Volunteering
C A N T E R B U R Y

Make Your Mahi Have Meaning

Volunteering During a Pandemic

Practical advice to help you support your community while adhering to health and safety guidelines during a pandemic.

Before embarking on any volunteer activity during a pandemic, keep yourself up to date with the latest guidelines from the Ministry of Health.

There are a number of meaningful ways to volunteer during a pandemic. The needs of community groups may change rapidly during the course of a pandemic, so being adaptable will make your volunteer efforts more effective.

Virtual Volunteering

With the rise of digital platforms, many organisations offer options to contribute remotely from the comfort and safety of your home. For instance, you might develop content for a non-profit's website, take up online tutoring, provide legal advice, graphic design or financial planning. Offering your professional skills pro bono can greatly benefit community organisations as they navigate the challenges of a pandemic.

Micro-Volunteering

If you're short on time but still want to make an impact, micro-volunteering offers bite-sized tasks that typically take minutes to a few hours. These can include activities like tagging photos, transcribing documents or participating in short surveys. Such opportunities allow you to contribute without a long-term commitment and are low-risk, as they tend to require little or no face to face contact.

Supporting Food Banks

Food banks experience increased demand during pandemics. Volunteers can help sort and pack food items, assist at mobile pantries, and deliver meals to those in need. Many of these organisations offer no-contact distribution methods to ensure the safety of their volunteers. You may like to organise a food collection amongst your colleagues or friends and deliver directly to a community group. This will ensure that you can still serve organisations needing assistance.

Community Outreach

Engaging in community outreach can involve activities like making wellness phone calls to check on isolated individuals, or delivering groceries and medications. These actions help ensure that vulnerable populations receive necessary support.

Environmental Conservation

Outdoor activities such as community clean-ups, tree planting, and wildlife monitoring can be conducted with physical distancing measures in place to allow volunteers to engage safely.

Animal Welfare

Animal shelters often seek volunteers for tasks like dog walking, and fostering pets. These roles provide essential care to animals through a pandemic, and can be adapted to comply with health guidelines.

Health Promotion

Volunteers can play a crucial role in health education by distributing informational, assisting at vaccination clinics, or supporting mental health initiatives.

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