

UNIT 4 : FOR BETTER COMMUNITY
LISTENING

Advantages of volunteering

Volunteering could have benefits for the volunteer, but consider that even the most selfless acts can have good (1)_____ for those doing them.

You might not be volunteering for your own (2)_____ but you'll be surprised at all the benefits it might return to you.

(3)_____ and well-being are some of the well-known benefits of volunteering. This comes about through personal achievements,

(4)_____ activities and a sense of (5)_____.

Another benefit is personal growth through learning skills and in the process gaining (6)_____. You can even improve your (7)_____ life.

Volunteering helps you make new (8)_____ and social contacts and gives you a greater appreciation of others values and your own. But it gets even better some of these benefits might help (9)_____ volunteers increase their employability due to the(10)_____ they gain, or help older volunteers with their physical health and deal with life changes.

Volunteering can also help anyone struggling with (11)_____ difficulties such as mental health (12)_____ to face them better.

Remember, volunteering is about the (13)_____ you make, the (14)_____ you make, the (15)_____ you make.