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## **Globalising Professional and Personal Development through Online Volunteering -- An Occupational Therapist's Perspective**

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Volunteering utilising online media to assist short-term global projects can offer significant benefits to the occupational therapy profession and valuable professional development opportunities for occupational therapists.

This presentation describes relevant literature, and examples from the author's experience, concerning the occupation of volunteering. The benefits to organisations, communities and professions from the contribution and commitment of volunteers is acknowledged and influencing factors described. Task-based volunteering using online media to contribute to global projects is highlighted as it offers occupational therapists resource-effective professional and personal learning and development opportunities.

The information in this presentation has relevance to a variety of audiences; that is, individuals who already volunteer and/or who might be interested in globalising their professional development using resource-effective strategies, representatives from organisations or professions who rely on volunteers, and managers and business owners who support the voluntary activities undertaken by their employees. It is expected that the audience may gain a deeper awareness and understanding of the benefits of volunteering, factors which may influence participation in volunteering, and media and strategies which can facilitate the effectiveness of volunteer contributions and enhance project outcomes.

This presentation contributes to occupational therapy practice through its demonstration that volunteering to global projects using online media can facilitate, and add depth to, individual professional development, lifelong learning and personal growth as well as its more obvious benefit to the development of the global occupational therapy profession.