

Volunteering gives a lot. First of all, it gives us satisfaction that we have managed to support some organization that is important to us and that solves real social problems. But that's not the only advantage of being a volunteer: volunteering also gives a lot in context of competences.

Volunteering is not altruism. This is not a sacrifice. A few years ago, a very interesting publication was created: the report of the Dobra Sieć Foundation, which talks about the values of volunteering, clearly shows that volunteers of different ages (young, elderly, seniors) treat volunteering not as sacrifice, giving something away, but also giving and taking. Each of them has some benefits that are not financial, often also emotional, but they are always in various areas of our lives.

International volunteering is so special because we can get to know a culture that is foreign to us. Such volunteering certainly gives us a lot of courage, I agree with that myself. After taking part in such an event, even though it was a few years ago, I have the impression that I can do everything, be confident and even overcome my fears. Besides, I can help someone - volunteering is after all a help for those who need this.

In the United States, volunteering is developed strongly. One of the reasons is that volunteers get points in college. In our country (Poland) there is no active people scoring system yet, but this activity is certainly appreciated when applying for a job. If a young person talks about volunteering, he is confident, because it is a reason to be proud. These positive features, this openness to new activities, commitment can be seen, and employers appreciate them.

When I talk about volunteering, I think about very positive energy, working with really committed people with whom I feel we can do a lot.

Volunteering is fun, volunteering is for everyone and I really encourage such activities, because apart from satisfaction and positive emotions, it is also a space for personal growth.