

Information blitz 2**Principles of volunteer activities**

Volunteer activities entail helping other people, communities, or the environment.

Principles and rules together agreed on dictate volunteer and peer activities. It is good for you to be already familiar with the principles before you join the activities.

A very important principle is that the nature of the tasks is beneficial. Activities for the common good benefit everybody.

Volunteer activities do not replace work conducted by professionals. This means that you can, for example, talk and walk with an elderly person living in a service house, but professionals are responsible for all issues and decisions related to the elderly person's care.

Volunteers often ask to what extent they have to participate in the activities. You can participate as much as you can and have time for. You can participate often or just take part in cleanups once a year. In any case, your contribution is valuable. Nevertheless, it is important for you to let us know if you cannot make an occasion agreed upon.

The principles of volunteer activities—supporting and researching volunteer activities and published by Kansalaisareena—consist of the following:

- Right to support and guidance
- Unpaid work
- Confidentiality
- Tolerance
- Impartiality
- Acting on the supported person's terms

In addition to these principles, event organizers may have instructions and policies of their own that must be adhered to. For example, safer space principles are applied to all the City of Vantaa's premises. Your own instructor will advise you on implementing the principles.

Explicit instructions and the support provided by your instructor will make the activities pleasant and safe. We recommend that you make an agreement with the organizer of volunteer activities. Organizers of activities are responsible for the volunteer's accident insurance. The agreement shall also state the name and contact information of the instructor.

You will share feedback and ideas, and talk about coping and occupational instruction with your instructor. The instructor is a support person with whom you will go through joys and grievances, and you can also safely address any conflicts you encounter with your instructor.