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| Information blitz 8 | Toward volunteer activities |
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Find your strengths as a volunteer!

The City of Vantaa wants to make volunteer activities flexible and interactive for all parties concerned. Therefore, it is important that you carefully go over the rules, principles, and contractual matters with your instructor or support person.

Volunteers are entitled to:

- Good induction in and training for the task.
- Possibility of participating in planning the activities.
- Personal guidance and support – and sharing of positive issues!
- Recreational events and meetings with other volunteers.
- Accident insurance that is valid during the duration of the activities, as well as the travel related to them.

Volunteers are expected to:

- Act in the manner agreed and follow instructions.
- Commit to the principles of the activities and safety instructions.
- Confidentiality; in other words, if you hear personal things, you may not disclose them even after termination of volunteer work.
- Fair play; be sure to inform us if you cannot come or want to end your task.

This course's video showed you a few examples of the different types of the City of Vantaa's volunteer activities and peer activities. We hope that they succeeded in inspiring you.

In addition to the city, many other actors enable volunteer activities. Vantaa has myriad associations and organizations that gladly welcome new volunteers. Moreover, the Vantaa-Kerava wellbeing services county has lots of volunteer activities, especially support, friendship, and assistance activities.

You will find the types of the City of Vantaa's volunteer activities on the city's website at: vantaa.fi/vapaaehtoistoiminta.

Check it out and submit new ideas!