

TENNESSEE TECH VOLUNTEER NEWSLETTER



Pictured above: Volunteers helping fill boxes at Food to The Rescue.

Join Eagle Engage's Community Service and Volunteerism Group

Eagle Engage is the best place to learn about volunteer opportunities first. It is place where students can post volunteer opportunities they know of. It is also a place to find long-term volunteer opportunities.

Join this group from the link below or the QR Code.

https://eagleengage.tntech.edu/serve/club_signup



WHY VOLUNTEERING IS AMAZING FOR YOUR HEALTH

You might not think that volunteering has any health benefits. Volunteering isn't just a good thing to do, it is also good for your health. Volunteering can help provide a good community for people. Community is an important part of maintaining good mental health. Community can also provide a sense of belonging. Cultivating belonging in life can lead to feeling more fulfillment, being a part of something bigger than yourself in life, and also learning more about who you are. Some benefits of volunteering are:

- Improves physical health outcomes. Volunteering can improve physical health outcomes.
- Improves your sense of meaning and connection, which is linked to improved mental health outcomes.
- Volunteering can provide new relationships and deepen existing relationships.
- Volunteering can give you a shot of dopamine, which is the pleasure and satisfaction hormone.
- Volunteering is linked to a longer lifespan.
- Volunteering can decrease blood pressure. High blood pressure is linked to heart disease. One reason why volunteering may decrease blood pressure is it increases movement and also lowers stress levels.



VOLUNTEER OPPORTUNITIES APRIL/MAY

- Volunteer at West End Park for their annual Easter Egg Hunt on April 8th from 11:00 a.m.-12:30 p.m.
- Help at First United Methodist Church's food pantry April 17th at 8 a.m.-11 a.m.
- Help at First United Methodist Church's food pantry April 18th from 12:30 p.m.-6:30 p.m.
- Volunteer at Upper Cumberland Habitat for Humanity build site from 9:00 a.m.-2:00 p.m. on April 8th, 15th, 22nd, and 29th.
- Volunteer at the ReStore at Upper Cumberland Habitat for Humanity Tuesday-Saturday during April from 10:00 a.m.-5:00 p.m.
- Overton County Habitat For Humanity's Race to Build Hope on April 15, 2023 at 7:00-9:00 a.m. Sign up through [this link](#).
- Distribute food boxes to families in need in Cookeville with Food to The Rescue on May 18th. Contact Lisa Pahl at 714-585-5472.
- Volunteer at the Upper Cumberland Habitat for Humanity Dream Builder's luncheon on April 25 from 1:15-2:30 p.m. To volunteer contact Maren Bader at maren@uchabitat.org or 931-528-1711!
- Volunteer at the 2nd Annual Darwin Dash on May 29th with West End Park! For more information contact thewestendconnection@gmail.com.

Need More Volunteer

Opportunities?

The Office of Student Engagement is here to help you find long-term and short-term volunteer opportunities. Stop by our office in the Roaden University Center in Room 214 or email sw-aenakamoto@tntech.edu.

Why You Should Volunteer Abroad This Summer

Many college students work in the summer to make extra money. Summer jobs can help build up your resume, expand your network, and possibly give letters of recommendation. Volunteering in the summer can have many of the same benefits. There are worldwide volunteer opportunities that can give you affordable ways to travel. Most of these volunteer opportunities offer free living arrangements, free meals, and cheap travel opportunities. I wish I had learned about this back when I was a freshman or sophomore. Now, as a graduate student this is definitely an opportunity I will be taking this summer. I love WorldPackers as a resource. The hosts are verified and they offer thousands of opportunities. Some benefits of volunteering abroad are:

- Learning more about other cultures.
- Becoming more culturally competent.
- There's a positive aspect on the local economy.
- Can help you find a new career path or interest.
- Make new friends around the world.
- Volunteering abroad can be a valuable work experience to put on your resume.

Here's a list of amazing opportunities I found around the world!

- [Live in Jeju City and volunteer in South Korea!](#) Free meals and a shared dorm are included.
- [Help out at a farmstay in Tuscany, Italy!](#) All meals and lodging is including.
- [Experience life on a Hebridean island, apiaries & new build tasks in the UK.](#) A private room and all meals are included.
- [Help in an animal shelter in Croatia!](#) A shared dorm and one meal a day is provided.

