

50 Reasons to Volunteer in Sports

Presented by
Valter Oja & Marika Beck
from Villages on Move Baltic

1. Being a part of a team
2. It motivates you
3. You will have an impact on yourself & others
4. An opportunity for learning
5. You will gain confidence
6. It can have therapeutic effects
7. Volunteers are an indispensable part of sports clubs
8. You can improve your health
9. You'll gain leadership skills
10. ... and teamwork skills!
11. Volunteering can take your mind off of problems
12. You'll get to meet new people
13. You get to know a community
14. It will keep your skills alive
15. You get to test your abilities
16. ... as well as assure progress
17. It's a journey of self discovery
18. It promotes your personal growth
19. ... because it's a life-long learning experience!
20. Keep up with your skills and knowledge
21. By volunteering you can make a difference
22. It helps to improve your self-esteem
23. You get to give and receive support
24. Responsibility gives a feeling of self-value
25. Volunteering can lead to better social interaction, integration and support
26. It increases involvement in the community
27. You will get to know your boundaries
28. Volunteering gives you a sense of purpose
29. Participation can be beneficial to your professional life
30. Volunteering won't leave you bored!
31. Your contribution affects the quality of life positively in the community
32. You enhance your own strengths
33. You'll be an important part in connecting people
34. There will be quality leisure time
35. Volunteering allows you to transfer knowledge between platforms
36. Experiential learning through work provides you with a specific skillset
37. It can be a form of non-formal vocational learning
38. Volunteering will bring you and others joy and happiness
39. Volunteering fulfills you
40. It gives a feeling of satisfaction
41. The work is flexible
42. You will gain confidence
43. It's an opportunity to discover your hidden talents
44. It gives you a greater sense of social responsibility
45. Volunteering will broaden your horizons
46. It helps you to maintain your physical strength
47. You get to gain new knowledge and experiences
48. Because volunteering is FUN!
49. Because you can do it!
50. ... because... why not?

