

Microvolunteering



*Activity Pack
For Individuals*

Thank You

By requesting this pack, you have taken the first steps in encouraging others to benefit worthy causes via microvolunteering actions

What is microvolunteering?

Microvolunteering can be described as easy, no commitment actions that benefit worthy causes that can be completed generally in under 30 minutes. They can be conducted either online or offline and performed on the go, on demand and on a person's own terms. The sheer flexibility of microvolunteering opportunities means they can be conducted at home, at the bus stop, the doctor's waiting room - anywhere really!

Who are we?

The organisation behind this pack is HelpFromHome.org. We are considered to be one of the leading microvolunteering platforms in the world, having promoted the concept since late 2008. We primarily collate third party run microvolunteering actions and use these to encourage people in all sorts of sectors of society to benefit worthy causes in their spare moments of time.

Our vision

Our vision is to spread awareness of the microvolunteering concept amongst the general public and voluntary sector alike, so that one day people will be aware that they don't necessarily have to be confined to the date, time and place restriction usually imposed by traditional volunteering opportunities.

Aim of this pack

This pack is designed to encourage you to participate in bite-sized activities that benefit worthy causes, either via:

- your own actions or
- using our free resources

We hope the suggestions in this pack will enable you to become a Microvolunteer Maestro!

Impact

How can a seemingly inconsequential action that takes less than 30 minutes (10 seconds in some cases) create impact of any consequence? Through the power of crowdsourcing.

We've compiled a report that shows how much impact is being created. It might surprise you! <http://bit.ly/1kmmZnd>

How You Can Help

Your Own Actions

Microvolunteer in your pjs

Relax and chill out, whilst doing some good by microvolunteering. Spend an hour doing some good, but most importantly do good in your pjs!



Become a social media mogul

Facebook, Google+, LinkedIn, Twitter, Pinterest - use them to get the word out and encourage your friends and family to microvolunteer



Tweet about Microvolunteering

Want to do some good? Got a few minutes? Try microvolunteering! #volunteer #giveback #dogood <http://helpfromhome.org>



Add an email sig about Microvolunteering

Try Microvolunteering and do some good in under 30 minutes via easy, no commitment, bite-sized, micro-actions <http://helpfromhome.org>



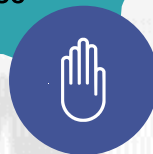
Share your opinions about microvolunteering

Add to the overall picture that the voluntary sector is building up about people's involvement in microvolunteering actions. Take a quick survey! <http://bit.ly/1EOz0Ea>



Take a selfie in your pjs

Hold up a sign, 'I change the world in just my pjs!' Send it to us via our contact page and we'll upload it to our 'Pyjama Power' photo campaign. <http://bit.ly/UU945c>



Tweak your lunch break habit

Surfing the net, playing games, looking at pictures can all raise money or help charities. We show you how via the linked article below. <http://bit.ly/1IA6VsV>



Where can you microvolunteer?

Visit our online map of all the platforms out there that have a directory of microvolunteering actions. We think you'll be surprised. <http://bit.ly/15vEPHw>



How You Can Help

Use Our Resources

Repin some Pinterest Pics

They're available from our very own Pinterest 'Microvolunteering' board. Copy and paste, or just use Pinterests' embed option.
<http://bit.ly/1aUoT1P>



Give and Gain

Give time, gain kudos! Play online games to either fundraise for charity for free, or contribute to research / citizen science projects.
<http://bit.ly/2cjd4N>



Do Good, Become Smarter!

Play an online quiz that actually generates 10 grains of rice to feed hungry people at no cost to you, for every answer you guess correctly
<http://freerice.com/>



Discover the Squeeze!

