



Tūao Aotearoa

Volunteering New Zealand

State of the Decade of Volunteering

March 2026

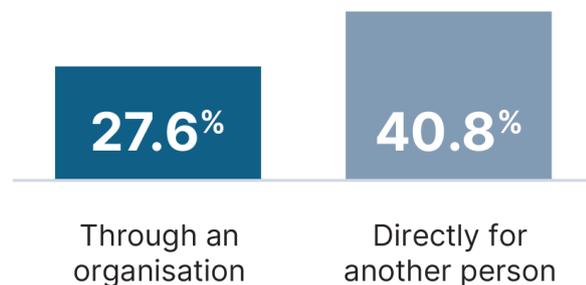
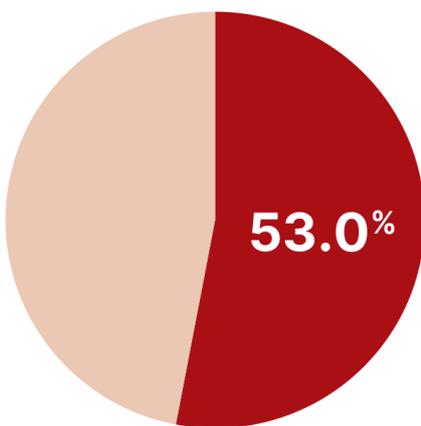
Key findings at a glance

Our review of the last decade shows that volunteering in New Zealand remains strong, but there are changes in the way people choose to volunteer.

More people are volunteering, fewer through organisations

People who volunteered over previous four weeks (total population)

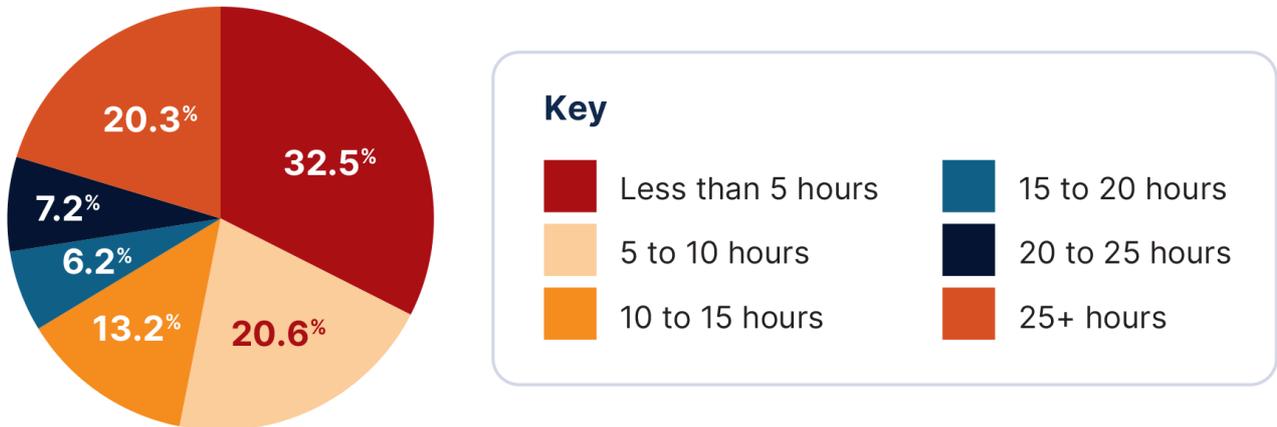
– Stats NZ, 2025.



More flexible, episodic volunteering

Volunteers by number of hours contributed over previous 4 weeks

– Stats NZ, 2025.



