

## WHO CAN VOLUNTEER?

**The simple answer is: anyone!** You can be any age, gender, religion or race. You don't need to have any specific skills with our wide range of volunteer opportunities. We pride ourselves on creating a diverse, safe environment for our volunteers.

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### - Alana volunteers because

"When I think about volunteering, it is easy to assume I would be giving more than receiving. However, I have found that in my volunteer experience with AIDS Calgary I have gotten back so much more than I've given - I've met so many great individuals and had a lot of fun in the process!"

### - Dan volunteers because

"I love the positive energy of all the volunteers I have had an opportunity to work with. The volunteer environment is very fun and welcoming."

### - Sandra volunteers because

"I believe strongly in the work that they do, the lives that they impact and the awareness that they bring to such an important issue. The compassion and warmth demonstrated by the staff is inspiring and it's a wonderful way to give back to the community."



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what exactly does  
a volunteer look like?



## WHAT IS VOLUNTEERING?

The definition of volunteering is “to give or offer a service of one’s own free will.” That tells us what volunteering *is*. Volunteering is the gift of your time, knowledge, or talent. But perhaps a more important question is “what does volunteering *mean*?”

**What does volunteering mean to you?  
What kind of volunteer role has value for you? How do you want to give?**

Do you make a difference by lending a hand at a fundraiser once a year?

or

Do you create a welcoming space by helping serve our clients lunch once a month?

or

Do you affect change in the community by giving educational presentations once a week?

Join our team and define what volunteering with AIDS Calgary means to you.

## WHY SHOULD I VOLUNTEER?

**Volunteers are a vital part of AIDS Calgary. Much of what we do simply wouldn’t be possible without the generosity of volunteers.**

There are also many benefits to you when you share your time and talents. As a volunteer you are able to:

- + SPEND TIME DOING SOMETHING YOU ENJOY
- + MEET NEW PEOPLE AND MAKE NEW FRIENDS
- + GAIN EXPERIENCE TO ASSIST IN ENTERING THE WORKFORCE OR APPLYING FOR SCHOOL
- + LEARN VALUABLE NEW SKILLS SUCH AS COMMUNICATION OR TEAM WORK
- + SHARE YOUR TALENTS AND SKILLS WITH OTHERS
- + BE A PART OF A GLOBAL MOVEMENT
- + HAVE THE OPPORTUNITY TO TAKE PART IN EVENTS AND WORKSHOPS
- + MAKE A CONTRIBUTION TO YOUR COMMUNITY BY BEING INVOLVED AT A GRASSROOTS LEVEL

## HOW DO I VOLUNTEER?

Do you want to get involved but don’t know where to start? AIDS Calgary has a wide variety of volunteer opportunities. For more information visit the volunteer opportunities section of our website ([aidscalgary.org](http://aidscalgary.org)).

Whatever you are looking for, we probably have a position that’s right for you! Here are just a few examples of volunteer opportunities:

### EVENT PLANNING

Join a committee to plan events like the AIDS Walk for Life

### SPEAKER’S NETWORK

Deliver presentations in the community about HIV/AIDS

### RECEPTION DESK

Direct visitors and answer questions about AIDS Calgary

### FRIDAY LUNCH

Help prepare a hot, nutritious lunch for clients

### OUTREACH

Go with a staff member to give out information and materials in the community

VOLUNTEERING

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