

# VOLUNTEERING CHANGES LIVES!

NATIONAL VOLUNTEER WEEK  
**April 24-30, 2022**

**48<sup>th</sup>**  
EDITION

## Declaration of the FCABQ for Volunteer Week 2022

THEME:

## VOLUNTEERING CHANGES LIVES!

Volunteering is a virtuous circle. Being the essence of the proper functioning of our society, this cause affects all causes and far beyond. It changes the lives of those who practice it: the volunteers themselves. Giving of oneself means first of all giving oneself a moment of pleasure and well-being.

Out of passion or compassion, volunteering changes lives. Volunteers' lives first! In addition to being a source of pleasure and a factor of joy, it can have a real impact on our physical and psychological well-being. Volunteering allows you to get out of isolation, meet new people and do yourself good. It is a simple gesture that allows to cure and anticipate several evils.

Volunteering also changes the lives of those to whom one reaches out. It helps to make a precious and especially essential gesture to those who need it most. Each act of volunteering, whatever the action, has a beneficial impact on the beneficiaries.

Finally, volunteering changes the life of a society. It is a powerful source of collective wealth. Although invaluable, it offers our community the opportunity to develop in a context of benevolence and mutual aid based on solidarity.

Remember, changing lives is changing the world!

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