



Umeå Volunteer Center

# Frivilligcentralen i Umeå

**Umeå Volunteer Center**



## Umeå Volunteer Center





### **Umeå Volunteer Center is...**

- A non-political and non-religious organization that has been active in Umeå since 1999
- In co-operation with the Red Cross and five of the largest senior's organizations in Umeå (PRO, RPG, SKPF, SPF and SPRF)
- Financially supported by Umeå municipality and Västerbotten County Council
- An organization with between 180 – 200 active volunteers in different ages participating with social voluntary work



### The objectives

- Umeå Volunteer Center shall offer voluntary social activities to persons living in the central parts of Umeå
- Umeå Volunteer Center shall contribute to reduce isolation, create togetherness and promote a heightened quality of life by means of a humanistic approach
- Umeå Volunteer Center voluntary program shall support the social efforts of the common society
- Umeå Volunteer Center shall promote further development of the voluntary sector in cooperation with other organizations and public as well as private actors



## Compassion, joyfulness and togetherness

Umeå Volunteer Center connects people that want to receive help and support with people that want to participate in doing a compassionate contribution to someone else

The ambition is to offer activities that contributes to well-being and togetherness, and that enhance the over-all quality of life



## **A voluntary activity can be:**

- To visit someone that is usually lonely for a chat, a walk or to do something else together
- To keep someone company at a hospital visit, when shopping, at a cultural event or at church
- To give someone that is caring for a relative a short relief
- To sing, play instruments, tell stories, read and play games together with others
- To arrange and host different kinds of well-being activities
- To be an extra grand mother or grand father to someone
- To do smaller reparation and maintenance works at someones home



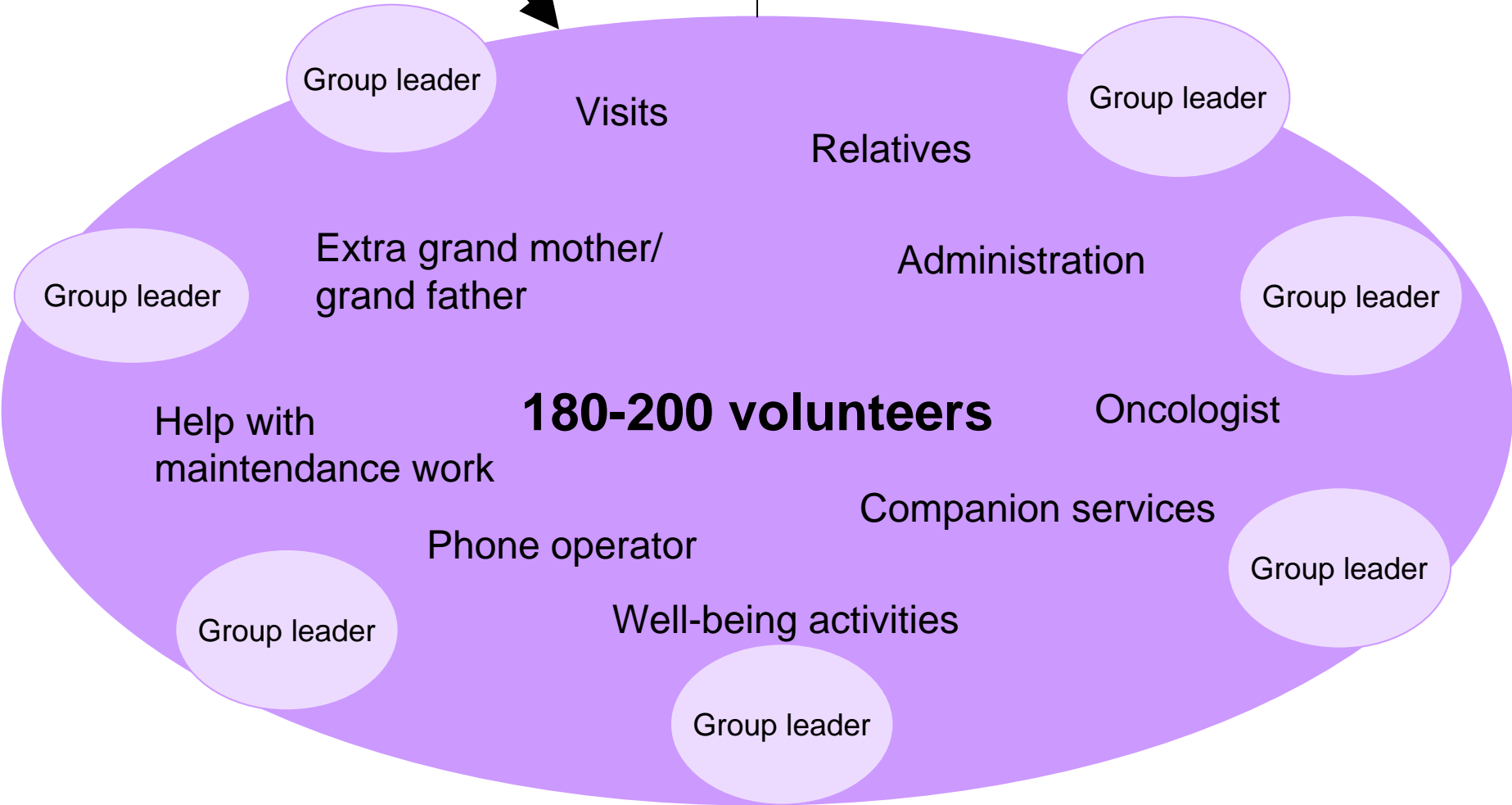
App 600 people in Umeå

Steering committee

Umeå Volunteer Center

Coordinator  
Umeå Municipality

Host





## **Introductory training for volunteers**

- Knowledge and understanding about the purpose of the voluntary commitment
- Detailed knowledge and awareness about the voluntary commitment within Umeå Volunteer Center
- Common understanding about vital values for the relations between people and actors and for the organization itself
- Strengthen the confidence among the volunteers in their voluntary work
- Supply of qualified volunteers





## Why engage in voluntary work?

"I experience so much happiness and acknowledgement"

"I feel appreciated"

"I like to be able to do something for someone else"

"I feel that I do something meaningful"

"I acquire new experiences"

"It's exciting to meet new people"

"I meet a lot of new friends"

"I feel like I belong to something bigger than myself"

"My knowledge and experiences are useful in my voluntary work"

"Voluntary work is a merit when I apply for a job"

"I can decide for my self how much time I will spend on engaging in voluntary work"