

## Volunteering

People who work unpaid for other people or for a cause are volunteers. These people volunteer in their free time, without pay. This is also known as honorary work. Volunteering holds society together. It creates trust and solidarity. It strengthens the sense of responsibility towards society.

Volunteering in the city of Cottbus is a WIN-WIN situation. Volunteering can achieve great things. It offers fulfilment for the helping hand and creates a benefit for others from this help.

These are opportunities to get involved:

- Help older people
- Supporting people with disabilities
- Helping neighbours
- Being active in nature conservation
- Help other refugees as language mediators
- work in a sports club
- help at the animal shelter
- and many other things.

### Would you like to volunteer? Here are some opportunities:

- The [volunteer initiative of the city of Cottbus](#) (Ehrenamtsinitiative Cottbus) is always looking for new everyday heroes for various areas.
- The [Cottbus Volunteer Agency](#) (Freiwilligenagentur Cottbus) has a [database of volunteering opportunities](#). (Angebotsdatenbank)
- Volunteering with the [Maltesern in Cottbus](#) can be requested [via the form](#) (Formular).
- [Wir sind Paten](#) has an [office in Cottbus](#) and brings together people who need help and want to help.
- The [Cottbus refugee network](#) (Geflüchten Netzwerk Cottbus) is committed to helping refugees and migrants in and around Cottbus.

### Other opportunities include Freiwillige Soziale Jahr (FSJ) and Bundesfreiwilligendienst (BFD).

The FSJ and the "BFD u27" are educational and orientation years for young people between the ages of 16 and 27. Young people should already have finished school. You can get socially involved and do something for other people and society. The "BFD 27+" programme also offers new perspectives.

Anyone interested in [volunteering](#) can contact Caritas . The Caritas provides advice and also arranges placements.

You can help. Volunteering is fun.