



Random Acts of Volunteering

The easiest way to get involved in the National Day of Volunteering is to commit a 'Random Act of Volunteering'. A Random Act of Volunteering, or RAV, is a simple act that is done to benefit others. It doesn't have to cost any money—it is simply an act of kindness. People of all ages can carry out a Random Act of Volunteering. Take a look below for inspiration on what you can do:

Simple Ideas for Random Acts of Volunteering:

- Pick up a piece of litter – or several!
- Help someone who can't reach something on a supermarket shelf
- Offer to share your umbrella with someone.
- Take a CPR class—it may come in use in the future!
- Offer a few hours of your time to babysit for busy parents
- Pack an extra lunch and give it to someone who needs it
- Benefit your health, as well as others, by asking someone to join you for a walk
- Teach someone a skill that you know
- Let someone in a hurry cut ahead of you in the queue
- Offer to accompany a friend or neighbour to see a doctor
- Gather old mobile phones and donate them to a charity – why not ask friends or colleagues to do the same?
- Tell someone about a charity or cause you think is worth knowing about
- Call an animal shelter and donate an item that's in need
- If you aren't interested in a coupon, give it to the sales clerk to give to someone who is
- Offer to take a photograph for a group of tourists
- Tell someone about a random act of volunteering and encourage them to pass it on!



The National Day of Volunteering brought to you by:

