



Why Volunteer?
that's a good question with many answers...

- ✓ make friends
- ✓ gain confidence
- ✓ discover your talents
- ✓ develop skills
- ✓ gain work experience
- ✓ **Because you have to!**

All TDSB students **must** give 40 hours of service to their community in order to graduate

If you think volunteering is boring, let us prove you wrong. **Check out the variety of interesting volunteer placements available at 40hours.ca!**

Do you...

- ✓ enjoy playing **sports**?
- ✓ like playing with **kids**?
- ✓ love **horses**?
- ✓ want to become a **doctor or nurse**?
- ✓ stand up for what you **believe** in?
- ✓ help **friends** with personal issues?

If you said **YES!** to any of these questions, we have a rewarding position for **you!**

Whatever your reason for volunteering, **40hours.ca** will help you find a position you are passionate about!

Find a placement with...

- ✓ C.A.R.D.
- ✓ Canadian Cancer Society
- ✓ ecoMENTORS
- ✓ Lesbian Gay Trans Bi Youth Line
- ✓ H.E.Y.Y.
- ✓ Sunnybrook Hospital

Visit **40hours.ca** to view info on over 30 organizations

40 HOURS

to



Helpful questions to ask yourself in order to find an appropriate volunteer position for you...

- ✓ What are my interests?
- ✓ What skills do I have to offer?
- ✓ How much time can I devote to volunteering?
- ✓ Do I want a short- or long-term position?
- ✓ What causes in the community would I like to help support?
- ✓ Do I want to volunteer near my school or my home?



no worries...
you just found the solution!

Common Questions

How does my high school know if I have completed my 40 volunteer hours?

As you complete your hours, you must fill out a *Community Involvement Passport* and give it to your school when you have completed 40 hours. You can find this form at the office or at 40hours.ca

What does the TDSB consider 'community involvement' to be?

40 hours of volunteer activity (not for pay or credit) that is a constructive contribution to the community.



If you have questions that 40hours.ca was not able to answer, please contact us at info@40hours.ca

