



CONTRIBUTE AND FIND INSPIRATION

**VANTAA OFFERS DIVERSE OPPORTUNITIES FOR
VOLUNTEER WORK**

THE PATH OF THE VOLUNTEER

1. Pick a role that speaks to you.
2. Contact the volunteer work coordinator/contact person.
3. Schedule an appointment with the contact person. They will give you more information on your position.
4. Complete and sign the volunteer work contract.
5. You will receive the required training or take a volunteer work course.
6. You can start!

DO YOU FEEL THE CALL TO HELP?



You are suitable for volunteer work just as you are.

There is no special expertise or prior experience required. Anyone with the knowledge and skills of an ordinary person can volunteer.

Many people join out of a desire to help and stay on when they find new friends and a group they like.

The City offers a variety of options for volunteering:

- Supporting children and young people
- In libraries and schools
- Mediation
- Vantaa's citizens' houses
- Integration support
- Shared Table citizens' activities
- Supporting the elderly
- Supporting the disabled

“What would I do at home by myself?”

– Kyllikki, volunteer

This brochure tells the stories of actual volunteers. Their experiences convey the enthusiasm and joy that comes from working for the common good.

VOLUNTEERING WITH CHILDREN AND YOUNG PEOPLE

SUPPORT PERSON AND SUPPORT FAMILY ACTIVITIES

A child or young person can be assigned a support person or support family if their own family is low on resources and the child needs meaningful adult companionship.

A support person or family can help and support the child in various situations by listening, giving encouragement, or maybe helping the child find a hobby. The work is a preventive family support service.



A reliable adult or family that wants to help children and young people can become a support person or support family. A support person meets the child two to four times a month, and children with support families spend one weekend each month with their support family.

The support persons are supervised by the Support Person and Support Family Coordinator.

Get in touch: tel. +358 50 312 1983/ jari.honka@vantaa.fi. If you are interested, we will arrange an interview. Those accepted as support persons will then take an introductory course available twice a year.

Home cooking, boundaries and joy are the cornerstones of support family work



Seija Järnfors has given support to eleven children over the past ten years. Some of them have already grown up, but still stop by to catch up with Seija. “Volunteering doesn’t feel like a burden, because it’s a part of who I am”, Seija says.

Seija has met with her support children both individually and all together. She got a taste of the single parent’s life every third weekend, when all four of her support children would come spend the weekend with Seija.

The children enjoyed each other’s company. They played outside and did all kinds of things together. Seija used to take the girls to the public swimming pool, and to her summer house in the summers. Regular, shared meals were an important fixture.

– “The best part of volunteering is the laughter, the genuine joy of it. The exhausted but happy feeling on Sunday, when the kids return home. When a child trusts you enough to climb into your arms. Seeing a happy child return home after the weekend, and seeing her parents begin to trust you and stay in touch.”

The support agreement is signed for a year at a time with each child. But many of Seija’s support relationships have been longer because the parents wanted it.

Seija says that you need to be energetic and firm to be a support parent. – “The children can come from families where there are no adult role models. The support parent offers them home activities and home cooking, you don’t need to be an entertainer. But you do need to commit to helping the child.”

VOLUNTEERING IN LIBRARIES AND SCHOOLS



Libraries offer various kinds of volunteer work for, e.g. book and debate club organisers, listener dog trainers, computer support persons and readers. Both schools and libraries also employ volunteer grandmas and grandads. If you are interested in one of these forms of volunteering, please contact your local library, school or day care centre! Read more about volunteering in libraries and sign up: helmet.fi/vapaaehtoiseksi

The schools of Vierumäki, Kulomäki and Rajatorppa employ school grandmas and grandads to support children in the mornings. They chat, play boardgames and do crafts with children waiting for their school day to start. The school grans are always looking for new people to join their happy bunch! You can contact the Rajatorppa school at: rajatorpan.vy@gmail.com. For the school Kulomäki and Vierumäki, please contact the head teacher directly.

The library operates a home service in cooperation with volunteers from the Finnish Red Cross friends network. The service is intended for those residents who cannot go to the library in person.

