Portraits of volunteers and volunteering in Quebec

- 38% of Quebeckers volunteer with organizations.
- Average of 10.2 hours volunteered per month: 51% of volunteers give between 1 and 10 hours per month.

Main sectors

- According to 76% of Quebeckers, the health and social services sectors have the most volunteers.
- The most recent Quebec statistics show that 47% of volunteers are involved in these two sectors combined (19% in health and 28% in social services).
- The culture and recreation sectors are right behind, with 37% of volunteers, even though only 11% of Quebeckers identified these sectors as having the most volunteers.

Impacts of volunteering in these sectors

The following figures take into account the activities of organizations within the Réseau de l'action bénévole du Québec (RABQ) only, a network of 28 national groups representing more than 6,000 organizations and having 1.6 million active volunteers.

Over the past year, in the health and social services sectors

- 1.5 million volunteer hours contributed by more than 15,000 volunteers in health and social services organizations (Association des gestionnaires de ressources bénévoles du Québec)

- 2 million meals prepared and delivered each year to more than 30,000 people with decreased independence, mostly seniors (Regroupement des popotes roulantes du Québec)

- 80,000 seniors reached through community centres for seniors (Association québécoise des centres communautaires pour aînés)

- More than 40,000 people accompanied 288,632 times by a volunteer to attend medical appointments or help with errands. This represents 10 million km covered by volunteers. (Fédération des centres d'action bénévole du Québec)

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1 Unless stated otherwise, the figures in this section are taken from Portrait des bénévoles et du bénévolat, a research report published in 2018 by the RABQ.
2 Taken from Le bénévolat selon les Québécois, a research report published in 2018 by the RABQ.
3 Ibid.
4 The figures in this section were provided by RABQ member organizations.
- 1,530 single seniors, many with reduced mobility, paired with volunteers who have visited them 15,000 times (Les petits frères)

- 873 people with physical, intellectual or mental health disabilities paired with a volunteer. The need is clear: 944 people are still waiting to be paired with a volunteer. (Regroupement québécois du parrainage civique)

Over the past year, in the culture and recreation sectors

- 560,000 community newspapers printed and distributed (bimonthly, monthly and every two months) (Association des médias écrits communautaires du Québec)

- 290,000 subscribers to a public library in more than 765 municipalities, mainly thanks to volunteers (Réseau Biblio)

- 398 municipalities served by independent community television, providing access to 236 hours of original programming each week, including 71 hours of local and regional content (Fédération des télévisions communautaires autonomes)

- Nearly 12,000 young French-speaking Canadians involved in scouting (Association des Scouts du Canada)

- More than 3,000 young athletes participating in provincial sports finals thanks to more than 2,500 volunteers (Sports Québec)

- In terms of leisure (scientific, cultural, outdoor, socio-educational, tourism), Quebec has 4,500 organizations, 3,000 of which operate on a volunteer basis only. This figure is interesting since 66% of Quebeckers believe that volunteer organizations have a lot of paid staff…

Volunteering: individual enjoyment, collective well-being!

- Volunteers are in better physical health. According to a recent study, the physical fitness of men and women who volunteer is equal to someone five years younger who doesn’t volunteer. In other words, a 50-year-old volunteer is as healthy as a 45-year-old non-volunteer.

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5 Taken from Le bénévolat selon les Québécois, a research report published in 2018 by the RABQ.

6 Unless stated otherwise, the figures in this section are taken from Portrait des bénévoles et du bénévolat, a research report published in 2018 by the RABQ.

- 66% of volunteers said that their volunteering helped build their skills. This statistic goes up to 88% among youth under 35 years of age and 77% among volunteers born outside Canada.
  - The main skills that are developed are human relations (64% of volunteers), communication (44% of volunteers) and project and/or event management (39% of volunteers)\(^8\)

- Volunteering is contagious!
  - 47% of volunteers have a spouse who also volunteers (9% of non-volunteers)
  - 47% of volunteers saw their parents do volunteer work (30% for non-volunteers)
  - 54% of volunteers with children saw them volunteering (23% of non-volunteers with children)

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\(^8\) Statistics Canada, Canada Survey of Giving, Volunteering and Participating, 2010