



# Micro- volunteering:

*What is it and how  
can I get involved?*

# What is Micro-volunteering?

Micro-volunteering is when a volunteer, or a team of volunteers undertake a task either online through an internet-connected device, such as a smartphone, or in small or bite-sized chunks of time – this is usually for a charity or other non-governmental organisations.

People are looking for new ways of giving time and microvolunteering allows you to benefit worthy causes through non-skilled actions that suit your lifestyle and the amount of time or commitment you can afford.

## ***Myth: You need a smartphone or computer to micro-volunteer...***

Micro-volunteering does not always involve the use of technology and can be done face-to-face.

Many organisations which offer micro-volunteering opportunities offer both online and offline opportunities.

Credit: 'The value of giving a little time: Understanding the potential of micro-volunteering from the Institute for Volunteering Research / NCVO

# Eight key features of micro-volunteering:

1. **Duration** – it involves small increments of time
2. **Access** – it is easy to get started and do
3. **Immediacy** – it is quick to start and complete, and requires minimal planning
4. **Convenience** – you decide when and where
5. **Level of formality** – no formal agreement between the organisation and the volunteer is needed
6. **Frequency** – it can be a one-off or repeated
7. **Activity** – it involves discrete actions
8. **Location** – it can be online or offline

Micro-volunteering is bite-size volunteering with no commitment to repeat and with minimum formality, involving short and specific actions that are quick to start and complete.

# What type of Micro-volunteering can I do?

There is a huge diversity of micro-volunteering opportunities available; *taking part in a flashmob, crowdfunding, sending a card to somebody, knitting a hat for a premature baby etc.*

Here are some popular outlets for micro-volunteering that you might like to explore:

**Help from Home** - *change the world in just your pyjamas! This is a well-organised site that categorises opportunities by the amount of time they take, from 1 minute to 30 minutes or multiple 30 minute sessions. You can also search by subject, for example:*

***Play Games and Contribute to Research Projects***

***Micro-volunteering opportunities that take 5 minutes or less to complete***

***Smartphone Volunteering***

***Offline Actions***

## ***Myth: Micro-volunteering is new...***

Some volunteer-involving organisations have been offering micro-volunteering opportunities for a long time. One example includes the well-established tradition of baking cakes for fundraising events.

Informal micro-volunteering as a means of mutual aid has always existed

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**Skills for Change** - This site allows not-for-profit organisations from around the world to post 'challenges' they need help with. Examples include commenting on publicity or strategy documents, designing artwork for marketing and publicity and support with social media tasks. You can search by organisation, by theme or by skill required, and register to receive email updates with challenges that match your skills.

**Zooniverse** - A 'Citizen Science' website where you can help transcribe 16<sup>th</sup> century recipes and letters. Other options include helping computers recognise animals' faces and identifying meteors in radio data. There is a short instruction piece at the start of each option and help buttons if you need information whilst carrying out the tasks.

**You can also read more at the Micro-volunteering day website.**

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# Good luck!...

We hope that you can find something interesting from this list and wish  
you every success with your  
micro-volunteering!...

For more information:

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