**What is microvolunteering?**

Microvolunteering is short actions/activities (ideally less than an hour and certainly less than a day) that make a different to a cause or people.

**What are the benefits of microvolunteering to volunteers?**

* Microvolunteering is accessible, low effort and low commitment
* Volunteers feel like they are making a difference and supporting a cause
* Flexible so fits in with a busy lifestyle
* Good if you want to volunteer but have disability or health issues which would make a regular role difficult
* Volunteers can register their interest in a charity – and sign up to be contacted about further roles
* Can often be online or done from home
* It is fun and enjoyable

**What are the benefits to organisations?**

* Meet campaigning goals
* If you have no roles or have to turn down a volunteer, you can still get them involved and keep them connected
* Spread of awareness of your cause
* Help with fundraising
* Raise awareness of your charity
* Can encourage people to get involved in more regular way
* Good for involving young people and children
* Good for involving people with busy schedules
* Might lead to people wanting to do more volunteering In your organization

**Ideas for microvolunteering projects**

Not all of these ideas will work for all organisations and groups, but here are some suggestions you might want to consider:

* Writing cards to people who use your service for festivals (e.g. Christmas, Passover, Eid) and seasons
* Writing letters or emails to MPs about an issue that affects your service users
* Quick litter picking
* Quick research tasks (e.g. researching funders or stock images to go with a campaign)
* Completing surveys on a particular topic
* Attending an event to raise awareness or money
* Contributing to a bake sale
* Post messages on social media to promote your campaigns or raise awareness of your charity
* Sort through and transcribe data (e.g. transcribing historical records or interviews)
* Drawing a picture or writing about a campaign of yours or your charity (great for children and young people)
* Simple craft activities
* Citizen Science activities
* CV /Job interview support

**Next steps**

* Brainstorm microvolunteering ideas – we’re happy to support with this at Volunteering Kingston – [enquiry@volunteeringkingston.org.uk](mailto:enquiry@volunteeringkingston.org.uk)
* If you’ve got a good idea for a microvolunteering project please get in touch with us at Volunteering Kingston – [enquiry@volunteeringkingston.org.uk](mailto:enquiry@volunteeringkingston.org.uk). We will share it with our ‘Kingston Snowflakes’, who have signed up to hear about microvolunteering opportunities
* If you’ve got a couple of microvolunteering ideas, you can create a page on your website to list them