

**ASHRAFUL**

**AID**

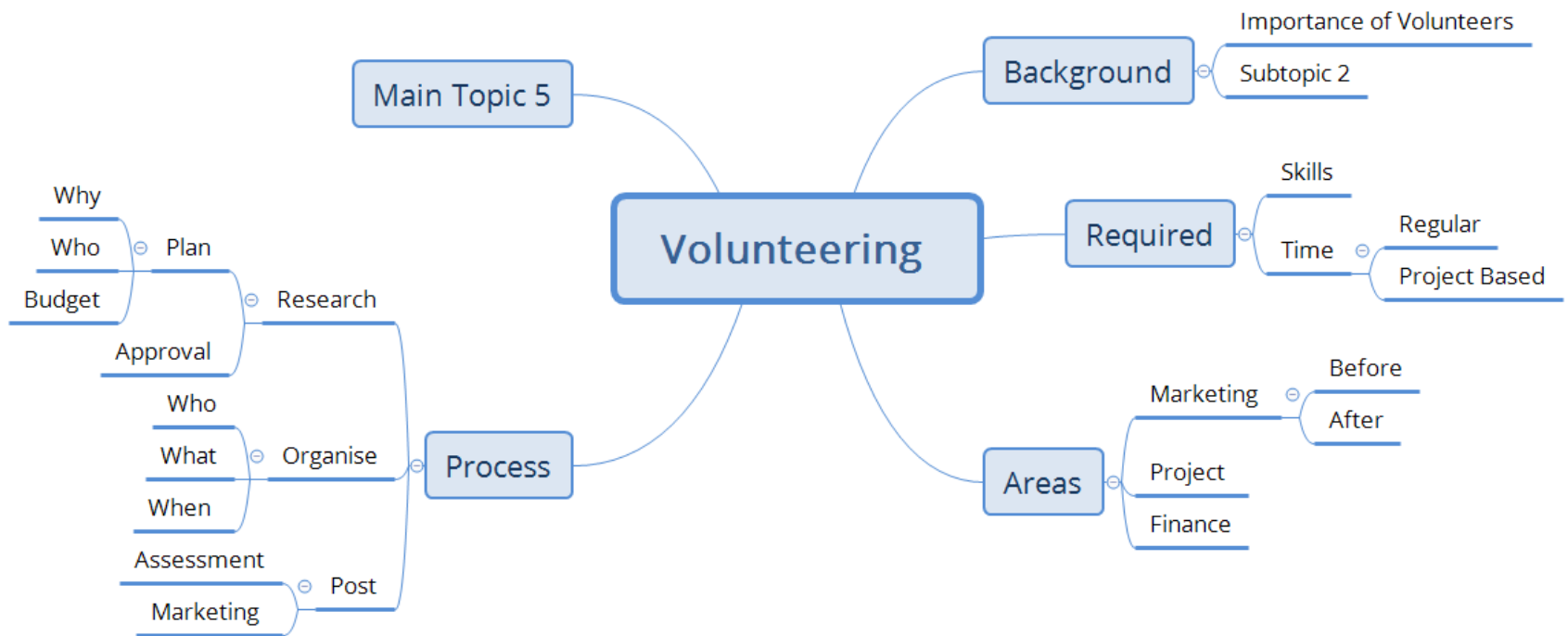
HUMANITARIAN ORGANISATION



**VOLUNTEERING**

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# Volunteering





# IMPORTANCE OF VOLUNTEERS

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# WE'RE BETTER THROUGH VOLUNTEERING

## Good For Members

### Living well by giving back.

Volunteering benefits the whole person—spirit, mind and body:

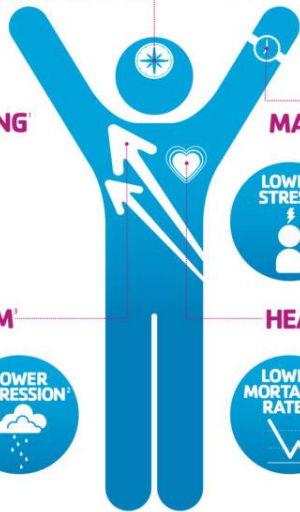
### VOLUNTEERS EXPERIENCE IMPROVEMENTS IN:

SENSE OF PURPOSE AND MEANING<sup>1</sup>

TIME MANAGEMENT<sup>2</sup>

MOOD AND SELF-ESTEEM<sup>3</sup>

HEART HEALTH<sup>4</sup>



## Good For The Community

### Uniting communities for a better us.

A strong culture of volunteerism yields real community benefits:



### COMMUNITIES WITH HIGH RATES OF VOLUNTEERISM

tend to have **greater income equality** than similar communities that do not<sup>5</sup>

### VOLUNTEERS ARE



to **find a job** after being out of work than non-volunteers.<sup>6</sup>



When young people volunteer, **their likelihood of dropping out of school is cut in half**<sup>10</sup>

## Good For The Y

### Nurturing ideas that make a social impact.

Volunteers generate the energy and resources to advance our cause:

**VOLUNTEERS DONATE**  
**10x**  
more money than people who don't volunteer<sup>11</sup>



**2 out of 3** volunteers give money where they give their time<sup>12</sup>

When members make a friend, they are **50% more likely** to stay with the Y<sup>13</sup>



### Mobilizing Support

Businesses, nonprofits, government agencies and the general public are working together through Togetherhood to make an even bigger impact in the community.

