

## What type of volunteering project interests you?

**A world of possibilities is open to you:**

- Academic support and homework assistance
- International activities
- Literacy
- Arts and culture
- Environment
- Sports and leisure
- Emergency response
- Participation on a board of directors, district council or local committee
- Philanthropy and promoting volunteer work
- Event organization
- Helping someone with a handicap, an elderly person or a youth experiencing difficulties
- Restoring historical buildings
- Social services: listening, support, fundraising

And much more!

## How much time do you need to devote to volunteering?

Some organizations have periodic needs and others ongoing ones. Find the volunteer activity that best corresponds to your schedule, interests and aptitudes.

## Commitment rewarded!

Many organizations recognize young people's volunteer work in their community through contests and awards. Check them out and apply!

[www.benevolat.gouv.qc.ca/prix\\_qc](http://www.benevolat.gouv.qc.ca/prix_qc)

## Want to offer your services to an organization?

The Secrétariat à l'action communautaire autonome et aux initiatives sociales (**SACAIS**) and the Réseau de l'action bénévole du Québec (**RABQ**) will be happy to provide information on volunteering opportunities. Your educational establishment also offers many exciting possibilities. Find out about them!

### SACAIS

Québec area: 418 646-9270  
Elsewhere in Québec: 1 800 577-2844 (toll-free)  
[www.benevolat.gouv.qc.ca](http://www.benevolat.gouv.qc.ca)

### RABQ

Montréal area: 514 272-4004  
Elsewhere in Québec: 1 866 496-4004 (toll-free)  
[www.rabq.ca](http://www.rabq.ca)

Emploi  
et Solidarité sociale  
Québec



VOLUNTEER ACTION

**Enjoy an exciting experience!**  
A world of possibilities awaits you!



Québec



Dreaming of  
an **exhilarating  
experience?**

Want to improve  
**your job prospects?**

Interested in  
**changing things?**

**Volunteering  
is for you!**

### What is volunteering?

- Voluntary participation in improving the quality of life and well-being of members of society;
- An opportunity to devote time and energy to serving your community.

### What are the advantages of volunteering?

#### Volunteering allows you to:

- enjoy an activity;
- learn more about yourself and discover your strengths;
- explore different areas of interest in order to be able to better define your career choice;
- meet new people;
- enrich your knowledge and experience;
- improve your job prospects: employers are often interested in candidates who have done volunteering.

### The many positive aspects of volunteering

Volunteering is a great way to develop skills, which can eventually become important professional assets. I got my first two jobs by volunteering. Volunteering also helps you meet friendly, generous people with whom you have things in common and can share pleasant moments. Volunteering is doing your part but also having a chance to learn more about yourself.



#### Nathalie McDuff

*Volunteer, Frontier College (Immigrant Francization activities, children's reading tent and organizing committee)*

### Career orientation

My Katimavik experience was critical in determining my career path. I was able to marvel at hitherto unexplored regions of Québec, enjoy extraordinary moments with highly qualified people, undertake biodiversity protection projects, discover new interests and much more. In short, it helped me find a great job in a captivating field—the environment.



#### Jean-Philippe Bolduc

*Volunteer, Katimavik (Eco-Internship program)*

### Commitment that people notice

Volunteering on the board of trustees of AmiEs de la terre was a very positive experience for me. Professionally, seeing this additional experience on my résumé really impressed my current employer! Looking back, I'm also very proud of my achievements. Actively working to build the better world you dream of makes you feel good. If everyone got involved, imagine what we could do!

#### Mélissa Poirier

*Volunteer, Board of trustees, AmiEs de la terre de Québec*

