

## Volunteer to Gain Experience Toward Your Career Goals

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Volunteering your time with a charitable or non-governmental organization can be meaningful in many ways. This guide will walk you through why you should consider volunteering and [where you can seek out these opportunities](#).

Among its many benefits, volunteering can help:

- [Build your network](#)
- [Advance your career and gain transferable skills](#)
- [Support your mental and physical wellness](#)

### **Build your network**

Volunteering allows you to connect to your community in a meaningful way. Even helping out with the smallest tasks can make a real difference to organizations in need. In return, it can benefit you just as much. Dedicating your time as a volunteer helps you make new friends, uncover potential mentors, expand your network, and boost your social skills. This can be a great way to meet people who can lead you to future career opportunities.

### **Advance your career and gain transferable skills**

Volunteering can help you get experience in your area of interest and allows you to try different types of work, which can influence your future career decisions. Although volunteer opportunities are unpaid, many of them will invest in your training and development. The opportunity to practice important skills used in the workplace, such as teamwork, communication, problem solving, and project planning is valuable to future employers. Many employers value philanthropy and like to see well-rounded candidates that align with their values. You might feel more comfortable talking about your skills and values-alignment in an interview once you've honed them in a volunteer position first.

### **Support your mental and physical wellness**

Helping a good cause and working with others can have a profound effect on your overall well-being. Volunteering can help you make meaningful connections and develop a support system, which can relieve stress and anxiety. Researchers have discovered that giving and being helpful to others makes us happy and increases our self-confidence. In addition to mental wellness, many volunteer activities have physical benefits as well because they may keep you active and moving.

### **Where can I find volunteer opportunities?**

Below is a list of reputable volunteer hubs and organizations where you can search for opportunities.

- [GoVolunteer](#)
- [Charity Village](#)
- [Volunteer BC](#)
- [Volunteer Connector](#)
- [UBC Careers Online](#)
- [UBC Alma Mater Society](#)