

Pledge.
Share.
Do.

16-22 JUNE 2019



**Volunteer
Impact Week**

Celebrating the University of Auckland community in action

A different kind of happy hour

Just 60 minutes of your time can make a significant impact.

If everyone in the University community volunteered for one hour, that would result in 190,000 hours of volunteering. That is equivalent to 21 years!

Imagine the change we could create collectively, by volunteering for an hour.

That's why the University of Auckland has teamed up with New Zealand National Volunteer Week to launch Volunteer Impact Week. During this week we will encourage and support alumni like you who want to make a positive difference in the world.

Signing up is simple. All you have to do is pledge to volunteer for an hour, share your stories and join or organise a volunteer project with other members of the University community.

Pledge.

You're one of the 190,000 members of our University community being asked to pledge to volunteer for an hour

Share.

Share your story about memorable volunteering experiences

Do.

Join an existing University volunteer project or organise your own

alumni.auckland.ac.nz/volunteering

I volunteer because...



"The direct impact of educating people people about cancer awareness through volunteering has been life changing, not only for me, but the people that hear me speak.

"Volunteering is a great way to get behind whatever you believe so passionately about."

Jess Weller, Founder and Volunteer of the WELLeR Network



"I love doing things that have a long term benefit for the community. Nothing beats the feeling of working towards something that is intergenerational and going to improve our world. From a Māori perspective, I believe you can really effect change when you volunteer with our amazing youth.

"I believe giving to something bigger than ourselves is a part of our wellbeing. We are all connected to each other and the world."

Dan Walker, te ao Māori and Youth Volunteer



"Volunteering makes you aware of the way you judge the world and the people around you.

"The true impact of this hit me when a lady I worked with shared her tragic story of how she became homeless. I had assumed that she was a volunteer just like me. This moment really opened my eyes to the fact that people experiencing homelessness are first and foremost just people."

Gia Punjabi, University of Auckland Volunteer Alumni Coordinator

Volunteer Impact Week aims to:

- Celebrate volunteers in the University's community who are making the world a better place
- Foster a thriving global alumni and friends network
- Support and inspire the next generation of change makers, leaders and advocates for a brighter future

Why get involved?

This is your chance to make a positive impact around you.

If you're a volunteer already, share the issues you're passionate about and what you're doing to instigate change. Be the voice in your community and encourage others to join us.

It's easy. From beach clean ups to sharing your industry skills, pledging an hour can help make a world of difference.

Who can join?

Everyone! We want as many people as possible connected to the University of Auckland to get involved.

What do I do?

Pledge to give an hour

Pledge between February 1 and June 30, and fulfil your pledge during Volunteer Impact Week between June 16–22. However, if this timing doesn't work for you, there will be more opportunities for you to fulfil your pledge.

Share your story with us

Tell us about the causes close to your heart and why volunteering matters to you, either in writing or in a short video. Include a great photo of you volunteering as well and we will feature stories and images on our social media and website.

Want to keep volunteering?

We are committed to continuing to provide opportunities for our alumni and friends to volunteer, so check alumni.auckland.ac.nz/volunteering to stay in the loop.



Fulfil your pledge:

We've got some ideas to get you started, or you can go to alumni.auckland.ac.nz/volunteering for more inspiration.

Individual Projects

- Provide your business expertise to a charity
- Take part in University research projects
- Have a coffee with an international student
- Check a student's CV and provide advice on your industry
- Provide advice to recently relocated alumni

Group Projects

- Hold a career insights workshop to share professional advice among alumni/students
- Coordinate with a local charity and gather items for a food drive
- Gather a group of alumni to clean up a local park or beach
- Organise a bike ride or plogging event (picking up litter and jogging – yip, it's a thing!)
- Organise alumni to get together to plant native trees



You can help us on our mission by:

- Updating your details on our Alumni Self Service portal
- Sharing your volunteering story and what you're doing to instigate change
- Interacting with our Volunteer Impact Week social media

Help us spread the word:

#IVolunteer

#VolunteerImpactWeek



Pledge today and make a difference!

What next?

Now you know about Volunteer Impact Week, it's time to take action.

Head to

alumni.auckland.ac.nz/volunteering
to get involved and join us on our
journey of changing the world,
one hour at a time.

Did you know?

Research has found that volunteering significantly relates to better mental and physical health, life satisfaction, self-esteem and happiness.

Volunteering ...

- gives you a sense of accomplishment
- helps you develop new skills
- benefits the causes you care about
- connects you to new people
- is fantastic for your community

You can help make all the difference by joining us in this global celebration of giving back.

Contact us

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Find out more

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THE UNIVERSITY OF AUCKLAND CAMPAIGN
FOR ALL OUR FUTURES

