



What's your Volunteering Vibe?

**A quick quiz to discover what kind of
volunteering suits you**

He aha tō āhua tūao?

Q1. When you've got free time, you tend to:

- a) Jump in and get stuff done with your hands**
- b) Chat, connect, and check in with people**
- c) Plan, organise, and sort chaos into order**
- d) Learn new things and dive into info rabbit holes**

Your answer:



Q2. What environment feels most like your “happy place”?

- a) Outdoors or anywhere with movement**
- b) A cosy social space where the kōrero flows**
- c) A calm office, library, or workspace**
- d) Online, laptop open, coffee nearby**

Your answer:



Q3. How do you feel about meeting new people?

- a) I'm sweet either way**
- b) Love it - bring on the people**
- c) Fine, but I don't need it**
- d) Prefer minimal human interaction, thanks**

Your answer:



Q4. What kind of time commitment works for you?

- a) One-off bursts / events / casual mahi**
- b) Regular weekly or fortnightly routine**
- c) Flexible, but I'd like some structure**
- d) I need fully “pick up and drop when I can”**

Your answer:



Q5. Pick the statement that sounds most like you:

a) "Let me do something."

b) "I thrive when I can tautoko someone directly."

c) "I feel useful when I can organise or coordinate."

d) "My skills are mostly online or behind-the-scenes."

Your answer:



Q6. How do you feel about training or learning new skills?

- a) As long as it's hands-on**
- b) Love learning if it helps others**
- c) Yep, give me instructions and I'm good**
- d) Very into it - send the PDFs**

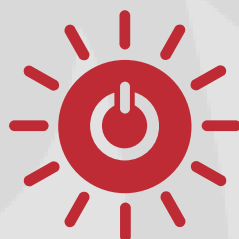
Your answer:



Q7. What's your energy style?

- a) High physical energy**
- b) High social energy**
- c) Quiet, steady, practical**
- d) Focused and independent**

Your answer:



Q8. When you finish something meaningful, what makes you feel proud?

a) Seeing a physical result

b) Knowing someone felt seen or supported

c) Knowing you made something run smoother

d) Knowing you made an impact, even if no one saw it

Your answer:



Your Results

**Count how many As, Bs, Cs & Ds
you've chosen**

No stress - just notice the pattern





Mostly A's - Hands on Helper

You thrive when you can do something real. You like to move and see results. Get stuck in.

Try action-based volunteering:



community gardens



events support



environmental mahi



kai rescue

Kia kaha — get amongst it



Mostly B's - People Person

Your strength is connection and presence. Your superpower is presence.

Try people-focused volunteering:



companionship visiting



youth mentoring



community support roles



front desk welcome

He tangata, he tangata, he tangata



Mostly C's - Steady Organiser

You bring calm and order. The mahi that makes everything else possible. Quiet power.

Try administrative volunteering:



admin support



sorting donations



reception



logistics

You're the quiet backbone



Mostly D's - Skilled Support

**Your impact doesn't need a spotlight.
You're the person making the backbone
strong - even if unseen.**

Try skilled or remote volunteering:



Digital comms



Writing or design



Governance



Research

Tino pai - your skills matter



Found your vibe?

Now browse the roles that suit →
www.volcan.org.nz

Kia mahi tahi

 **Volunteering**
CANTERBURY

Make Your Mahi Have Meaning