

Headline	Get Comfortable Being Uncomfortable		
MediaTitle	Mens Health		
Date	13 Jul 2016	Color	Full Color
Section	NEWS	Circulation	32,000
Page No	66	Readership	96,000
Language	English	ArticleSize	335 cm ²
Journalist	N/A	AdValue	RM 3,263
Frequency	Monthly	PR Value	RM 9,789



Get Comfortable Being Uncomfortable

Put your racquets and soccer boots aside, and do something completely different for a change. Here are four volunteer programmes that are a departure from your usual sporting activities



Listen to someone at Befrienders

Lend your ear to troubled callers seeking someone impartial to talk to. All you need is patience and an open mind, while leaving your personal judgement, religious beliefs and opinion at the door. No special qualifications or experience needed, so don't worry about having to give specific advice to callers. In any case, training lasting eight Saturdays will be provided, once you get the all-clear from the professionals who run the organisation. You'll only need to set aside three hours of your time a week and commit to one overnight duty a month. And rest assured that calls are not recorded. befrienders.org.my



Safeguard a child's future at SUKA Society

Offer much-needed guidance to trafficked children and those in detention through the Children's Opinion Workshop that takes place throughout the year. Harness your everyday experience and knowledge to mentor the children and set them on the proper path in life. You can also work with the team to create learning materials and mechanisms, as well as share stories written by SUKA's Orang Asli teachers from Empowered2Teach.org to instil confidence. Alternatively, conducting fundraising and awareness events for the organisation is also encouraged. sukasociety.org



Plan activities and campaigns at Malaysian AIDS Council

Volunteer at their events and campaigns to aid women, men and children who are HIV-positive by providing manpower, contributing ideas and offering emotional support. No professional experience required. You'll be able to meet people from all walks of life and experience pertinent social issues. You can also donate to "Be A Pal" via saveyourpal.com.my - all funds go towards building shelters for those living with HIV. mac.org.my



Spend time with the elderly at Tong Sim Senior Citizen Centre

Show the centre's residents a little TLC as a volunteer by helping to prepare meals, do laundry, and provide basic companionship such as going on walks, chatting or playing board games. Remind them that they're not alone, while gaining an insight that'll make you look at the world from a different perspective. You can also donate sundries such as canned food, toiletries, laundry detergent and bed linen to the home. hati.my