Get in touch: library home service, tel. +358 43 826 8478
or kotikirjasto@vantaa.fi. More information: helmet.fi/vantaankotikirjasto

The nice feeling of being a library grandad

Pertti Oksman volunteers at Hakunila Library, working as a library grandad and running a poetry club. The library grandad (and his partner, the library grandma) play games, do crafts and sometimes even bake with the kids. They also help with homework and read aloud to children.

Libraries are popular with children and, a few years ago, the staff thought that library grandmas and grandads would be nice in the children's department. Pertti was in a book club at the library and wanted to sign up immediately when he heard about the idea. He was already running a poetry club at the library, since he had organised poetry events in the past and wanted to find something "sensible to do" when he retired. Their group has also made excursions to read poetry to children and the elderly. Pertti says that the poetry club has made him read more and broadened his range.

As a library grandad, Pertti wants to invest his time in helping children.

– "Although I get more out of my volunteer work, to be honest. Every happy look and greeting cheers me up. The important thing is to meet people and do things together. It's a joy, and it builds community spirit."



When children recognise Pertti on the street, say hi and sometimes even line up in honour of him, it gives him a "nice feeling". Pertti says that a new volunteer needs an open mind and the courage to walk up and offer your help to the library staff. A library grandad cannot be narrow-minded. "But even if you have some hang-ups, you will quickly lose them when you get to work. The kids are so genuine and always want to get to know you."

MEDIATOR IN CRIMINAL AND CIVIL MATTERS

Voluntary mediators perform the statutory service of mediating criminal and civil matters. Mediators need good people skills. Every volunteer handles a minimum of five cases each year. You can join by applying and taking the introductory course. The Mediation Office supervises the work of volunteer mediators and is always available for support. Get in touch: tel. +358 50 312 2072, sovittelutoiminta@vantaa.fi, or read more about mediation at:

https://www.vantaa.fi/health_care_and_social_services/social_support_and_social_assistance/mediation.

VOLUNTEERING AT CITIZENS' HOUSES

Citizens' houses welcome everyone to do activities, have a cup of coffee and, above all, meet people.

The service is provided by volunteers in cooperation with a number of organisations.

Volunteer workers are engaged in the planning of the activities from the ground up.

There are both one-time jobs and regular activities available.

Volunteers serve communal meals, supervise clubs or groups, and organise and advertise events.

The City of Vantaa operates citizens' houses all over Vantaa. The facilities managed by the City are:

- Myyrinki (Liesitori 1, Myyrmäki), myyrinki@vantaa.fi
- Kafnetti (Rautkallionkatu 3, Koivukylä), kafnetti@vantaa.fi
- Tikkurila Citizens' House (Lummetie 2 A, 4krs), tikkurilanasukastila@vantaa.fi
- Katrineberg Manor (Katriinankuja 5, Seutula) katriinaberginkartano@vantaa.fi
- Korso Citizens' House (Korsontie 2) korsonasukastila@vantaa.fi
- Hakunila — Skomars Farm Citizens' House (Ratsumiehenpolku 1) asukastilaskomarsintorppa@vantaa.fi
- Tuulikontti (Konttitie 4) tuulikontti.asukastila@vantaa.fi
- Länsimäki Citizens' House (Kilpakuja 1) lansimaenasukastila@vantaa.fi

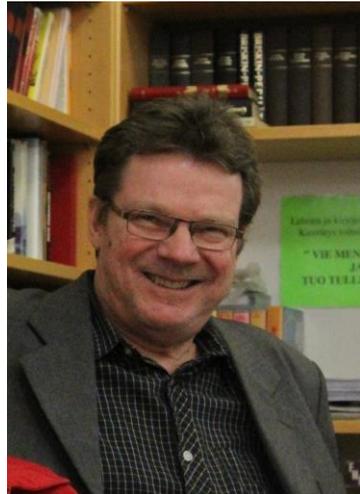
NGOs additionally operate the Leinikki (Leinikkitie 22, Hiekkaharju) and Rubiini (Rubiinikahä 2 B, Kivistö) citizens' houses.

