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Volunteering

What is voluntary work

What does it mean to volunteer?

Volunteering means working for other people or for a cause. These people volunteer in their free time. As a rule, you don't get paid for this. This is called auch: bürgerschaftliches Engagement or honorary office. Voluntary work is important for the community. It builds trust and solidarity. It promotes the feeling of taking responsibility for society.

What can I do?

- Help older people
- Support people with disabilities
- Helping neighbours
- Help people who have experienced flight
- Work in an association
- help at an animal shelter

Many people do voluntary work in associations and Verbände. Associations and Verbände are very important in Germany. They bring together people with the same interests and hobbies. They offer people the opportunity to develop common goals.

These goals can be of different kinds:

- Leisure activities
- Commitment to the needy and disadvantaged
- Protection of nature
- Contact with like-minded people

There are Sportvereine, Musikvereine, Heimatvereine, Schützenvereine, Tierschutzvereine, Kulturvereine, kirchliche Verbände and many more. You can get to know people through voluntary work, e.g. in clubs. This helps you to integrate well in your new home. Do you have questions about volunteering in Emsland? You can find contact persons [here](#).

Why take on voluntary work?

People who volunteer often have different reasons for doing so.

- Helping is fun and makes you happy.
- Volunteering creates a sense of community.
- You can do something good for society.
- Contacts can be made and even friendships can develop.
- It strengthens self-confidence.
- Volunteering will improve your own social skills.
- You can gain knowledge and experience and pass it on to others.

- Volunteering can also benefit you professionally.
- If you do something good for people, you get a lot in return.

Contact persons

Volunteer Service District of Emsland

Would you like to do voluntary work?

This means work or assistance that you do on a voluntary basis. The work is not-for-profit. As a rule, you do not receive any money for it. This activity can be equated with volunteer work. It can also be equated with civic engagement. There are over 30 million people in Germany who do this kind of work.

What does the volunteer service of the district of Emsland do?

The volunteer service offers various forms of support:

- It is there to answer questions about volunteering.
- It offers [further training and funding](#) for volunteers.
- It offers [association checks](#).
- It plans and helps with [projects](#).
- It awards the Lower Saxony [volunteer card](#).
- It is active in various [networks](#).

The Volunteer Service aims to encourage people to volunteer. Its services are designed to improve conditions and support the interests of volunteers.

Contact person:

👤 Sandra Rickermann

📍 [Ordeniederung 1, 49716 Meppen](#)

☎ [05931/441215](#)

✉ @ehrenamt@emsland.de

🌐 www.ehrenamt-emsland.de

Volunteer agencies in the district of Emsland

There are people everywhere in Emsland who can help you find the right volunteer position. These people can be found in the volunteer agencies and volunteer centres.

You can find the contact persons [here](#):

Contact persons close to home

Most town halls have people who can provide information on volunteering.

You can find the contact persons [here](#).

Volunteering with the district of Emsland

Here are some examples of how you can get involved as a volunteer in the Emsland district:

Housing counselling


Commitment to a home in which everyone can cope well.

Housing counsellors show what a home can look like where there are no steps or thresholds. They explain what changes can be made to make it easier and safer to live there. For example, ramps or grab rails can help people to feel safer. This is particularly important as you get older and need support. The housing advisors come to your home in person and help you find out how your home can be made better and safer. They also provide information on how everything can be financed and help with the application process. Multilingual housing counsellors help to break down language barriers in communication. They support people with and without a migration background in solving housing problems.

In order to become a volunteer housing counsellor, the volunteers must first undergo online training to become housing counsellors. This training is free of charge for the volunteers and lasts five months. This corresponds to fifty teaching units. In a homework assignment, they carry out a housing counselling session of their choice. This is followed by a practical phase. During this phase, the volunteers are accompanied by experienced housing counsellors and receive further training in housing counselling.

Are you interested in this voluntary work? If you are multilingual, you are very welcome. Then get in touch with:

Seniorenstützpunkt Landkreis Emsland

 05931 44-1267

@

seniorenstuetzpunkt@emsland.de



<https://www.emsland.de/wohnberatung>

Media and technology guides

Accompanying senior citizens on their way into the digital world

Media and technology guides are volunteers who help older people get to know the digital world better and use it safely. For example, they help senior citizens to operate a mobile phone or tablet. They provide support in using social media or searching for information on the internet. They come to the elderly person's home or care home and offer simple and friendly advice and support. They help older people to use technology well and safely.

