

Volunteering

1-You've seen news reports about people who need assistance after a natural disaster or animals in need. Maybe you've walked past people who are living on the streets. Or perhaps you've watched TV programs about how lonely and isolated older people can get.

2-So what can you do about any of those things, you ask? The answer: You can volunteer.

3-Volunteering gives you an opportunity to change people's lives, including your own. If you'd like to support a cause but can't afford to donate money, you can donate your time instead.

4-Volunteering isn't like school: Instead of having the choices made for you about where to go and what subjects to learn, you get to pick. You can choose what really interests you.

5-If you have a friend or relative who has or had a medical problem (like cancer, HIV, or diabetes, for example), you might be inspired to donate your time to help an organization that raises money for research, delivers meals, or offers other help to people with the illness. You also can:

- serve food at a homeless shelter
- volunteer to spend time at a retirement community.
- organize campaigns against littering.
- take part in a park cleanup day.

The possibilities are endless!