United against loneliness

Ari Rajainmäki provides free legal advice once a week in Kafnetti. He originally discovered the citizens' house when he lived in the next building.

– “At first, I wondered what they were keeping behind the barred windows, but when I popped in for a cup of coffee, I saw that it was a nice place that nice people visit.”

Ari is a lawyer by trade, so he suggested that he could give free legal advice in Kafnetti.



He tries to stick to counselling and refrains from taking action himself, such as filling in applications on behalf of his clients.



“I am conciliatory by nature, and not just in my day job. I try to lend a hand to anyone who needs help and advice. Volunteering makes you feel good when you are able to help someone.”

According to Ari, Kafnetti is a truly equal place — it is open to anyone and does not require you to do or be anything.

– “Kafnetti is my kind of place. Keep an open mind and don't hesitate to sign up. Give it a chance, and you might just be surprised. Who knows, you could even make some new friends.”

SHARED TABLE CITIZENS' ACTIVITIES

Shared Table citizens' activities aim to combat loneliness and develop a communal model for providing food aid.

The organisation tries to find a suitable task for everyone interested in volunteering, either at the waste food centre or with our food aid partners.

Get in touch: tel. +358 44 422 0401 or
read more about the activity:
<https://www.yhteinenpoyta.fi/en/>



VOLUNTEER INTEGRATION SUPPORT

Volunteer work with asylum seekers and immigrants aims to promote their well-being and integration into Finnish society. Volunteers can serve as, e.g. support persons, support families, or supervisors or assistants in multicultural groups. Volunteer workers also teach Finnish and organise excursions.

You can contact the Support for immigrants' volunteer coordinators at: maahanmuuttajapalvelut@vantaa.fi

All kinds of volunteers are needed



Eija Sellmer teaches Finnish once a week at a reception centre, but the lion's share of her volunteering is taken up by the coordination support person activities. As a coordinator, Eija finds support persons to help people who have been issued a residence permit to find lodgings and local services.

– “I also serve as a support person to many people myself. I give them advice on everyday matters: how to charge your bus card, get a library card or sort your waste.” Everything is done in Finnish

to support immigrants in picking up the language.

– “Volunteering gives me a sense of accomplishment and something worthwhile to spend my time on. Through it, I have met like-minded people whose company gives me energy.”

Eija would like to point out that, while volunteering can easily carry you away, you can also contribute on a smaller scale.

– “That's valuable too. You don't have to be afraid that the commitment will be too much or take too much of your time.”

Eija thinks that integration support is essential:

– “Finns are not always the most approachable people. I think it's important to try to bridge the gap a little there.”

VOLUNTEERING WITH THE ELDERLY AND DISABLED

The volunteers of Vantaa's Services for the Elderly and Disabled provide companionship and share the joys of their clients. You can work by yourself, in a group or side-by-side with social services personnel.

FRIENDS FOR THE ELDERLY



You can do volunteer work with the elderly by being a friend and talking to senior citizens at their homes or in supported housing units. You can take the elderly on walks or help them participate in reminiscence, music or exercise groups. You can become a supervisor in a Korttelikerho

local club or serve as a bicycle guide who takes the elderly on refreshing cycling trips. Errand buddies help the elderly use public transport and run their errands.

Get in touch:

- Home support, tel. +358 40 700 5685, vapaaehtoiset.avopalvelut@vantaa.fi (day activities, home care, senior counselling, Korttelikerho, Rikspäyörä)
- Special housing for the elderly, tel. +358 50 312 1735 (nursing homes), tel. +358 50 314 5373 (supported housing), vapaaehtoiset.hoiva@vantaa.fi

CULTURE GUIDES

Culture guides are peer counsellors versed in Vantaa's cultural life who accompany the elderly at various art and culture events. You can become a culture guide by taking a free course organised by Vantaa's Cultural Services. The course introduces you to Vantaa's cultural activities, suitable excursion targets and serving as a volunteer. Get in touch: tel. +358 43 826 9011 or kulttuuriluotsit@vantaa.fi

