



2021 ORIENTATION CHALLENGE

IDEAS FOR 750 HOURS OF VOLUNTEERING

Categories:

- Children
- Churches
- Elderly
- Environmental
- Essential Workers
- Food
- Fundraising
- Homelessness
- Virtual

Sponsored by Anna Maria College Campus Ministry Office



CHILDREN

SUGGESTIONS:

- Do any of your local schools need volunteer tutors for their students over the summer?
- Know of someone who just had a baby and has other children at home? Offer to come over and watch the other kids while the parent(s) naps with the baby.
- Volunteer at your local sports camps.
- Is your church holding a Vacation Bible School? Offer to help.
- Any Head Start programs in your area? Call/email and ask if they need help cleaning rooms, watching kids, or someone to help with serving a lunch or two.
- Knit or crochet hats for newborn babies & donate to a pregnant woman's home.
- Make no-tie fleece blankets for a local hospital or homeless shelter.
- Make cards/small care packages for children in your local hospital, DCF, or similar homes.
- Run a donation drive- food, clothing, etc.- check with local organizations for their current needs.
- Do you have any special talents that you could offer to teach others?
- Volunteer virtually with Camp Sunshine!



CHURCHES

SUGGESTIONS:

- Call/email your local church and see if any of their parishioners or local senior citizens need small jobs done around the house or yard.
Offer your help.
- Call/email your local church and see if they need small jobs done around the church grounds. Offer your help.
- Does your church run a soup kitchen/food pantry? Call/email and see how you can help.
- Is your church holding a Vacation Bible School? Offer to help.
- Does your local church run a daycare? Call and see if they may need some behind the scenes help.
- Check and see if your local church accepts donations of clothes or household items. If they do, do they need your help collecting, sorting and/or organizing?
- Help Catholic Charities or other similar charity organizations sort through their donations.
- Volunteer at a local farm. Sometimes churches have their own community gardens on the grounds.



ELDERLY

SUGGESTIONS:

- Make card for the residents of your local nursing home and deliver them.
- Call/email the local church and see if any of their parishioners/local senior citizens need assistance cleaning around their homes.
- Do you have an elderly neighbor or relative? See if they need help taking care of their pets, their yards, their grocery shopping, their errands, etc. Offer to spend time with them too if you're able.
- Are you a good teacher? Call/email your library and see if there is an adult who needs help learning to read.
- Do you play a musical instrument or sing? Offer to visit the local nursing home, hospital, senior center, etc. to play and entertain.
- Do you have any special talents that you could offer to teach others?
- Are you an artist? Can you paint pictures and donate them to a nearby soup kitchen, nursing home, or homeless shelter?



ENVIRONMENTAL

SUGGESTIONS:

- Pick a trail you and/or your friends like to visit, grab some trash bags and clean up the trail and parking area.
- Going to the beach with friends and/or family, bring a trash bag and clean up trash as you walk the beach.
- Call/email the local homeless shelter or soup kitchen and see if they need yard clean up done.
- Call/email the local church and see if they or any of their parishioners need any cleaning around the church or their homes.
- Visit your local animal shelter. Do they need dog walkers or their grounds cleaned up?
- Volunteer at a local farm.
- Are there any community gardens in your area that could use some weeding or care?



ESSENTIAL WORKERS

SUGGESTIONS:

- Make cards or small gifts for essential workers- health care, police officers, fire department, etc.
- Offer to cook a meal or make snacks for essential workers.
- Make a sign in support of the workers and post outside their workplace.



FOOD

SUGGESTIONS:

- Call a local soup kitchen and see if you can volunteer to help with a meal.
- Do you have a small homeless shelter near you? Maybe a house that houses only 5 or 6 guests? Offer to cook a meal for them. Cook it at home and deliver it.
- Volunteer at a local farm.
- Run a donation drive- food, clothing, etc. Check with local organizations for their current needs.
- Are you an artist? Can you paint pictures and donate them to a nearby soup kitchen, nursing home, or homeless shelter?



FUNDRAISING

SUGGESTIONS:

- Get a group of friends together to do a car wash fundraiser. You could ask for cans of food to donate to a food bank or raise money to go to a charity of your choice.
- Run a donation drive- food, clothing, check with local organizations for their current needs.
- Raise money for a charity run and participate in the run.
- Run an electronics recycle drive- offer to collect electronics for a price (depends on item), find a place to dispose of items safely, donate remaining money to a charity.
- Run a fundraiser for UMASS Memorial, Mustard Seed Communities, etc.



HOMELESSNESS

SUGGESTIONS:

- Call/email a local soup kitchen and see if you can volunteer to help with a meal.
- Do you have a small homeless shelter near you? Maybe a house that houses only 5 or 6 guests? Offer to cook a meal for them. Cook it at home and deliver it.
- Make no-tie fleece blankets for a local hospital or homeless shelter.
- Make cards or small care packages for children in your local hospital, DCF, or similar homes.
- Run a donation drive- food, clothing, etc. Check with local organizations first for their current needs.
- Are you an artist? Can you paint pictures and donate them to a nearby soup kitchen, nursing home, or homeless shelter?
- Pack your car with water bottles and granola bars. Drive into a city near you and when you see the people standing on the sides of the road, offer a bottle of water and/or a granola bar.



VIRTUAL

SUGGESTIONS:

- Join the app Be My Eyes. The purpose is to help people with low vision or blindness complete anything from ordinary tasks like reading a label to more difficult ones like giving directions, all through video chat
- Use [Idealist.org](https://www.idealist.org) or [Volunteermatch.org](https://www.volunteermatch.org) to search for local opportunities.
- Run a fundraiser for [UMASS Memorial](#), [Mustard Seed Communities](#), etc.
- Volunteer virtually with Camp Sunshine!
- Do you have any special talents that you could offer to teach others?
- Run a kindness campaign through your social media accounts. Give tips each day for ways that others and yourself will/can spread kindness in the world.