ON AVERAGE, EACH TOGETHERHOOD PROJECT ENGAGES WITH

**2.75**  
PARTNER ORGANIZATIONS



**IN A 2014 ONLINE CONTEST**, the public was invited to vote on community project proposals to receive funding from YMCA of the USA. **Togetherhood** project submissions received **125 PERCENT** more votes than non-Togetherhood entries

# Required



**SKILLS**



**TIME**



## Skills

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Professional Skills

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Accounting

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Legal

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Education

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Project management

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Administrative

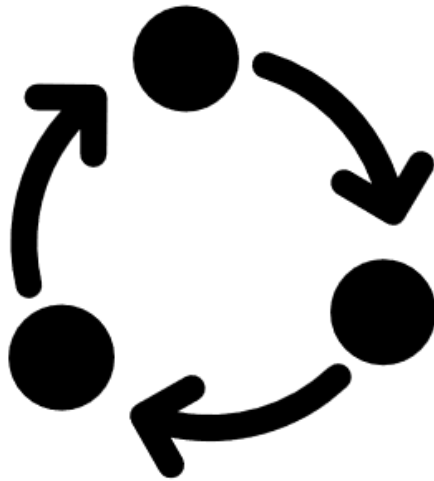
Time



HOURS



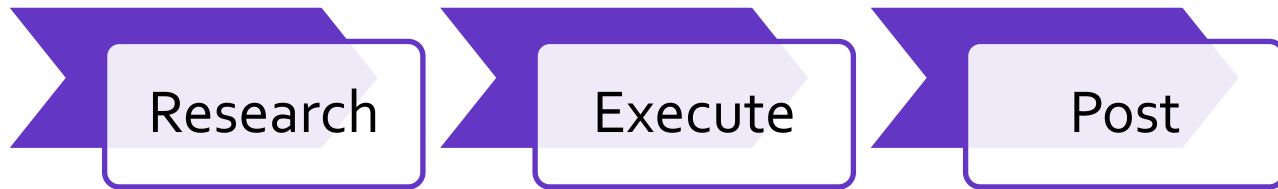
PROJECT BASED

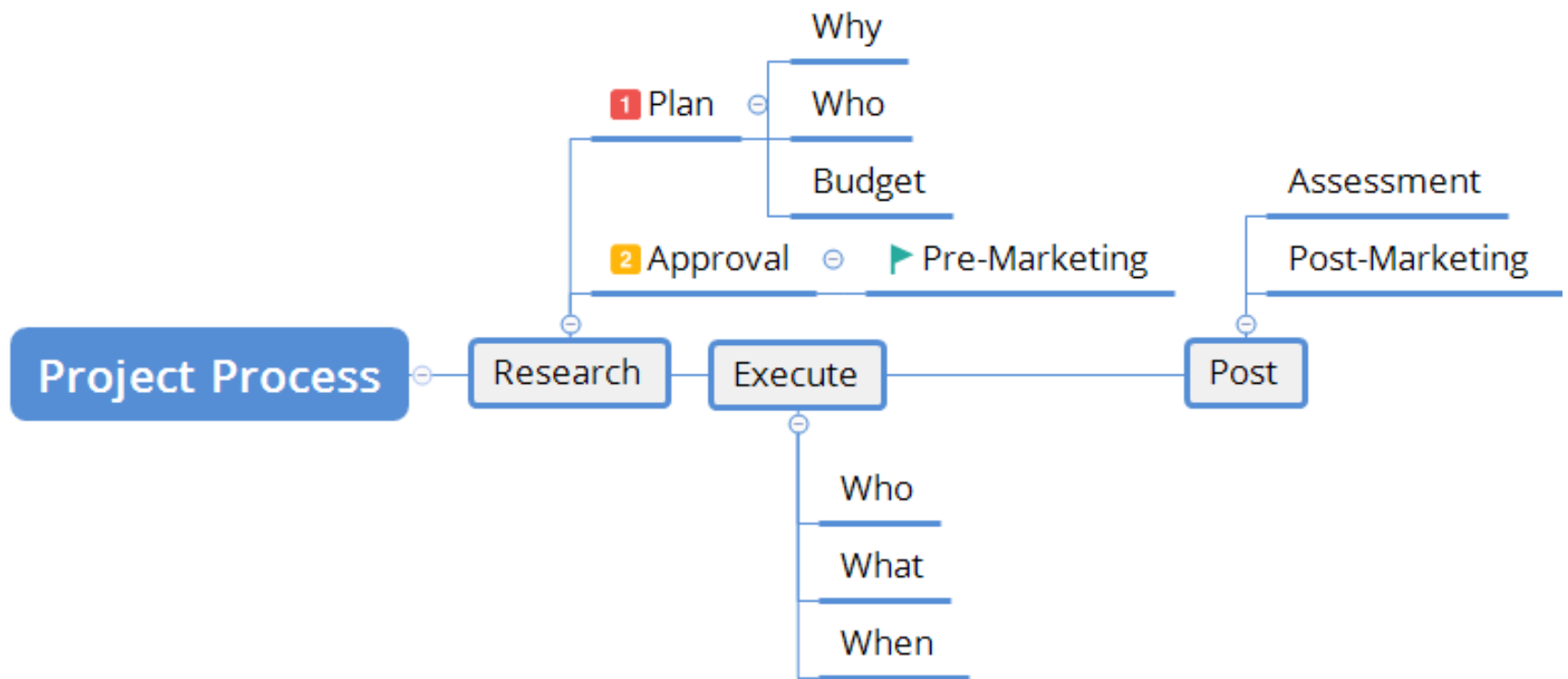


**PROCESS**

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Marketing



Project



Finance

Project