Volunteer rates differ (slightly) between genders and ages

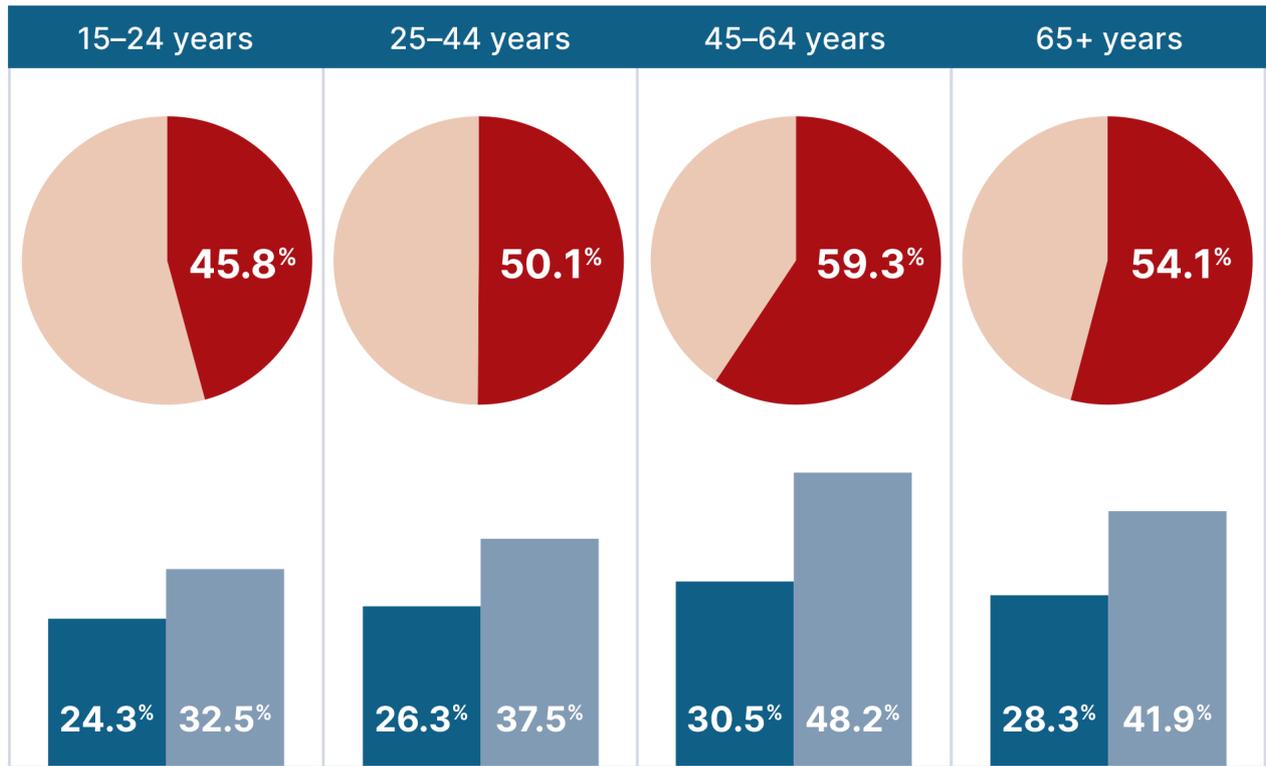
♀♂ Gender mix



55.9% of women and 50.0% of men volunteer.

People who volunteered over previous four weeks (by life stage)

– Stats NZ, 2025.



Key ■ Through an organisation ■ Directly for another person

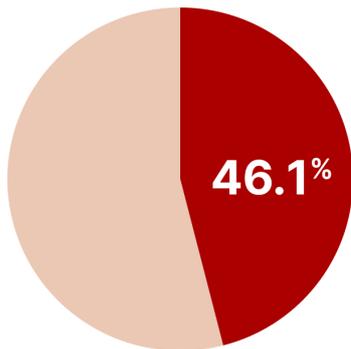
Community organisations respond to challenges

Community organisations who rely on volunteers face challenges including ageing demographics, administrative burdens and a lack of volunteers coupled with greater community need. However, organisations are improving their volunteer management practices, and adapting to how people want to volunteer. The State of Volunteering remains a solid 6.5/10.



Barriers

The most common barrier to volunteering is time with



of people identifying this as a barrier to volunteering with an organisation (formal volunteering) and 41.3% of people saying this is a barrier to directly helping someone else out (direct/informal volunteering).



The last few years (2020-2024) in particular indicate that organisations are taking volunteer development and training more seriously.

State of Volunteering remains strong

Rating of the state of volunteering in New Zealand (out of 10) through the decade