The volunteer media and technology guides initially receive training. This lasts a total of 27 hours and is free of charge for them. Here they learn about useful everyday apps for older

people. They also learn what older people need for learning and in life, how to use the internet safely and how to protect their personal data. With this knowledge, media and technology guides can help older people, regardless of whether they have a migration background or not.

Would you also like to get involved and show older people the digital world on a voluntary basis? It is also very advantageous in this voluntary work if you are multilingual. Then get in touch with:

Seniorenstützpunkt Landkreis Emsland

☎05931 44-2263

@

seniorenstuetzpunkt@emsland.de

🌐<https://tinyurl.com/53mf5ujf>

DUO - Senior Citizen Support

Commitment to work with senior citizens

Multilingual volunteers accompany older people with and without a migration background in their native language. For example, as senior companions. They help older people in their everyday lives, for example with visits to the doctor or shopping. They spend time with them and organise leisure activities together for older people with and without a migration background.

In a course of 30 hours of lessons and 20 hours of practical work, the volunteers learn everything that is important when accompanying older people. This course is free of charge for the volunteers. Here they learn things like: How do you talk to older people? What changes in old age? How do you organise the everyday lives of older people? What are the tax and insurance implications of volunteering?

Would you like to become active in this voluntary work? It is an advantage if you speak several languages. Then get in touch with the:

Seniorenstützpunkt Landkreis Emsland

☎05931 44-2263 oder 1267

@seniorenstuetzpunkt@emsland.de

🌐<https://www.emsland.de/duo-seniorenbegleitung>

Sprachmittlerpool

By people with a history of migration - for people with a history of migration

Some immigrants are afraid to take advantage of the services offered by institutions because they have difficulties with the German language. The district of Emsland has set up Sprachmittlerpool to give them access to services provided by the district administration. Volunteer language mediators who themselves have experience of migration work here. They accompany the conversations in their native language. They help to bridge linguistic and

cultural barriers and avoid misunderstandings. Through their commitment, they contribute to equal opportunities and strengthen the personal responsibility of immigrants.

For this voluntary position, you need very good knowledge of your native language and also very good knowledge of German (at least B2 level). It is also important that you are reliable, discreet and patient. There are regular training courses and meetings for exchange in which you can participate.

For your voluntary work as a language mediator, you will receive an expense allowance and reimbursement of travel costs to your assignments.

Are you interested in supporting people with a migrant background whose language you speak and understand well with your translations when dealing with authorities and counselling? Then get in touch:

Koordinierungsstelle für Migration und Teilhabe - Landkreis Emsland

☎05931 44-2214 oder 05931 44-1214

@stephanie.abdel-naby@emsland.de oder anita.kloster@emsland.de

Integration guides

Accompany and support immigrants on their journey in Germany

Integration guides are women and men from different countries who volunteer to help new immigrants. They have often experienced moving to a new country themselves and know how difficult it can be. With their experiences, they are good counsellors and supporters. They support people with a history of migration in their linguistic, professional and social integration in Germany. They help people to find their feet in their new environment. They explain everything on site and show them, for example, where they can go shopping, where they can find important public offices or how to get to the doctor. They also help them find a job. In this way, they help people who have recently arrived in Germany on their way to an independent and active life and to feel at home here.

To be able to volunteer as an integration guide, you first attend a course totalling 30 hours. The course is free of charge. Here you will learn important basics for your voluntary work, such as how to speak to each other well, how to adapt to other cultures and how to reflect on yourself. You will then receive a certificate. Placements are organised by clubs, associations or local authorities. There are also regular meetings where everyone can exchange ideas and workshops are offered.

Do you also enjoy communication and social diversity? Would you like to help and support people with a history of migration during their initial period of arrival in Germany? Do you have your own experiences of migration, do you feel well integrated and would you like to share your own experiences with others? Then get in touch:

Koordinierungsstelle für Migration und Teilhabe - Landkreis Emsland

☎05931 44-2214 oder 05931 44-1214

@stephanie.abdel-naby@emsland.de oder anita.kloster@emsland.de

