

Get involved! Become a volunteer at Markant



Is **volunteering** for you?

Do you have a few hours to spare now and then? Would you like to really make a difference in the lives of others? Simply by sitting with them, by giving your undivided attention, or by doing something fun together? Then sign up as a volunteer at Markant.

Who will you be helping?

You will help people who need care, as well as their carers. Unpaid carers (relatives, neighbours, or friends) often provide care 7 days a week. To keep this up, they need to be able to take a break from their tasks now and then, and have some time to themselves to recharge.

How much time will it take?

On average, two to four hours a week or every two weeks. Hosting a child will take one day or one weekend each month.

What do you get in return?

You will be helping others, but you will also get things in return: new contacts, feeling valued, free education, personal development, and an enhancement to your CV. Expenses will be reimbursed. If you are studying at an HBO institute, you may be able to earn credits through your volunteering.

How can you get involved?

Sign up on our website or call Markant to arrange for an introductory meeting. Whether you are young or old, male or female, we want to meet you. A Certificate of Good Conduct (VOG, Verklaring Omtrent Gedrag) will be part of the application process.

A volunteering job that is cut out for you

Your abilities and preferences will be carefully considered. There are many options. Check out what diverse and exciting volunteer opportunities Markant has to offer:



CARE VOLUNTEER

Visit or go out with a chronically ill person, an elderly person suffering from dementia, or a child that is chronically ill or that has special needs.



BUDDY

Help young mothers with mild intellectual disabilities bring up and take care of their children. Take their minds off things by spending an enjoyable day with them.



HOST A CHILD

Make a child happy. Open your heart and your home to a child with a physical or mental impairment that would like to stay over.



PALLIATIVE CARE VOLUNTEER

Attend to someone in the final stages of their life, through talking or being quietly present.



NETWORK COACH

Help unpaid carers strengthen and expand their social networks.

For more **information**, or to register
as a volunteer please **contact** us.



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