



10 ideas for

MICRO VOLUNTEERING

www.volunteeringervices.org.nz

01

Pick up rubbish on your daily walk

Help the environment by collecting rubbish in your neighbourhood.



Leave a kind note

Write encouraging messages and leave them in public spaces like libraries or cafés

02

03

Translate a short message

Offer your language skills to help a community group translate a flyer or post.



Map an AED location

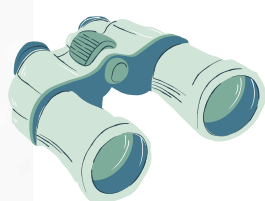
Upload a nearby defibrillator (AED) location to [AED Locations](#) register

04

05

Cook or bake for a neighbour

Surprise someone with a meal, baking, or fresh produce from your garden.



Join a citizen science project

Log wildlife sightings on [iNaturalist NZ](#) to support conservation efforts.

06

07

Join the NZ Garden Bird Survey

Spend an hour observing birds in your garden to assist [NZ Garden Bird Survey](#) in tracking native bird populations.



Declutter & donate clothes

Drop off clean, quality clothing to a local op shop.

08

09

Record a story

Record a public domain audiobook for [LibriVox](#), making literature accessible to all.



Support a global cause from home

Use platforms like [Zooniverse](#) or [Be My Eyes](#) to help research or assist people with disabilities.

10



Volunteering
SERVICES

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