

VOLUNTARY WORK IN THE FINNISH RED CROSS

Give your time,
come along!

• Tervetuloa • Welcome • Bienvenidos

Tere tulemast • Bienvenue • Добро пожаловать

Välkommen • Soo dhowow •



Give your time and
come along!

The Red Cross is a
humanitarian organization
which operates in many
different countries.

You can help too.

Come and join us.

You are needed!



**This material was produced with the
support of the European Fund for the
Integration of Third country nationals.**

Publisher: The Finnish Red Cross

What is the Red Cross?

The Red Cross is a humanitarian organization that operates all around the world.

The organization is politically and religiously uncommitted.

In some countries the Red Cross is called the Red Crescent.

Over 100 million people world-wide participate in Red Cross and Red Crescent activities.

In Finland the Red Cross has over 90 000 members.

©Erja-Outi Heino



What does the Red Cross do?

The most important task of the Red Cross is to help people in difficult conditions all over the world.

The Red Cross helps during wars and different catastrophes.

In Finland Red Cross volunteers offer their support to different groups of people, for example the elderly, young and immigrants.



Why do we need the Red Cross in Finland, when the country is not at war or suffering from natural disasters?

The Red Cross does different things in different countries. In Finland people don't need the same kind of help as people in Sri Lanka or Congo. But many Finns suffer from alcoholism and loneliness, and the young, immigrants and children also need help.

Volunteers present Red Cross activities.

What is voluntary work?

The Red Cross relies on volunteers.

A volunteer is someone who gives their time of their own free will, not because they are paid.

Volunteers find fulfillment in helping others instead.



© Niklas Rautio

Can I volunteer for the Red Cross even if I do not speak Finnish or Swedish well?

Everyone is welcome to join Red Cross activities.

The more different people we have working with us, the better work we can do together.

Volunteers for the Red Cross do not have to speak perfect Finnish or Swedish.

When you participate, you learn more all the time.



© Altti Näsi

Why should I join Red Cross activities?

For many volunteers, the most important thing is to help people.

Many volunteers get a lot out of their work:

- You get training in your task and learn new skills
- You get to know Finnish culture and society
- You learn Finnish or Swedish
- You can make an impact in your community
- You can participate in different events
- You make new friends
- You can use your skills and abilities. For example language skills or knowledge of different cultures are important in voluntary work
- You get appreciation from your work
- You get a certificate from the Red Cross of your work as a volunteer
- Many employers appreciate organizational work. When you apply for a job, it might be useful that you have done voluntary work.

What can I do?

The volunteers choose themselves what kind of activities they want to participate in.

Here are some examples:

Short- term voluntary work:

- **Hunger Day collector**

Operation Hunger Day is organized in Finland every September.

Finnish Red Cross Volunteers collect money for people who need the most help at the time. You can apply to be a Hunger day collector in August and September online at

www.redcross.fi.

A volunteer Hunger day collector at the Senate Square.

- **Theme days**

In addition to Hunger day, various theme days are organized. One example is Anti Racism Day 21.3.

Valentine's Day (14.2.) is celebrated in Finland as Friendship Day.

It is also a theme day.

Then Red Cross volunteers visit old people's homes.

The goal is to bring happiness into the lives of the elderly.



© Kimmo Brandt

Examples of other activities

- **International club**

International club is open to everybody.

There people from different countries can meet each other.

- **Befriending service**

A Red Cross support person can be a friend for a lonely elderly person, a refugee, the handicapped or the young.

They can visit prisoners or be a volunteer in a hospital.

© Ari Räsänen



First aid group practicing.

- **First Aid groups**

In First Aid groups people learn to give First Aid.

Voluntary First Aiders are needed for example at big concerts or sports events.

You can join a First Aid group even though you are not a doctor or a nurse.

- **Reddie Kids -clubs**

In Reddie Kids -clubs

7 to 12- year-old children

get to know Red Cross

activities, learn tolerance and

First Aid.

For more information about voluntary work, check the internet page below:

www.redcross.fi/ajankohtaista/ekrytointi/vapaaehtoiset/

How can the Red Cross support people who have moved to Finland?

A person who has moved to Finland may need all kinds of support.

Red Cross Volunteers can help for example with settling down in a new home and city.

Through the support friend's activities immigrants can meet new people and

get to know Finnish society.

In language clubs you can practice Finnish or Swedish. In homework clubs children get help with their homework.

For more tips see:

http://www.redcross.fi/aktiivit/monikuluttuurinen_toiminta

© Johannes Wiehn



In homework clubs you get help with your homework

Can I stop volunteering?

A Red Cross volunteer can decide themselves how much time they want to invest in voluntary work.

You can stop volunteering if you do not want to participate anymore.

Let us know in advance because this is important work!

How can I become a volunteer?

You can become a Red Cross volunteer, when you contact your district office.

Employees there will tell you what to do.

All district contact information can be found at the address:

www.redcross.fi/aktiivit/piirit/

You can also contact

your nearest Red Cross department.

