



VolunteerMatch



Virtual Volunteering

Volunteer from Your Home



Introduction

There are a lot of benefits to volunteering virtually. It provides more flexibility, a wider variety of skills-based opportunities, and the ability to interact with other volunteers from all around the country.

With these benefits, it's not surprising to see the growth in virtual volunteering. According to [VolunteerMatch research from 2020](#), the participation of volunteers in virtual opportunities grew 12 points from 17% to 29%. Even with this significant increase, 71% of those surveyed didn't participate in virtual volunteering, which shows entering the new world of virtual volunteering may still seem challenging for some especially when they are used to volunteering in person.

In this guide, we will share how to volunteer virtually and why there is a critical need for this type of service.





NONPROFITS NEED YOUR SUPPORT

According to our research in October 2020:

- 51% of nonprofits have been creating more virtual volunteering opportunities
- 41% saw heavy cancellations
- 59% are somewhat concerned about operating against their current budget
- 65% are operating with reduced resources from before COVID-19

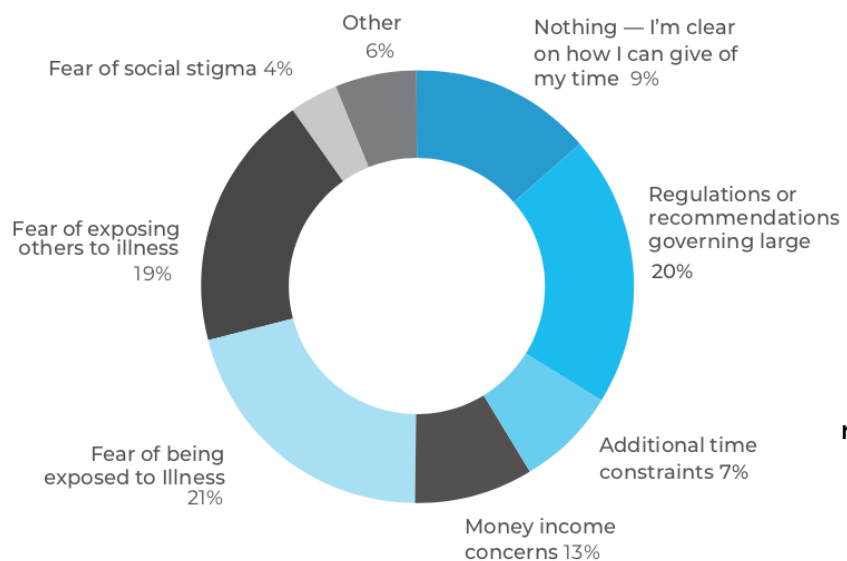
THE BARRIERS TO VOLUNTEER

When asked about the barriers that might get in the way of their volunteering commitment during this time, the top 3 most popular answers were:

- Fear of being exposed to illness at 21%
- Regulations or recommendations governing large gatherings at 20%
- Fear of exposing others to illness at 19%

Virtual volunteering gives you the ability to serve the growing needs of community while keeping yourself and others safe.

Barriers to Volunteering During COVID-19



Percentages calculated from the response totals of the four 2020 surveys.



GETTING STARTED

1 - Start with your passion

- Focus on causes and opportunities that fuel your energy and excite you
- Think about what is fulfilling and fun to you

2 - Do a bit of research

- Research opportunities that align with your passions
- Set a time limit or until it doesn't feel fun anymore to stay energized

BONUS: If you're stuck check out ideas on pages 5-6 of this guide.

3 - Determine how much time you have

- Think about if you want to give back by volunteering 15-30 minutes or hour long increments
- Identify how much you can give each week
- Schedule it on your calendar

4 - Identify the technology you need

- Video meeting applications
- Project management programs
- Computer equipment

5 - Try it out

- Reach out to an organization and start volunteering
- Experiment to see what's a good fit

6 - Evaluate your experience

- Think about what you liked about your experiences
- Determine what you like to do more of
- Identify what you would like to do less of
- Continue to look at ways you can interweave volunteering into your life that are meaningful and easy



7 WAYS TO VOLUNTEER VIRTUALLY

1 - Volunteering with your family

- [Build care packages](#). Invite your friends, neighbors or co-workers to contribute!
- [Be a pen pal](#) or [make cards](#) and brighten someone's day.
- [Create hygiene kits](#) for people in your community
- Organize a [food](#) or [toy drive](#).
- [Knit](#) something cozy.
- [Check out](#) more ways to give back with your kids.

2 - Advance your career

With over 60% of volunteering opportunities identified as skills-based, you can find a variety of ways to advance your knowledge and experience. Here are a few ideas to get started:

- [Social Media](#)
- [Graphic Design](#)
- [Search Engine Optimization \(SEO\)](#)
- [Program Management](#)
- [Board Opportunities](#)

3 - Lend an ear to someone in need

Given additional pressures, isolation, and the emotional toll that stems from the pandemic and natural disasters, many people are having an even more difficult time than usual.

- [Help to prevent suicide](#).

4 - Share your knowledge

- [Be a business mentor](#) and help others succeed.
- [Become a tutor](#) and help foster knowledge.



5 - Help during a disaster

- [Volunteer with the American Red Cross.](#)
- [Explore](#) other ways to help out during a disaster.

6 - Be a part of the social justice movement

- Advocate for [civil rights causes](#).
- Help to bring us together by giving your time to [race and ethnicity causes](#).

7 - Support the military, veterans, and their families

- Help out with a [virtual party](#).
- [Bake](#) some of your favorite yummy treats and send to deployed service members.
- [Look for more ways to give back](#) to those who are serving or have served.



VOLUNTEER FOR THE CAUSES YOU LOVE

VolunteerMatch connects passionate people like you with meaningful volunteer opportunities in your communities. In fact, we have ways to get involved in every city, state, and zip code across the U.S. We are committed to the resiliency and recovery of our nonprofits and the constituents we serve.

- [Register](#) on VolunteerMatch.org, so you can learn about causes that need your help and get involved in your community.
- [Check out our blog](#) for fresh ways you can support your communities.