ERRAND BUDDIES

Errand buddy activities are intended for the elderly and others in need of support who need help or guidance in getting out and using public transport. Errand buddies take their clients to the shops, bank or library, do activities with them and help them with errands and services. As an errand buddy, you are expected to travel with your client on public transport. Get in touch: tel. +358 40 6712501 or menokaveri@vantaa.fi

ASSISTANCE FOR PERSONS WITH DISABILITIES

You can volunteer with the disabled in the way that best suits you and your schedule: on weekdays or weekends, on a single occasion or regularly. There are venues for volunteering all over Vantaa. No prior experience required, all you need is enthusiasm — we will give you the necessary training and support.

There are a myriad of ways you can work with the disabled: walks, baking, reading, playing games, talking, singing, dancing or doing the Zumba.

Volunteering with the disabled gives you the opportunity to meet unique people. Working with them is guaranteed to broaden your perspectives and open your heart.

Get in touch: tel. +358 040 700 5685 or vapaaehtoiset.avopalvelut@vantaa.fi

PEER INSTRUCTORS AND ASSISTANTS FOR SPORTS SERVICES

Volunteer peer instructors support their clients and help coaches by inspiring people to get out and exercise. Groups are available at the Koivukylä centre for the elderly, Laurea university of applied sciences gym in Tikkurila, Woimanurkka in Korso and the seniors' gym in Hakunila. The activity is aimed at senior citizens and people with special needs. Get in touch: tel. +358 50 314 6402.



Volunteering builds friendships

Airi Hokkanen has plenty to keep her busy. In addition to her other pastimes, she serves as a culture guide and a peer instructor at the seniors' gym. Senior expert training gave Hokkanen, a retired widow, refreshing and rewarding ways to spend her time.



– “I’ve always been an active person, so my volunteering mostly involves exercise too. But serving as a culture guide has also given me so much.”

Volunteering gives meaning, energy, joy and many new, dear friends.

– “Managing to help someone else makes me feel good too.”

Through senior expert training, Hokkanen found a group of friends who set up an oriental dance group. The group has since been busy performing

at Vantaa's citizens' houses and service units for the elderly. The dance troupe has put on more than 120 shows in the past six years.

– “Volunteering has given me so much. But you don't want to spread yourself too thin. Everyone should take time to relax every now and then. For me, it's berry and mushroom hunting in the forest.”

VOLUNTEER WORK IS REWARDING

Volunteering means working for the good of individuals or communities. Everyone who has found balance in their own life and has resources to share can become a volunteer. Volunteers are rewarded by the satisfaction of having done good — they do not get monetary pay for their work. Volunteering is never a substitute for the work of professionals, but only supplements it.

The City of Vantaa's personnel will give you an introduction to the activities and provide you with guidance and support. Certain more demanding tasks require you to take a course before you start. In addition to training and support, the City organises get-togethers and recreational activities for its volunteers. As a City volunteer, you are also insured for the eventuality of accidents.

Volunteers abide by the principles of volunteer work. They are expected to be reliable and maintain confidentiality. There are hundreds of volunteers in Vantaa: women and men, young and old.

Join the merry bunch and make a meaningful contribution together with others! You can take part in volunteer work either in the long term or just the once, such as during an event. And if you want to take a break or stop volunteering, just let your contact person know. You decide how to fit volunteering into your daily schedule.

We always try to find a suitable task for everyone interested in volunteering. Tell us what you would like to do, there are a myriad of opportunities! Giving others of your time and

Vantaa's volunteering network arranges volunteer training courses around the city. Read more at:

https://www.vantaa.fi/administration_and_economy/participate_and_make_an_impact/volunteer_activities

sharing experiences with them is the best gift you can give. The activities are coordinated by the City of Vantaa's volunteer network. Please get in touch and join us!



https://www.vantaa.fi/administration_and_economy/participate_and_make_an_impact/volunteer_activities
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