

## CAP 10: Why Volunteer?

### Learning targets:

- I will understand the benefits of volunteering and community service.
- I will learn the different ways that I can get involved in volunteering and community service.

### Why Get Involved?

- Agencies and service recipients benefit from and appreciate youth volunteers.
- The quality of life in a community improves.
- Volunteers gain real job skills and experience.
- Volunteers have opportunities to explore possible career options.
- Volunteers make contacts with professionals who can be important resources later on for jobs and references on college, scholarship, or job applications.
- Volunteers are able to list their volunteer experience on their résumé, job applications, college applications, and scholarship applications.
- Volunteers have opportunities to meet and interact with different types of people.
- Volunteering establishes good work habits such as responsibility, punctuality, and a good attitude.
- Volunteers have satisfaction knowing that they can make a difference.
- Volunteers gain a real sense of civic responsibility.

### Ways to Get Involved

- Participate in Established Programs vs. Create Your Own Project
- Short-Term Projects vs. Long-Term Experiences

### 73 Community Service Project Ideas

<https://www.dosomething.org/us/articles/community-service-project-ideas>

<u>Collect and Donate Things for Your Community</u>	<u>Do Things for Your Community</u>	<u>Teach Things to Your Community</u>
<p>If you look around your community, you'll probably find at least a few places that accept donations—like food pantries, family shelters, and schools, just to name a few. Here's a super comprehensive guide on running your own donation drive, and here are some places that accept donations.</p> <ol style="list-style-type: none"><li>1. Collect and donate school supplies.</li><li>2. Collect and donate backpacks.</li><li>3. Collect grocery coupons for local food pantries to help them with costs.</li><li>4. Collect and donate non-perishable food items.</li><li>5. Collect unused makeup to donate to domestic violence shelters.</li><li>6. Collect Halloween candy to send to deployed military service members who can't be home to celebrate.</li><li>7. Collect and donate hygiene products, including period products.</li><li>8. Donate or recycle unwanted clothes and textiles to support vulnerable populations and protect the planet.</li><li>9. Collect stuffed animals.</li><li>10. Collect SAT books and donate them to a library.</li></ol>	<p>Some of these take a few minutes, and others a bit longer, but they all help out in some way. Especially try pitching in to do tasks for neighbors who can't do them themselves, like folks who are ill, elderly, or busy with work or childcare.</p> <ol style="list-style-type: none"><li>11. Walk kids home from school.</li><li>12. Rake leaves for an elderly neighbor.</li><li>13. Mow your neighbor's lawn.</li><li>14. Offer dog-walking services.</li><li>15. Clean up cigarette butts on the ground.</li><li>16. If you know another language, be a translator at parent-teacher conferences.</li><li>17. Babysit during PTA meetings.</li><li>18. Foster a shelter animal.</li><li>19. Take and donate photos during community events.</li><li>20. Donate blood (if you're at least 17, or 16 with parental consent).</li><li>21. Contact your reps about local issues.</li><li>22. Share mental health resources with your community.</li></ol>	<p>We've all got things that we're good at, so why not share those skills with others? If teaching feels a little intimidating at first, try using these tips for teaching anything to anyone.</p> <ol style="list-style-type: none"><li>23. Help kids with their homework.</li><li>24. Teach underclassmen safe social media practices.</li><li>25. Give free music lessons.</li><li>26. Coach a youth sports team.</li><li>27. Educate beachgoers about sustainability.</li><li>28. Teach adults in your life internet skills.</li><li>29. Give a seminar on driving safety.</li><li>30. Teach CPR (after getting certified).</li><li>31. Help English language learners practice with conversation.</li><li>32. Teach people how to register to vote.</li></ol>

