



Householders' Options to Protect the Environment Inc.
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Think Globally, Act Locally!

EMBARGO until 24 November 2017

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Media Release



International Volunteer Day: 5th December 2017

Volunteers – where would we be without that unsung army of people who regularly give of their time, energy and expertise to help others in so many different ways, many of which go unnoticed? If you've ever been a volunteer, you'll know how good it can make you feel to give back and help others. In fact, altruism and volunteering have been proven to be a major way to increase the happiness of a person's life – there is something about freely giving to others which gives a deeper sense of purpose and meaning to our lives, thereby increasing our happiness and level of satisfaction. And if you've never been a volunteer, than now might be the time to start! International Volunteer Day was established by the United Nations General Assembly in 1985 and is celebrated each year on 5th December as a way to bring focus to the work of volunteers and to encourage everyone to give it a try.

There is a hugely diverse range of ways to volunteer, and you can find an opportunity to volunteer in almost any field or interest area. Householder's Options to Protect the Environment (HOPE) is always seeking people with an interest in environmental issues to help with their mission of educating people in environmental awareness and action, so if you've been thinking that you'd like to do more to help the environment then now, with International Volunteer Day just around the corner, is a great time to start.

To connect with HOPE go to <http://www.hopeaustralia.org.au/>; or to find another opportunity to volunteer your time, go to <https://www.volunteeringaustralia.org/>, to find a way to improve both your own and someone else's life. Who wouldn't want to do that? Happy volunteering!

Frank Ondrus, President - HOPE Inc., ph 07 4639 2135
(Written by Lynne Stuart, HOPE member Qld)