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.

LIVEWORKSHEETS