

Virtual Volunteer Opportunities

[Hire a Hero](#): Help veterans and military spouses excel in their careers by conducting mock interviews, offering general career counseling, or guiding federal-sector applicants through the USA Jobs portal and interview process. Most online volunteer opportunities are conducted via phone or video.

[ZSL Instant Wild](#): Contribute to essential conservation efforts by tagging animals in images and videos. Don't worry if you don't have any expertise — the organization provides helpful field guides for each project. Watching videos of cute animals while saving their futures? Sounds like a dream.

[The United Nations](#): The United Nations Volunteers website includes a list of virtual volunteer opportunities at UN entities, civil society organizations, and governmental institutions. You can sort opportunities by type (for example, COVID-19 response, teaching and training, project development, and more).

[Create the Good](#): Not sure what you want to do yet? Head to Create the Good, AARP's searchable database of volunteer opportunities. To find virtual gigs, select "show only home/remote opportunities." You'll find interesting ways to support a range of organizations without ever leaving your house.

[RAINN](#): The National Sexual Assault Hotline, operated by RAINN, needs virtual volunteers to provide live, secure, and anonymous support to victims of sexual assault and their loved ones. Volunteers must receive extensive crisis-intervention training and commit to a minimum of 10 hours of service a month, for a minimum of 18 months of service.

[Career Village](#): The tag line for this one is simple: "Volunteer to answer questions from students who want to be you when they grow up." Essentially, kids submit questions about various career paths to Career Village, and you'll get notified if there's a question you might be able to answer. It's like a virtual career fair you can participate in whenever you have time.

[Lifetime Connections Without Walls](#): This telephone activities program provides opportunities for older adults to connect with others; LCWW offers educational sessions, game nights, support groups, and friendly conversations, all over the phone. The organization relies on volunteers to increase their class offerings. Got an idea for a class? Drop them a note.

[Smithsonian Digital Volunteers](#): Consider yourself a history buff? Volunteer for the Smithsonian Institute. Digital volunteers help make historical documents and biodiversity data more accessible by transcribing and reviewing various field notes, diaries, ledgers, logbooks, currency proof sheets, photo albums, manuscripts, and biodiversity specimen labels.

[StoriiTime](#): If reading is your passion, then sign up for StoriiTime, a service that connects children with seniors for virtual story hours. You can sign up as a reader (you must be over 50), a parent who would like their child read to (kids must be ages 13 and under), or a care provider looking to get their residents involved.

[Sidelines](#): Sidelines' mission is to support women and families experiencing complicated pregnancies and premature births — and they need volunteers who have experienced those things to help achieve that goal. As a volunteer, you'll complete online training and provide emotional support to women in a variety of ways, including email, phone, video chat, and discussion groups.

[Volunteer Match](#): You've probably found in-person volunteer opportunities on Volunteer Match before, but the platform now allows you to search for virtual opportunities too. Organizations are looking for everything from writers and designers to web developers and knitters.