

Microvolunteering

Easy, low commitment actions that can be completed in under 30 minutes

What Can It Help?

- digital inclusion projects
- inter-generational projects
- youth club activities
- care home activity sessions
- employee volunteering programmes
- volunteer managers
- charities
- disabled causes
- unemployed people

Action Types

- designing logos
- assisting research scientists
- dispensing wisdom or knowledge
- craftwork
- ementoring
- psychology questionnaires
- writing to sick children
- help to cure diseases
- play games to raise money for free

Which Orgs Can Participate?

- employee volunteer schemes
- high street volunteer centres
- volunteering websites
- charities / nonprofits / voluntary organisations
- County Councils
- educational establishments
- youth clubs
- faith based groups

Who Can Participate?

- people at home
- people at work
- people on the bus, tube, taxi, doctors waiting room
- senior citizens
- disabled people
- students in school / college / university
- youth under the age of 14

Advantages

- no longer tied to a certain place and time
- you control the time and environment to volunteer
- on the go, on demand and on a persons own terms
- fits within peoples time starved lives
- no security checks
- minimal training
- no or low commitment
- you can wear what you like
- not confined to just helping a local charity