

## Scale of Service *Intensity*: Options for Volunteering

### Actions that are “voluntary” but not necessarily “volunteering”:

- joining an organization and simply paying dues to be on the membership list
- writing a check as a donation or attending a fundraising event
- being a good neighbor or a loving relative
- voting
- attending religious services

**Volunteering:** *Conscious actions contributed to a cause without financial profit, requiring the sharing of time and talent.*

### Intensity

#### Level

- 1** *A public extension of helping oneself, a relative or friend:* chaperoning a class trip when a son or daughter is a student in the group; offering to transport others to an event already on one’s calendar; participating in a food or child care cooperative; working the registration table at an event for a group
- 2** *One-time, help-for-a-day* projects: vacant lot clean-ups; painting the senior center lounge; collating a mass mailing; helping a blood drive.
- 3** *Goal-oriented, short-term projects* that end when the goal is achieved: building a community playground; canvassing a neighborhood to gather or distribute information; building wheelchair-accessible ramps; political campaigns.
- 4** *Periodic or seasonal service*, repeated annually or as necessary: event planning committees; holiday party organizing; planting or harvesting help; seasonal clean-ups; summer reading programs.
- 5** *On-call service:* Emergency victim assistance; substituting for other volunteers when they must be absent; responding at home to phone or e-mail questions from the public; sign language interpreting when someone deaf needs service.
- 6** Ongoing service scheduled *at volunteer’s convenience* and usually completed off site: online service/virtual volunteering; translating written materials into another language; knitting or using other craft skills to make items.

### *Regularly-scheduled, ongoing participation:*

- 7** Administrative or indirect services.
- 8** Governance: serving on a board of directors or becoming an officer.
- 9** Direct services to clients or consumers.
- 10** *Full-time volunteering:* disaster relief, UNV/Peace Corps, missionary work.