

VOLUNTEERING AND SOCIAL PARTICIPATION

Volunteering and social participation support your well-being and keep your brain active.

Volunteering is done around the world. In Finland, too, people are socially active: they do a lot of volunteering and participate in various associations. Volunteering and being involved in association activities is a good way to integrate into a new environment and find useful things to do.

WHAT IS VOLUNTEERING?

Volunteer work is done for the benefit of others, without pay. Expenses arising from volunteering are usually reimbursed (bus tickets and other costs). Volunteering must not lead to costs for the volunteer.



WHERE CAN YOU VOLUNTEER?

Volunteering takes place in several places, for example



associations



sports clubs



or

for the benefit of individuals

MANY ASSOCIATIONS ARE CONTINUOUSLY LOOKING FOR NEW VOLUNTEERS.



THERE ARE OVER 135 000 ASSOCIATIONS IN FINLAND.

WHO CAN VOLUNTEER?

Anyone who wants to help others. You don't need training, the various organisations train you. Volunteers are bound by a duty of confidentiality, i.e. they are not allowed to talk to others about the person being assisted.

HOW CAN I STOP VOLUNTEERING?

You can stop volunteering whenever you want. Notify the contact person.

WHAT IS AN ASSOCIATION?

People set up associations to meet each other and have an impact on issues that matter to them. In Finland, anyone can set up an association or belong to an association. It is a constitutional right.



Memory associations are patient associations. Patient associations have been established to help and support the sick and their relatives. It provides information on the particular illness, guardianship and peer support.

AN ASSOCIATION HAS

...at least 3 members, a common purpose and common rules, and it does not seek to make a profit.



A small annual fee for members to join the association.

HOW TO SET UP AN ASSOCIATION?

More information:

Patent and Registration Office: <https://www.prh.fi/en/yhdistysrekisteri.html> (KÄÄNTÄJÄN HUOMAUTUS: ALKUPERÄINEN NETTILINKKI EI TOIMINUT, TÄMÄ LIENEE VASTAAVA?)

Several associations receive financial support from different parties. You can apply for funding from, for example, the local council, Veikkaus (Finnish National Lottery) or different foundations. With the help of financial funding, associations can hire employees.



WHAT BENEFITS DO YOU RECEIVE FROM ACTIVE PARTICIPATION?

Volunteering gives you the opportunity to make new friends, network and learn more about the culture of the host country!

IF YOU HAVE TIME AND...

- ☺ YOU WANT TO HELP
- ☺ LOOKING FOR MEANINGFUL THINGS TO DO



- ☺ YOU WANT TO TAKE PART OR BELONG TO SOMETHING
- ☺ LOOKING FOR COMPANY OR NEW FRIENDS



- ☺ YOU WANT TO MAKE USE OF YOUR KNOWLEDGE AND SKILLS
- ☺ YOU ARE ACTIVE AND WANT TO GET SOME EXPERIENCE
- ☺ YOU ARE THINKING HOW TO LEARN MORE FINNISH



...CONTACT VARIOUS ASSOCIATIONS AND ASK IF YOU CAN JOIN THEIR ACTIVITY. FOR EXAMPLE, YOU CAN LOOK FOR VOLUNTEER WORK FROM HERE:



VOLUNTEERING

<https://vapaaehtoistyö.fi/>

RED CROSS

<https://www.punainenristi.fi/>

KANSALAISAREENA HELP CENTRE

www.kansalaisareena.fi

www.avustajakeskus.fi

operates in southwestern Finland and carries out both volunteer work and paid personal assistant work.

MEMORY FRIEND ACTIVITY

<https://www.muistiliitto.fi/fi/tuki-ja-palvelut/tukea-arkeen/muisti-kaveri>

You can train to be a friend for someone with Alzheimer's. Learn more about memory associations.

Sources: yhdistystieto.fi

Loimu Kari: Yhdistyksen ABC. Opas suomalaisen yhdistystoimintaan

Vapaaehtoistyö Suomessa -Opas maahanmuuttajille. https://www.kierratyskeskus.fi/files/7308/Vapaaehtoistyö_suomessa_taitettu_19913VETyv.pdf

Itkonen Outi, Röppänen Anni: Maahanmuuttajien kokemuksia vapaaehtoisena toimimisesta.

www.muistiliitto.fi | www.muistisalo.fi

Illustration and design: Karen Cipro | karencipro.deviantart.com