<p><u>Fix Things in Your Community</u></p> <p>If you see a problem in your community, consider doing something about it! Sometimes the best service we can do for the places we love is to take care of them.</p> <ol style="list-style-type: none"> <li>33. Start a little, free library.</li> <li>34. Place campfire safety plaques near campsites.</li> <li>35. Clean up your local park.</li> <li>36. Beautify your area with seed bombs.</li> <li>37. Help a neighbor or community org paint fence or building.</li> <li>38. Spruce up a run-down playground.</li> <li>39. Help your neighbors with repairs.</li> <li>40. Offer to patch up clothes and stuffed toys.</li> <li>41. Organize books at the library.</li> <li>42. Give IT help to local adults.</li> </ol>	<p><u>Host Things in Your Community</u></p> <p>Here's your chance to flex your event-planning muscles and put on something that will bring folks together. After all, the only thing better than community service is doing it with friends.</p> <ol style="list-style-type: none"> <li>43. Host a bake sale.</li> <li>44. Host a clothing swap.</li> <li>45. Host a holiday meal.</li> <li>46. Host a competitive book drive.</li> <li>47. Host activities for kids in hospitals.</li> <li>48. Host a dog wash.</li> <li>49. Host an immunization clinic.</li> <li>50. Host a river clean-up.</li> <li>51. Host a gardening party.</li> <li>52. Host a study group.</li> <li>53. Publicly host and share your creativity to help uplift and revitalize your community.</li> </ol>
<p><u>Make Things For Your Community</u></p> <p>There's something special about receiving a handmade gift, and we're sure there are plenty of people and places that would really appreciate it. Make and send items to folks at elderly care facilities, family shelters, or hospitals to make their days a little brighter.</p> <ol style="list-style-type: none"> <li>54. Knit scarves or hats for families in shelters.</li> <li>55. Bake cookies and snacks for food pantries.</li> <li>56. Write letters to seniors in care facilities.</li> <li>57. Make quilts or blankets for kids in hospitals.</li> <li>58. Build birdhouses for your neighbors.</li> <li>59. Make Ramadan or Eid cards for your local mosque.</li> <li>60. Design a community mural.</li> <li>61. Put together first aid kits for local shelters.</li> <li>62. Make birthday cards for kids in homeless shelters.</li> <li>63. Produce a community newsletter.</li> </ol>	<p><u>Volunteer For Things in Your Community</u></p> <p>The cool thing about volunteering is that you can do it just about anywhere (even online!), so hopefully this gets you thinking. For more inspiration, we've got a few other places you can volunteer and a bunch of volunteer opportunities with DoSomething.org.</p> <ol style="list-style-type: none"> <li>64. Volunteer at your local library.</li> <li>65. Volunteer to chaperone a field trip.</li> <li>66. Volunteer with a local nonprofit.</li> <li>67. Volunteer at an animal shelter.</li> <li>68. Volunteer at a community center.</li> <li>69. Volunteer as a lifeguard.</li> <li>70. Volunteer to be a crossing guard.</li> <li>71. Volunteer to do social media for a local org.</li> <li>72. Volunteer to help set up a community event.</li> <li>73. Volunteer at a food pantry.</li> </ol>

## Local Volunteer Opportunities

<https://www.teenlinkhawaii.org/volunteer-opportunities>

Note: Some links or opportunities may be outdated or not available due to the COVID-19 pandemic.

### Beach Cleanups

<p>Surfrider Foundation  <a href="https://www.surfrider.org/volunteer">https://www.surfrider.org/volunteer</a></p> <p>"Our volunteers are the lifeblood of the Surfrider Foundation. The Surfrider Foundation is dedicated to the protection and enjoyment of the world's ocean, waves and beaches, for all people, through a powerful activist network."</p>	<p>808 Cleanups  <a href="https://808cleanups.org/get-involved/">https://808cleanups.org/get-involved/</a></p> <p>"808 Cleanups is a 501(c)(3) environmental nonprofit organization committed to restoring Hawai'i's natural beauty by empowering volunteers to conduct decentralized cleanups from Mauka to Makai, responding to littering and vandalism of Hawai'i's natural spaces, saving Hawai'i's indigenous ecosystem through education, and building sustainable solutions with community partners."</p>
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### Healthcare

<p>Shriners Hospital Honolulu  <a href="https://www.shrinershospitalsforchildren.org/honolulu/volunteer">https://www.shrinershospitalsforchildren.org/honolulu/volunteer</a></p> <p>"Our volunteers complement the care provided to our patients by assisting in patient care or support areas. Patient care areas include recreation therapy or physical therapy. Support areas include performing clerical tasks (computer skills not required), transporting our patients and their families in our vans, delivering supplies, reception/switchboard desk coverage, tutoring patients or other tasks. Only weekdays are available for volunteers at this time."</p>	<p>Queen's Medical Center  <a href="https://www.queens.org/careers/volunteer-careers">https://www.queens.org/careers/volunteer-careers</a></p> <p>"Volunteers have been an integral part of The Queen's Medical Center, helping to perpetuate our mission, for more than 150 years. Volunteers assist with comfort rounding, delivery of flowers and gift baskets, gift shop, mobile library, patient transports and discharging, and more."</p>
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## Helping the Homeless

