.sa.gov.au/topics/family-and-community/volunteering/volunteering-through-the-south-australian-government

Local Government Association of South Australia Volunteering – https://www.lga.sa.gov.au/sa-councils/part-of-your-everyday/volunteers