

# VOLUNTEERING DURING COVID-19

## A TOOLKIT



### DONATE YOUR TIME

Donating your time is one of the best things you can do to help! If you can consistently schedule a few hours a week or month, you'll be much more likely to stick with it and you'll notice growth during your time volunteering. Who doesn't like a routine?



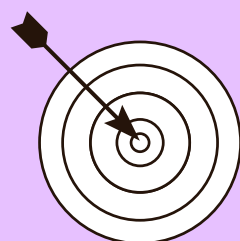
### DONATE SAFELY

If you have the opportunity to help out at a local organization in-person, first assess the risk. Some organizations require a negative COVID test before arriving. Wear a mask, social distance, and keep your hands clean. Get all the details about the safety precautions in place before you go - your health comes first!



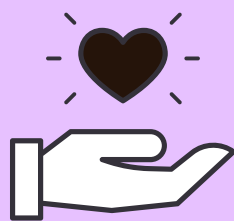
### DONATE MATERIALS

Organizations are always looking for materials that can help them. Check out your local nonprofits to find out what they need the most. If donating to a food bank, try to donate after the holidays, when the influx of donations has died down and they're again in need. Monetary donations are always needed!



### DONATE YOUR SKILLS

When you pick a volunteer opportunity that aligns with your skills and interests, everyone wins! The organization will appreciate your knowledge and enthusiasm, and you can get experience in your field. If at first you can't find something relevant to you, check out an online database and search by subject or project!



### EVEN VIRTUALLY, VOLUNTEERING MATTERS

Pat yourself on the back if you've made an effort to volunteer and stay involved during the pandemic. Now more than ever, your endeavours matter.

WANT TO SEE VIRTUAL OPPORTUNITIES?

Check out our [compiled database](#) or [Catchafire's database](#).

[Sign up for the listerv!](#)

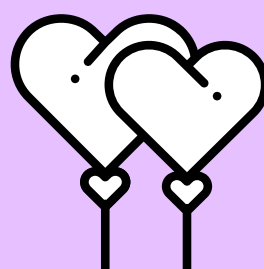
# VIRTUAL VOLUNTEER OPPORTUNITIES

## A TOOLKIT



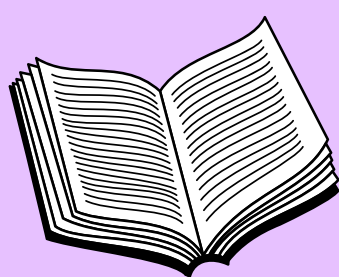
### TRANSCRIPTION & TRANSLATING

An activity that can be done from anywhere in the world with just a laptop, transcription opportunities are everywhere. If you're bilingual, look for translation opportunities. Check out local history centers, libraries, and databases.



### OFFER EMOTIONAL SUPPORT

Now more than ever, it's important to be there for our fellow humans emotionally. If you're an empath or comfortable talking with others, you're sure to make someone's day brighter. However, make sure you're not expected to be a therapist and you still have enough support for yourself. Check out 7Cups, or your local support line.



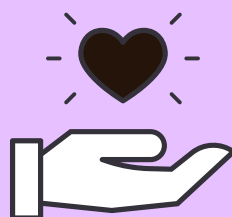
### MAKE MATERIALS ACCESSIBLE

During remote work, all materials need to be available online, for all ability levels. Help digitize, or record books for the benefit of others! Check out LibriVox or BookShare.



### TUTORING

Are you an expert in a subject and a patient teacher? If you enjoy mentoring and teaching, you'd be a great remote tutor for a child in need. Check out GoPeer or check out local opportunities through schools near you.



### INTERESTED? SIGN UP FOR THE IC VOLUNTEER LISTSERV

Every two weeks during the academic year, the IC Volunteer Listserv gives you the 411 on service opportunities in person and virtually. Click the link below to add your email to the listserv.

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