

Hera Day Service Ideas

Hera Day, recognized annually on March 1, is an opportunity to dedicate your service along with Alpha Chi Omega sisters across the world to make a collective impact. These service opportunities can be grandiose or small acts of kindness, both of which are key to advance the spirit of Hera Day among all.

The opportunities below are options to consider in your community or beyond, and they are meant to spark ideas and creativity and to be molded to your personal volunteer style. The list is by no means exhaustive! These activities can be done individually or as part of a larger group or alumnae chapter. Be empowered to step out of your comfort zone for just an hour or two and explore something new.

Please note that some volunteer opportunities may require special training or a background check. Plan ahead so that you will be ready to go on Hera Day!

- Need something quick and easy? Check out options 2 or 3.
- Enjoy nature and/or animals? Have a look at options 4 or 5.
- Want to help people directly in impactful ways? See options 1, 6, 7, 8, 9 or 11.
- Have some special skills? You may be interested in options 8, 12 or 13.
- Interested in serving in support of our philanthropy? Explore option 14.
- Need other ideas? Look at option 15 or do a quick Google search for options of interest.

OPTION 1: DONATE OR VOLUNTEER AT A SHELTER, FOOD PANTRY OR OTHER NONPROFIT

This category encompasses a variety of types of donations and volunteer opportunities. Examples include food drives; volunteering at a food pantry; menstrual supplies or self-care/makeup item collections to donate to a shelter; school supplies, backpacks and clothing drives; interview/workforce development item collections; and undergarments, baby supplies, toys, first aid kits, etc. drives. Here are a few resources to explore:

- <https://www.kinf.org/diy-supply-drive-toolkit/>
- <https://www.rotary.org/en/how-to-organize-successful-food-drive>
- <https://allianceforperiodsupplies.org/wp-content/uploads/2021/11/Period-Supply-Drive-Toolkit-2021-1.pdf>
- <https://isupportthegirls.org/>
- <https://www.donateyourbras.com/>

- <https://dressforsuccess.org/>
- <https://www.pohoc.org/remote-volunteering/>
- <https://www.feedingamerica.org/take-action/volunteer>

OPTION 2: WRITE LETTERS

Love to write letters? These can be addressed to those in the military, first responders, those that are home-bound or in a nursing home, or other types of local shelters, nonprofits or organizations. Need ideas? Here are a few options:

- <https://www.lettersofloveglobal.com/>
- <https://loveforourelers.org/letters>
- <https://www.operationgratitude.com/volunteer/anywhere/letters/>
- <https://www.lettersagainstisolation.com/>

OPTION 3: CREATE AN E-CARD

If you can't write a physical letter, mail a postcard or send a note, consider sending an [e-card](#). Something as small as an e-card to a child at St. Jude or other hospitals can brighten up a day, and these can be completed on your own schedule, even at midnight for our night owl sisters! Need ideas? Here are a few:

- <https://www.stjude.org/get-involved/send-virtual-cards-online-to-childrens-hospital-patients.html>
- <https://apps.chop.edu/ecards/ecards.cfm>
- <https://www.chp.edu/for-parents/resources/contact-a-patient>
- <https://www.nationwidechildrens.org/greeting-card>
- <https://www.childrenscolorado.org/your-visit/cheer-cards/>

OPTION 4: HELP ANIMALS

Love cats and dogs? Animals need your help. You can volunteer at your local animal shelter or other animal support organizations. Need ideas? Here are some:

- <https://www.humanesociety.org/volunteer>
- <https://bestfriends.org/volunteer/volunteer-near-you/national-opportunities>

OPTION 5: ENVIRONMENTAL ACTIVISM

Enjoy local clean-up of parks, rivers, playgrounds; beautifying local landscapes; or other nature activities? Many places in your community could use your service. Need ideas? Here are some to get you started:

- <https://www.sierraclub.org/volunteer>

- <https://www.arborday.org/programs/>
- <https://www.communitygarden.org/garden>

OPTION 6: RELIGIOUS/SPIRITUAL ORGANIZATIONS

Your local church, temple, synagogue, mosque or other spiritual organization has an abundance of volunteer opportunities in service to others. Reach out to find out how you can help.

OPTION 7: READING MATTERS

Consider donating your time to a library; donating books on your shelf to your local school, library, women's shelter or homeless shelter; or participating in a program such as [DC Books to Prisons](#). You could also start a Little Free Library or lend your voice to recordings of books for children or other materials for blind or visually impaired people! Need ideas? Here are some:

- <https://littlefreelibrary.org/start/><https://pickupplease.org/donate-books/>
- <https://prevailinc.org/index.php/our-services/primary-prevention/our-community-reads-together>
- <https://societyfortheblind.org/get-involved/volunteer/>
- <https://www.bemyeyes.com/>

OPTION 8: CREATIVE ARTISTRY

If you're a knitter, crocheter, familiar with a sewing machine or otherwise crafty, consider creating a few pieces to donate such as blankets, hats, scarves, mittens, etc. If you're not particularly crafty with fabric, consider making a [fleece tie blanket](#). Grab a few sisters and have a party or make one or two on your own.

- <https://www.knittingforcharity.com/knitting-charity-backyard.html>
- <https://elizabethmadethis.com/sewing-for-charity/>
- <https://www.projectlinus.org/>

OPTION 9: DONATE BLOOD

Consider donating blood. The process takes about an hour, and there's frequently a blood drive happening in your local community to help fight against blood shortages. Need ideas for where to find a blood drive? Explore these resources:

- <https://www.redcross.org/give-blood.html>
- <https://www.vitalant.org/>

OPTION 10: DIGITAL VOLUNTEERING

Did you know that digital technology makes it possible for people to make significant volunteer contributions online? The Smithsonian offers "digital volunteers" the opportunity to take on important assignments to expand access to the Smithsonian's massive collections and participate in a variety of research programs. Some roles require special knowledge or skills, but many do not. Explore their website below for more details:

- <https://www.si.edu/volunteer/DigitalVolunteers>

OPTION 11: HUMAN RIGHTS

Amnesty Decoders is a global network of digital volunteers working to research and expose human rights violations. Explore the website below for details:

- <https://decoders.amnesty.org/>

OPTION 12: USE YOUR FOREIGN LANGUAGE SKILLS

Translators Without Borders depends on volunteers to translate millions of words each year. Make an impact and learn new skills that you can use in your everyday life. Explore the website below for details:

- <https://translatorswithoutborders.org/volunteer/>

OPTION 13: HELP CREATE A DIGITAL LIBRARY

The goal of The Gutenberg Project is to create the largest digital library, and so far they've amassed 59,000 free e-books. Volunteer by donating [eligible materials](#), transcribing books into a digital format or proofreading others' work.

- https://www.gutenberg.org/help/volunteers_faq.html

OPTION 14: SERVICE IN SUPPORT OF DVA

Are you interested in serving to support survivors, domestic violence awareness initiatives, or local or national service providers or helplines? Visit [our Domestic Violence Awareness webpage](#) to explore resources and connect with various organizations that may have volunteer opportunities. For example, Alpha Chi Omega's national partner RAINN provides information about virtual volunteering with the National Sexual Assault Hotline, and the National Coalition Against Domestic Violence can connect you with local resources. Learn more on the websites below:

- <https://www.rainn.org/rainn-virtual-volunteering>

- <https://ncadv.org/volunteer>

OPTION 15: NEED OTHER IDEAS?

DoSomething and Volunteer Match empower people to perform volunteer service both online and in person. Volunteer through [one of their campaigns](#) to help solve real-world problems.

- <https://www.dosomething.org/us>
- <https://www.volunteermatch.org/>