Check out all the different ways you can squeeze in a bit of microvolunteering in your daily life, that you never even thought were possible!
<http://bit.ly/13yCMY>



Do Good via your smartphone

Benefit others on the go, on-demand, and on your mobile. Be amazed by what you can do just on your own smartphone. Volunteering doesn't get any easier than this!
<http://bit.ly/1lqnXmc>



Be a Microvolunteer Ambassador

Want to see others microvolunteering in your local community or further afield. Huge amount of resources and suggestions available.
<http://bit.ly/2bWRzFW>



Give 1% Of Your Time

Could you give just 1% of your time during your lunchbreak, workshift or a normal day? You'll be surprised what 1% actually equates to!
<http://bit.ly/1Me0IZO>



Office Lunchbreak Challenge

Hold a fun competition to see how many actions you and your colleagues can complete in your lunchbreak. You'd be surprised as to how many you can do!
<http://bit.ly/1VWu7aS>



What Others Are Saying

Microvolunteering is going to grow. It's a fantastic concept, because at the end of the day, people are lazy or just too busy. They want to be part of a good initiative but don't know how, so they'll be happy to take simple steps to create maximum impact with minimum action.

Ali Husein
<http://bit.ly/QqBo32> Nov 2010

Even though I am housebound, I'm still able to feel that I am making a difference. This site is great for people with M.E. looking for somewhere simple and easy to start.

Anonymous, Action for M.E. member
<http://bit.ly/1QNGBQ8> Spring 2011

Yes I did make some impact as my first volunteer job I typed books from a Blind Library and then would return the typing that I did. The library would then turn the typing I typed of each book into Braille for the children to be able to read the books. I feel that really did impact quite a lot.

Cheryl Decker
via HFH Case Study Survey, Feb 2013*

I am still helping people when I only have five or ten minutes to spare. I would love to give more, and do, in other ways, more locally, but now even when I can't spend a whole afternoon raking leaves or packaging food for the food bank, I can still be doing something of merit. Everyone wants to feel useful, and everyone has dead time they can fill will something useful instead of looking at pictures of cats or something, you

Savannah
via HFH Case Study Survey, March 2013*

I'm retired and still have my skills along with some extra time. I wanted to use them in the service of non-profit organizations to contribute to their work and to feel good about it.

Jack Z
via HFH Case Study Survey, May 2013*

It was simple, easy and accessible from anywhere. I felt uplifted knowing I had done some things to make the world a better place and seeing how a lot of other people volunteer and want to do good.

Sarah Ede
via HFH Case Study Survey, July 2013*

I would recommend microvolunteering to others because it easy, fun, neat and interesting and it is also not very time consuming.

Koren Benjamin
via HFH Case Study Survey, July 2013*

Since it's done on the internet, literally anybody can log on and do simple actions that make a huge difference to a wide variety of people.

Mike Thoms
via HFH Case Study Survey, Oct 2013*

* HelpFromHome survey <http://bit.ly/1cPcxuF>

Other Ways To Microvolunteer

The web being the web, there's quite a few platforms for you to explore alternative ways to benefit worthy causes via microvolunteering actions. In the list below there's a few non-english language sites, but you can always access them via your fave online translator.

[Help From Home](http://helpfromhome.org/)

<http://helpfromhome.org/>

[Zooniverse](https://www.zooniverse.org/)

<https://www.zooniverse.org/>

[Skills for Change](http://www.skillsforchange.com/)

<http://www.skillsforchange.com/>

[CrowdCrafting](http://crowdcrafting.org/)

<http://crowdcrafting.org/>

[vInspired](https://vinspired.com/search?category_id=17)

https://vinspired.com/search?category_id=17

[Elbi](https://www.elbi.com/)

<https://www.elbi.com/>

[Crowd 4U \(part English & Japanese\)](http://crowd4u.org/en/)

<http://crowd4u.org/en/>

[Collavol \(Japanese language\)](http://collavol.com/)

<http://collavol.com/>

[Um Sem Um Tam \(Czech language\)](http://www.umsemumtam.cz/)

<http://www.umsemumtam.cz/>

[Cause Corps](http://www.causecorps.co/)

<http://www.causecorps.co/>

In addition to the above list, check out our interactive online map of all the places in the world where you can microvolunteer on different platforms!

<http://helpfromhome.org/where-to-microvolunteer>



Good Luck!

Have fun and thank you for spreading awareness about the microvolunteering concept.

Want to inspire others to microvolunteer?

Share your story / photos of Microvolunteering to:

challenge@helpfromhome.org



*This 'Activity Pack' was compiled by Help
From Home, a leading promoter of
microvolunteering actions*



<http://www.helpfromhome.org/>

Twitter: @helpfromhome

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