

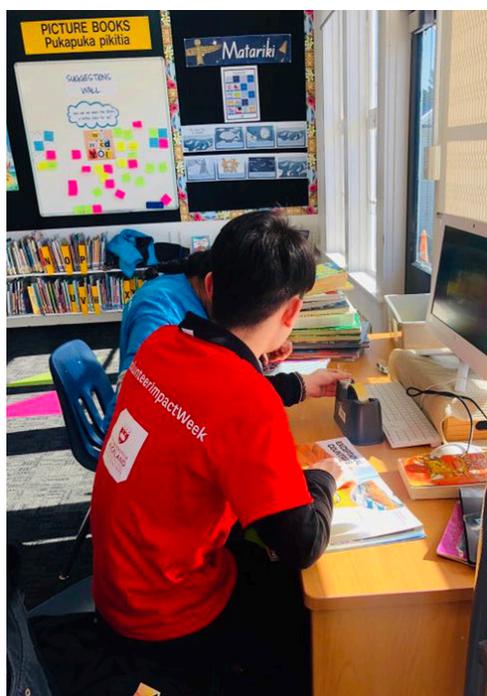


HOURS FOR **PEOPLE** AND **PLANET**

KO NGĀ **HĀORA** MŌ NGĀ **TANGATA**
ME TE **AORANGI**

Resource Guide

Thanks for your interest in Volunteer Impact Week and joining our mission to change the world. We gathered some information to help you plan your volunteering activity and spread the word if you're so inclined. Giving the gift of time is an amazing way to be a part of the change you want to see – and a gift that continues to pay personal and collective dividends.



Projects from Volunteer Impact Week 2019

Getting Started

“The smallest act of kindness is worth more than the grandest intention.” – OSCAR WILDE

We're delighted you've decided to participate in Volunteer Impact Week! We want you to take part in a way that works for you. We've put together a list to help you get started:

1. Contact your Volunteer Alumni Coordinator (if one exists in your city)

Check to see if there are any activities being planned in your area/let them know of your interest.

2. Pick a project – something you care about in your community

Volunteering activities do not need to be directly linked to a charity. You could organise projects like a neighbourhood clean-up which take very little time but can bring a whole community together. See the activity ideas section of this guide or view registered volunteering opportunities on our website, alumni.auckland.ac.nz/VIW.

3. Pick a charity and establish a point of contact (if applicable)

4. Invite other alumni in your area to join in (if applicable)

Personalised word of mouth is key! Visit www.linkedin.com/school/the-university-of-auckland/people/ and search by “Where they live” to find local alumni and let them know what you're planning. Also consider using the Facebook/social media group for your city, if one exists.

5. Complete your VIW activity!

Don't forget to take photos – maybe even get creative and shoot some video footage of you/your group in action (see our photo/video tips)!

6. Share your VIW experience and tag us on #UoAVolunteer

Let us know how it went and show the world the impact the University of Auckland community can have, together. We also want to thank all those that were involved. Who knows? Your project might be featured in our e-newsletter (@auckland) or our alumni magazine (**Ingenio**)!

Activities, Ideas & Resources

- Community litter pick up
- If you play an instrument or are part of a band, you could consider giving a free concert at a community centre or care home
- Work in a charity shop
- Help your elderly neighbours with their gardening
- Write letters or cards for people in hospital
- Conduct a neighbourhood drive to collect used furniture/clothes for donation
- 'Eat My Lunch' style event, e.g. serving food at a homeless shelter
- Beach clean-up
- Tree planting
- Host a recycling fair or clothing exchange
- Create a habitat for wildlife
- Donating birthdays
- Fun run/bike for a worthy cause
- Pink Ribbon Breakfast-style event
- Sharing a cause/petition on social media
- Visit a nursing home and talk to the residents
- Offer your time as a free consultant to a local charity or business
- Work with a local school to organise a career afternoon
- Collect children's books for the needy
- Knit or crochet baby blankets and hats to donate to hospitals

Global Volunteering Resources

New Zealand & Australia

- [University of Auckland](#)
- [Volunteering Auckland](#)
- [Seek Volunteer NZ](#)
- [Volunteering NZ](#)
- [Volunteer Service Abroad](#)
- [Do Good Jobs](#)
- [Volunteering Australia](#)

USA

- www.usa.gov/volunteer
- www.allforgood.org
- www.unitedway.org
- www.volunteer.gov

UK

- do-it.org
- timebank.org.uk
- www.projectsotland.co.uk
- www.ncvo.org.uk
- royalvoluntaryservice.org.uk
- vinspired.com

All Countries

- www.volunteermatch.org
- www.idealists.org
- globalvolunteers.org
- www.onlinevolunteering.org

Photo Tips

We are looking for as many dynamic photographs as possible from volunteers around the globe! These photographs will help celebrate your work and inspire others.

