

VOLUNTEER FOR THE ENVIRONMENT



Benefits of becoming a volunteer:



BUILD NEW FRIENDSHIPS AND EXPAND YOUR NETWORKS

Volunteering is an amazing opportunity to meet likeminded people in your community. There is no better way to make friends than sharing an activity for a good cause. You might meet people you would have otherwise never met!

IMPROVE YOUR MENTAL AND PHYSICAL HEALTH

Research has shown that contributing to a good cause releases hormones in our brains that make us happy! Humans are naturally inclined to help others. The more we share, the happier we feel. Volunteering boosts your self confidence, it gives you purpose and improves your physical fitness!



ADVANCE YOUR CAREER



Volunteering is a great springboard to build upon the skills you already have or even learn something completely new. Full training and orientation may be provided to get you started. No matter which skills you would like to advance, putting your talent into practice is the best first step to take. And not to forget future employers will always positively recognize time you have spent volunteering.

Please read on for some more detailed information 😊

Why does our environment need help?

Environmental issues are becoming more and more prevalent. The current biggest problems include **food waste** - a third of all our food resources are wasted. This would be enough to feed 3 billion people. **Biodiversity loss**- a drastic global population growth within the last 50 years is causing a massive burden on the planet's resources. A published report by WWF has shown that species such as mammals, fish, birds, and reptiles have experienced a decline of 68 % since the 1970s. **Plastic waste** – we are producing more than 400 million tonnes of plastic every year, most of them being single-used plastic products that literally get thrown out straight away.

Of course, most of us are aware of those issues and would like to contribute to solutions in one way or another. While it sometimes seems hard to find a start, volunteering gives the perfect opportunity to contribute to a better future. Volunteering for the environment empowers you to create change and contribute to solving some of the above-mentioned issues.

Our planet needs your help, your optimism, and your amazing skills!

Available roles are very diverse, so there is a fit for every one of us 😊. Let's work together and create something wonderful.

What is volunteering?

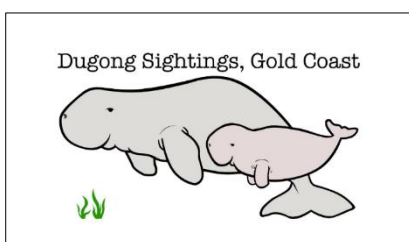
Volunteering is a great way to give back to your community and help shape a sustainable future. It only needs a little of your time to create big change. In 2020 alone, Queensland counted more than 3 million volunteers over the age of 18, which makes a total of 900 million hours that were contributed to a good cause. The value of volunteering came up to more than 84 billion AUD\$.

Current opportunities/ projects

There is a wide choice of projects available, ranging from admin tasks to fieldwork. Let's firstly have a look at the *Australian Citizen Science Association*. This Association is envisioning communities that are open to supporting, developing, and informing citizen science. If you were wondering what exactly citizen science is -it mainly means that the general population freely contributes to scientific research. It helps scientists to conduct projects that they otherwise couldn't finish on their own. An example might be a bird count. Within a project like this, the population of a community assists scientists to count wildlife so they can determine the health of bird populations. Amazing isn't it, so easy to play an important role in a real scientific project.

Follow the link to find inspiring projects and get involved: <https://citizenscience.org.au/acsa-regional-chapters/acsa-qld/>

Current citizen science projects in Queensland:



Dugong Sightings Gold Coast: This project is aiming to gather, preserve, and share information about dugong sightings in the Gold Coast region (from Tweed to Russell Island). It calls residents from this area to contribute to the data collection which will provide statistics for the Atlas of Living Australia.

Please visit the following link for more information:

<https://biocollect.ala.org.au/acsa/project/index/a5edb081-afb7-4b08-b2e3-40d6570c0449>



Citizen Science in QLD Schools

Volunteering Queensland:

Volunteering Queensland is the leading voice and state-level organisation for improving and promoting volunteering in Queensland. Their website is a great place to start when it comes to finding your first volunteering role. Current opportunities include IT Support, Compassion Crew, Butterfly House Assistant and many more. Find featured opportunities here: <https://volunteeringqld.org.au/roles/>

HOPE - Householders' Options to Protect the Environment Inc.



Our Organisation HOPE, gets people involved in community projects that help to improve current environmental issues. Some of the projects we have still coming up this year are Biodiversity Month – and Threatened Species Day (September) and National Recycling Week (November).

Feel free to get in touch if you would like to contribute to any of our projects! We are having a range of roles available from admin assistance to roles within the event team. You will find a volunteer form if you follow this link: <https://www.hopeaustralia.org.au/membership/volunteer-forum/>

Resources:

- <https://citizenscience.org.au/>, [accessed: 09/08/2023]
- <https://citizenscience.org.au/2023/06/29/citizen-science-in-qld-schools/>, [accessed: 10/08/2023]
- <https://www.hopeaustralia.org.au/>, [accessed: 10/08/2023]
- <https://education.nationalgeographic.org/resource/citizen-science-projects/>, [accessed: 10/08/2023]
- <https://www.helpguide.org/articles/healthy-living/volunteering-and-its-surprising-benefits.htm>, [accessed: 09/08/2023]
- <https://www.unep.org/interactives/beat-plastic-pollution/>, [accessed: 09/08/2023]
- <https://volunteeringqld.org.au/>, [accessed: 09/08/2023]