<p>Waikiki Health Center  <a href="http://waikikihc.org/wp-content/uploads/Volunteer-Registration-Form.pdf">http://waikikihc.org/wp-content/uploads/Volunteer-Registration-Form.pdf</a></p> <p>"Waikiki Health provides compassionate healing and expert care that result in improved health and quality of life for all in our island community. The mission of Waikiki Health is to provide quality medical and social services that are accessible and affordable for everyone, regardless of ability to pay."</p> <p>The Waikiki Health Center operates the Next Step Shelter, which offers services including emergency shelter, housing placement assistance, job training, referrals, and more.</p>	<p>Project Hawai'i, Inc.  <a href="https://www.helpthehomelesskeiki.org/volunteer">https://www.helpthehomelesskeiki.org/volunteer</a></p> <p>"The mission of Project Hawai'i Inc. is to help our islands' keiki (children) break the cycle of poverty. Since 2003, our dedicated volunteers strive to enhance their lives by providing year round supportive services that help to build their self-esteem and learn the proper life and social skills to succeed. We are able to change their lives by providing a sense of stability through our holiday events, school support, educational training and monthly outreach. Our award winning summer educational program has allowed our homeless children to be first generation to graduate high school and attend college. We provide our services and outreach to over 1,600 individual homeless children throughout the year."</p>
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## Environment

<p>Paepae o He'eia  <a href="https://paepaeoheeia.org/volunteer/">https://paepaeoheeia.org/volunteer/</a></p> <p>"Paepae o He'eia is a private non-profit organization dedicated to caring for He'eia Fishpond – an ancient Hawaiian fishpond located in He'eia Uli, Ko'olaupoko, O'ahu. Paepae o He'eia relies heavily on a dedicated and enthusiastic volunteer base to get much of the restoration and rehabilitation work completed. The work is physically rigorous but very rewarding."</p>	<p>Ka Papa Lo'i o Kānewai at UH Mānoa  <a href="https://manoa.hawaii.edu/hshk/ka-papa-loi-o-kanewai/getinvolved/">https://manoa.hawaii.edu/hshk/ka-papa-loi-o-kanewai/getinvolved/</a></p> <p>"Ka Papa Lo'i 'o Kānewai sustains a thriving taro patch that shares its resources with the community. First Saturdays are open to anyone in the community looking for an opportunity to experience traditional farming methods, converse with Hawaiian Language speakers, talk story with practitioners, ku'i 'ai, ku'i ka imu, and enjoy the day with family and friends."</p>
<p>Protect &amp; Preserve Hawai'i  <a href="https://www.protectpreservehi.org">https://www.protectpreservehi.org</a></p> <p>Volunteer opportunities on Big Island, Kauai, Maui, Molokai and Oahu.</p>	<p>Kupu  <a href="http://www.kupuhawaii.org/programs/#internship-openings">http://www.kupuhawaii.org/programs/#internship-openings</a></p> <p>Learn how to "Go Green" and volunteer with Kupu Hawaii.</p>

## Animals

<p>Oahu Society for the Prevention of Cruelty to Animals  <a href="https://oahuspca.org/Volunteer-Opportunities">https://oahuspca.org/Volunteer-Opportunities</a></p> <p>The Oahu Society for the Prevention of Cruelty to Animals, or Oahu SPCA, offers services including a shelter and rehabilitation program for rescued animals, a foster care program for animals, affordable adoption, and low cost sterilization and veterinary services. Volunteer assignments include dog walking, cat care, customer service/data entry, housekeeping, and more.</p>	<p>Hawai'i Wildlife Center  <a href="https://www.hawaiiwildlifecenter.org/volunteer.html">https://www.hawaiiwildlifecenter.org/volunteer.html</a></p> <p>"We are always looking for volunteers to help us at the Hawaii Wildlife Center. Volunteers in the wildlife department get to go behind the scenes in the wildlife hospital and may also get the opportunity to work with wildlife staff on patient care."</p> <p>They are also looking for facility volunteers, as well as education and outreach volunteers.</p>
<p>Hawaiian Humane Society  <a href="https://hawaiianhumane.org/volunteer-with-us">https://hawaiianhumane.org/volunteer-with-us</a></p> <p>Become a care-taker for animals or help to prevent animal cruelty by volunteering with the Hawaiian Humane Society.</p>	<p>Honolulu Zoo Society  <a href="https://www.honolulu zoo.org/get-involved/volunteer-programs/">https://www.honolulu zoo.org/get-involved/volunteer-programs/</a></p> <p>"Volunteering at the Honolulu Zoo is a great way to learn about animals, gain valuable experience, support a beloved community institution, support conservation initiatives, meet new people and work outdoors in a lush tropical environment! Join the Honolulu Zoo's volunteer program and contribute to the Zoo's mission of inspiring the stewardship of our living world."</p>

## Elderly

<p>Lunalilo Home  <a href="https://www.lunalilo.org/giving/volunteer">https://www.lunalilo.org/giving/volunteer</a></p> <p>"We strive to provide loving and compassionate services for kūpuna that preserve dignity and independence in a comfortable, secure and supportive environment. We invite you to share your aloha and spend time with our kūpuna. Larger community service projects may include painting portions of the facility or assisting in landscaping projects."</p>	<p>Lanakila Pacific  <a href="https://www.lanakilapacific.org/volunteer">https://www.lanakilapacific.org/volunteer</a></p> <p>"Lanakila Meals on Wheels is Hawaii's largest and only island-wide home delivered meal provider for seniors and individuals with disabilities. We're always looking for energetic volunteers who want to help package or deliver meals."</p>
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## Theater and Arts

The Hawai'i International Film Festival

<https://hiff.org/volunteer/>

"Hawai'i International Film Festival (HIFF) endeavors to recognize new and emerging talent, promote career development and original collaborations through innovative education programs, and facilitate dynamic cultural exchange through the cinema arts."

