People volunteer for various reasons. Old people volunteer because they feels lonely or isolated so they like to share specific skills or wisdoms, while young people do this because they are full of energy to do many things so they like to share socially lively volunteering experiences. Volunteering is not only flexible and enjoyable at all stages of life, but also it is dynamic and positive to get multiple benefits for all those involved irrespective of life stage. Volunteering’s impact can be affected by different things such as motivation, capacity, personality type, self-awareness and life circumstances. Certainly, when someone choose to do a volunteering work that matches his desires and supports abilities, this will contribute to enhanced possibilities of a good volunteering experience and in turn a positive impact in health and well-being.

No one can deny that volunteering activities have a great importance on one’s feeling. They contribute to make friendship feeling by meeting new people, enjoyment feeling by giving energy, sense of personal improvement feeling by practicing new skills, sense of self confidence feeling by sharing positive social interaction, connected to community by being part of a team to enforce his belonging, and besides all above they give people gratitude and appreciation for life's blessings and help them to be more tolerant and open to people.

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