

Did you know?

Volunteering makes you happier and healthier!
Research has found that volunteering significantly relates to better mental and physical health, life satisfaction, greater self-esteem and happiness.



THE UNIVERSITY OF
AUCKLAND
Te Whare Wānanga o Tāmaki Makaurau
NEW ZEALAND

Alumni Connect

Alumni Connect is our informal mentoring tool that connects students and alumni seeking career advice with other alumni who are able to share their expertise.

Your advice could steer fellow alumni in the right direction – whether that's landing a new job or helping them to achieve a work life balance that makes them happier.



ALUMNI
CONNECT

“I recommend the platform to any alumni – the time commitment is minimal and it’s a great feeling being able to help someone who is in the same place that we were not that long ago!”

– GARETH, TECHNOLOGIST

Volunteer as often or as little as you like,
by signing up to connect.auckland.ac.nz



*Join the revolution
and make an impact*

Head to alumni.auckland.ac.nz/volunteering to get inspiration from other volunteers, sign up and help us change the world one hour at a time.



Volunteer
Impact Week

Give the gift of time

21-27 JUNE



ONE HOUR

Kia takohatia i te wā

Imagine the change we could create collectively, by volunteering for an hour.

If everyone in the 200,000-strong University community volunteered for one hour, that is equivalent to nearly 23 years worth of meaningful action!

Join us and be a part of the change you want to see.

“Volunteering has given me an insight into how I can use my actions to make a positive difference on matters that are important to me.”

– LANU, SOLICITOR



What you can do. Gift an hour and ...



Use your skills to help a charity



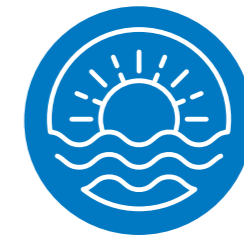
Take part in University programmes, initiatives or research projects



Coordinate with a charity and gather items for a food drive



Organise some alumni to plant native trees



Gather a group of alumni to clean up a local park or beach

Spread the word

Volunteer, then share!

Upload photos of you volunteering and tag us:

#UoAVolunteer