Volunteers are needed for information booths and operations, theater operations, program guide distribution, tech and projection booth assistants, and more.

## Miscellaneous

AccesSurf

<https://www.accessurf.org/volunteer/>

"AccesSurf builds an inclusive community that empowers people with disabilities through accessible beach and water programs. In following the spirit of Duke Kahanamoku, AccesSurf continues to be a pioneer in the advancement of adaptive water sports, ocean recreation, and therapeutic instruction for people with disabilities throughout the state of Hawaii and worldwide. We have a range of areas that we need volunteers to help us keep our programs a success. Set up, surfing, assisted swim, water transfer, water safety, check in, equipment check out, food area, equipment maintenance and teardown."

Ronald McDonald House

<https://www.ronaldhousehawaii.org/volunteer.php>

"The Ronald McDonald House Charities® of Hawaii (RMHC-HI) volunteers are the foundation of our House. As a volunteer, you assist us in many remarkable ways from administrative duties to light house cleaning. By contributing your time to volunteer, you will enable us to continue our mission to help families with seriously ill children."

You can also host lunch or dinner or baked goods! Bring ingredients and cook or bake for the families staying in the house.

Waikiki Aquarium

<https://www.waikikiaquarium.org/support/volunteer/volunteer-opportunities/>

"At the Waikiki Aquarium, our mission is to inspire and promote understanding, appreciation, and conservation of Pacific marine life."

There are a wide variety of volunteer opportunities available, from aquarium educators, aquarist assistants, gift shop ambassadors, gardeners, and much more. They even offer internships.

YWCA

<https://www.ywcaohu.org/volunteer>

"YWCA's mission is to eliminate racism and empower women through housing, economic self-sufficiency, professional development, and health and wellness. Volunteer opportunities exist in each of these areas, from sorting donated clothing to teaching women basic computer skills. You can even coach swimming or help build shelves for classrooms."

YMCA

<https://www.ymcahonolulu.org/volunteer>

"The YMCA of Honolulu is thankful to have the support and dedication of thousands of volunteers every year who support our work, our values and our mission to build strong kids, strong families and strong communities. With a focus on youth development, healthy living and social responsibility, Y volunteers give men, women and children of all ages and from all walks of life the resources and support they need to be healthy, confident, connected and secure. The Y is always in need of specific skills and services. If you'd like to help us out, give us a call. We could use your services."

Boys & Girls Club of Hawaii

<https://www.bgch.com/get-involved/volunteer/>

"The mission of Boys & Girls Clubs of Hawaii is to enable all young people, especially those who need us most, to reach their full potential as productive, caring, responsible citizens. The after-school hours have become a critical time for youth – a time when many children in our communities are left to fend for themselves without positive adult supervision. We provide a safe place filled with hope and opportunity, ongoing relationships with caring adult mentors, and enriching programs."

Hawaii Foodbank

<https://hawaiifoodbank.org/volunteer/>

"Now, more than ever, people are facing food insecurity and counting on Hawaii Foodbank. Schools and businesses are not fully open, many kūpuna are still homebound, and many others continue to struggle with drastically altered work schedules as a result of COVID-19. If you don't face higher risks for COVID-19, please consider signing up to volunteer with us!"

American Red Cross

<https://www.redcross.org/local/hawaii/volunteer.html>

"Our need for volunteers is constant and continues to evolve as we navigate this health crisis. Please rest assured we are working with public health officials to help keep local communities and our volunteers safe. Volunteer opportunities include supporting blood donations and delivering much-needed services to your community. We even have a wide variety of remote (work-from-home) opportunities available."

The Institute for Human Services

<https://ihshawaii.org/help/volunteer>

"IHS, The Institute for Human Services is a private non-profit organization. By working with partners in government, business and community organizations, we deliver a spectrum of services with urgency, embrace innovation, and advocate for system changes through community education and outreach. IHS needs your help more than ever."

## CAP 10: Why Volunteer?

In your own words, define **volunteering and community service**.

List at least three benefits of volunteering/doing community service.

List at least three volunteer/community service projects that you have participated in.

(If you have not participated in at least three projects, list something that a friend, family member, or classmate participated in that you might also be interested in.)

Review the provided examples. List at least three volunteer/community service projects that you are interested in. (Ideally, these should be projects that are not like those you have already participated in—stretch yourself to try something new.)