Taking action shots of volunteers in action captures the essence of the week.

Some tips to consider:

-  **Turn your smartphone into landscape mode.** For your amazing photos to be included in our photo gallery, it will be necessary that you take your photos in landscape mode.
- Preparing the shot in advance.** Select a proper location for your shot and make sure everyone you want in the photograph knows you want them in advance. Think ahead about how you will pose and frame your shot.
- Get in close.** Take a step or two closer to your subject. Filling the frame with your subject will make photos look dramatically better.
- See the light.** Beware of where the light is coming from and use it to your advantage.
- Use flashlight during the day.** Flashlight is not only designed to be used at night time or indoors. Using flashlight during the day can fill in shadows formed by the sun and create an even exposure.
- Capture action shots of volunteers.** Capture shots with both the volunteers and the work.
- Take multiple shots.** Consider using the continuous shooting mode of your camera, which will provide you with multiple options and ensure you can always keep the best shot of all.
- Keep it simple.** Do not try to pack too many elements into your photo. Just include one or two points of interest so that your audience will know what the subject is.
- Be a photo director.** Instruct the group on your photo-taking ideas and motivate them to smile. Do not take a long time posing everyone and be cheerful.
- Use a wide-angle lens.** Use a wide-angle lens if available.
- Use chairs or stools for level changes.** For large group photos, you might need to elevate yourself to include everyone in the shot.
- Use an assistant.** If you have a very large group, then an assistant could be very helpful to get the group well organised.

Video Tips

Posting short videos on social media allows you to capture your volunteer activities and inspire others in an effective way.

Some tips to consider:

-  **1. Turn your smartphone into landscape mode.** For your amazing videos to be included in our gallery, it will be necessary that you shoot your videos in landscape mode.
- 2. Preparing the shot in advance.** Select a proper location of your shot and make sure everyone you want in the short video knows you want them in advance. Think ahead about how you will pose and frame your shot.
- 3. Avoid unnecessary zoom.** Instead, get in close. Overuse of zoom can result in a blurry video. If you need to zoom in and out, take it slow and steady.
- 4. Have good lighting.** Think of how you can make existing light work for your particular scene.
- 5. Keep the background simple.** Try to use a simple background or improve it by removing as much clutter as you can.
- 6. Avoid shaky shots.** When shooting videos, try not to move your camera/phone unless you have to. When moving your camera/phone, move it slowly and steadily.
- 7. Time your shots.** Keep your shots longer than 5 seconds but not longer than 10 seconds to effectively hold your viewer's attention.

FAQs

What is the University of Auckland Volunteer Impact Week?

Volunteer Impact Week (VIW) was started and launched in 2019 in response to the University's For All Our Futures campaign engagement challenge, "Can we increase the contribution our community makes to the world?". VIW aims to encourage and support more volunteers and volunteering across the University community (alumni, staff, students & friends), building on our commitment to active service (volunteering) towards a more sustainable future for Aotearoa New Zealand and the world. For 2021, the University is once again supporting the work of University volunteering programs and projects, NZ National Volunteer Week advocacy efforts, and those of our partners, to work together toward positively impacting society and our communities across Aotearoa New Zealand.

What if the timing of Volunteer Impact Week, 20-26 June 2021, doesn't work for me/my group?

While we encourage University community members to plan their VIW activities during the actual week, we recognise that this might not always be possible due to the particular local context/nature of the volunteer project. We hope that you/your group will plan your VIW activities as close to/leading up to the week as possible, but we have other opportunities throughout the year to get involved if your proposed activity falls after the week.

Who can participate in Volunteer Impact Week? Can members of my family or other non-alumni participate?

Of course! Volunteer Impact Week is open to the extended University of Auckland community and is a great way to bring new people together for a great cause.

I live overseas/outside of Auckland but want to volunteer – what volunteering activities are eligible for participating in Volunteer Impact Week?

Check our website alumni.auckland.ac.nz/volunteering for what volunteering opportunities might be available. Feel free to organise your own individual project or put a group volunteer activity together. Volunteering directly with the University of Auckland or other organisations are both eligible VIW activities. Just don't forget **to tell us about it** and get some great photos and/or videos!

I'd like to organise a group volunteer project or share volunteering opportunities with the University community for Volunteer Impact Week 2022 – how do I register my volunteer site/opportunity?

Please fill in the **project site registration form**. For specific questions related to your project/opportunity, email uoavolunteer@auckland.ac.nz.

Thank You

Thank you for your participation in Volunteer Impact Week! Your contribution to your local community is tremendous, and appreciated by society and the University of Auckland community! You will make the world a better place and help foster a thriving global alumni and friends network! Enjoy your week!



2019 Alumni Relations staff: Jody Clarke, Jonathan Cen, Victoria Brownlee & Joel Terwilliger