Departments Contact information can be found here:

www.redcross.fi/aktiivit/osastot/

© Pentti Potkonen



**You can learn many things
in different groups.**

You can also visit
your district office.
Below are the addresses
of all the district offices:

Helsinki

Pihlajistonkuja 3
00710 Helsinki

Tampere

Rautatienkatu 17-19
33100 Tampere

Turku

Yliopistonkatu 24 A
20100 Turku

Oulu

Uusikatu 22
90100 Oulu

Jyväskylä

Sammonkatu 4
40100 Jyväskylä

Seinäjoki

Laturitie 2,
60510 Hyllykallio

Kouvola

Kalevankatu 13
45100 Kouvola

Pori

Sepänpellontie 2 A
28100 Pori

Mikkeli

Otavankatu 20
50130 Mikkeli

Joensuu

Kauppakatu 35
80100 Joensuu

Kuopio

Haapaniemenkatu 37
70110 Kuopio

Rovaniemi

Lähteentie 14
96400 Rovaniemi

Åbo

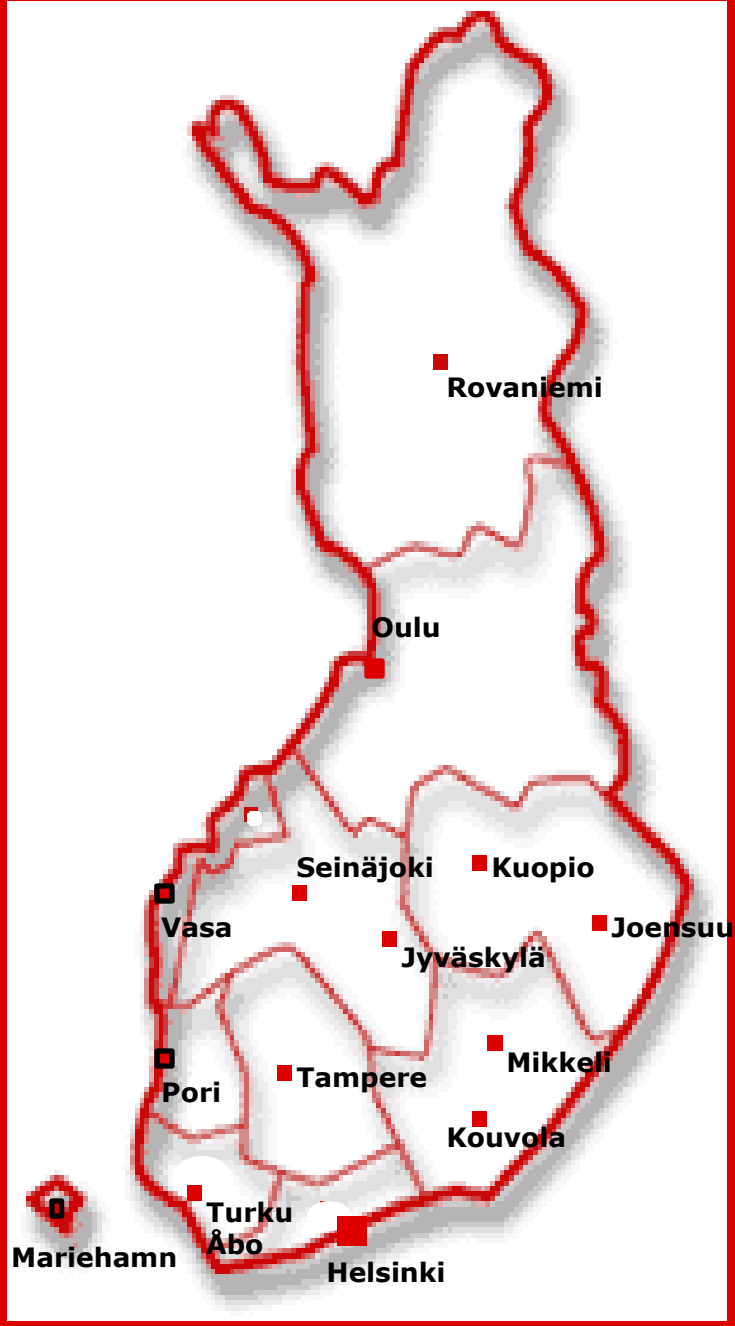
Kaskisgatan 13 A 3
20700 Åbo

Vasa

Nedre torget 1 A
65100 Vasa

Mariehamn

Styrmansgatan1
22100 Åland





Punainen Risti
Röda Korset

VOLUNTARY WORK IN THE FINNISH RED CROSS

Should I become a member
of the Red Cross?

With the help of members and volunteers
the Red Cross can help quickly and efficiently
in times of crisis.

You can become a member of the organization
for example online at the following address:

<http://lahjoita.fi/jaseneksi/>

Membership fee is

15 Euros a year for adults and

for under 29 years old 7.50 Euros a year.

You can be a volunteer for the Red Cross
without being a member of the organization.