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Charitable giving is something that is inherent in our society. Most of us have given to charity at one point or another. We may put a few coins in a charity box from time to time. We might think about focusing on taking part in a big event, such as a charity run or sponsored walk, where we raise funds for a particular event or charity in a particular way. We might even give a small amount of money on a monthly basis to one or more charities we support on a regular basis.

But whatever we do it can be difficult to make the right choices to begin with. For starters, should you support charities at home or abroad? The answer here depends on your own beliefs and whom you would most like to support. Many people make their choices depending on their lives and who they have an affinity with. For example if you have been to Gibraltar you might want to do your bit for community awareness Gibraltar, even if you currently live in the UK. If you know what community awareness Gibraltar is all about and you have an affinity with it, this could be a good project to support and donate to from afar.

Another good decision would be to focus on a charity you have had some connection with in the past. A lot of us have experience of certain illnesses, either ourselves or through other people who are close to us. In these situations you would think that it would be a good idea to organise our charitable giving according to these experiences. This can be done through regular fundraising or even through giving our time at certain points. For instance you could give your time via helping out in charity shops that are associated with the charity you support. There are lots of ways to help and giving money should be recognised as just one of them. If giving your time is a better way to go, you should do this instead. It is still worth an awful lot to the charity concerned.

Whatever you decide to do it is clear that it must be your decision. The more you do for your chosen charity, the better you are likely to feel in yourself. You can do a lot to ensure you feel better and can achieve the goals you want to in life. Donating to charity is a vital thing to do in order to sustain these charities and allow them to continue to do their jobs, regardless of which country they are affiliated with. What matters is which charity means the most to you.

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a Flip Project is a joint venture of Bonita Trust & Credit Suisse. Bonita is a a philanthropic foundation providing charitable funds all over the world for improvement in areas of health, education, etc. Visit http://www.flip.gi for more information.

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