

Volunteering = voluntary commitment

Volunteers are people who help others. They are also called volunteers or voluntarily engaged.

- They are not paid for it.
- They help in their free time.
- They help because they enjoy it.

Volunteer in Germany

81.6 million people live in Germany.

31 million people are involved in voluntary work.

Slightly more men than women help.

People of all ages help. People over 65 do not help as often.

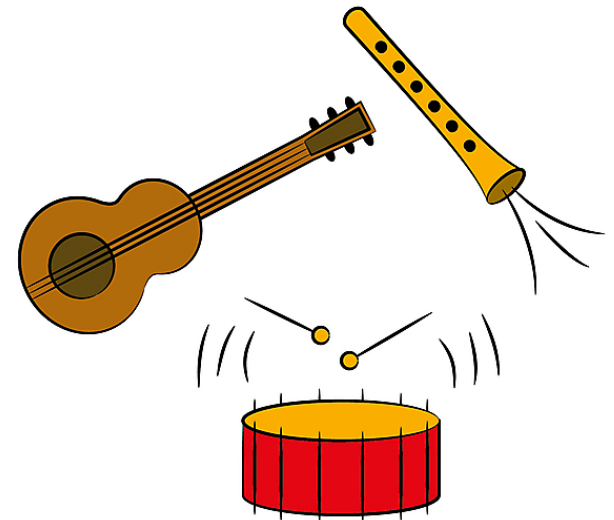
A lot of volunteer help in:

Sport



School and Kindergarden

Culture and Music sector



There are also many other ways to help:

- do something for the environment
- support old and sick people
- accompany people with disabilities
- Support poor people
- Help in the office of an association

Self-help groups and self-organised initiatives

- There are also people who help each other in a group.
- They all have a common idea or the same illness.
- These groups are called self-help groups or self-organised initiatives.

How do these groups work?

- The groups determine their own work.
- The people in the groups help each other because it makes them stronger or healthier.
- There are many groups in Munich where people from other countries help each other in their own language. They are called migrant organisations.

The importance for society

Volunteering is important for Germany.

Every individual can do something good and thus make the community more lively and friendly.

Do you want to make a difference in Germany? Start by getting involved in voluntary work.



The Volunteer Centre

The Volunteer Centre is at the office.

You can go there.

You can call or write an
write an e-mail.



If you are looking for voluntary work, the people there will help you find it. They know where help is needed and where there is information on groups.



There is a counselling interview.

What happens during the counselling interview?

- Together with you, we look for a commitment that fits.
- For example, we ask:
 - What would you like to do?
 - What are you particularly good at?
 - How much time do you have? -

Would you like to help yourself and others?