



# Family Volunteering

## - How does it contribute to Lifelong Learning, Work-Life Balance & Children's Rights?

---

Public Hearing on “Volunteers - Citizens  
building the future of Europe”  
Presented by Diana Bere, Pro Vobis

# A definition



**Family volunteering** is a form of volunteering, involving more than one person in a household or extended family, volunteering together.

Family volunteering activities can be as varied as serving food at a food bank, dropping off warm clothes during the holidays, reading to senior citizens, planting a community garden, guiding visitors, or walking animals at an animal shelter.

# Activities



## Community outreach

Helping at a shelter or soup kitchen; painting & making repairs at a community centre; visiting a nursing home, walking animals for housebound or vulnerable neighbours and helping to pack food hampers.

## Arts & Culture

Getting involved in community theatre; sorting resources, shelving & issuing books at a local library, guiding visitors in a museum

## Other activities

Boosting awareness raising or communication campaigns, raising funds for an organization, being part of an advisory committee or an advocacy effort

## Environmental

Beach & public parks clean; giving time in community gardens & nature reserves; small animal box building (helping improve the habitats for small animals such as birds, bats, red squirrel, hedgehog)

# What are the different types of family volunteering?



1. Family members volunteer together for the same organisation, same activity at same time



2. Family members volunteer for the same organisation, but not necessarily doing same activity or at same time



3. One family member actively volunteers and brings along other family members with them in more passive roles

4. Family members volunteer for an organisation that provides a service/ activity to another family member



5. Family members volunteer for different organisations

# Benefits



## Benefits for the community:

- Instills **good values** - a sense of caring, of solidarity, makes for a stronger community, stronger family connections
- Promotes socializing - **reduces isolation** problems
- **Tightens the community** net, builds or expands social capital
- Enables the individual to consider one's good fortune, **offers perspective**
- **Raises awareness** of the existing issues of the community.
- Makes better **citizens, more active** and engaged,

## Benefits for volunteer-involving organisations are:

- Successful recruitment of families could **increase volunteer resources**, with increased potential for long term retention,
- An **expanded skill-base of volunteers** to draw on—organisations will attract new types of volunteers because of the family connection,
- A solid potential for **increased commitment of volunteers**, if they no longer have to juggle between volunteering and family interests,
- An expanded culture of the organisation,
- **Organisations are better able to meet needs of beneficiaries** with a more varied skill-base,
- Sharing the volunteering tasks with family members will ensure consistent beneficiaries contact, service and care (greater reliability) of the organisation towards the beneficiaries.

# Benefits

## Benefits for families

- Volunteering gives families an **accessible opportunity to be together** and have fun, without spending loads of money,
- Volunteering gives families a **sense of purpose** or belonging, a sense of value
- Volunteering develops **family pride** and a sense of gratitude,
- They gain a shared sense of accomplishment and satisfaction from giving back to the community,
- Volunteering together creates a **history of family memories**,
- Volunteers have an opportunity to **share** time and talents,
- They can **discuss** service and **community issues** and get to know each other better,
- Volunteering can show families new ways to **solve their own conflicts**,
- Families can make new social contacts.
- Creates positive role **models for children** and youth,
- Volunteering builds the **self-confidence** of family members,
- Giving to others places a volunteer's own problems in **perspective**,
- Volunteering helps children and teenagers to **relate to other generations**,
- Volunteers meet people of **diverse cultural and economic** backgrounds,
- Volunteering can **relieve isolation** (for newcomers, new parents, migrant families et al.).
- Volunteering can help families learn about their own community and **social issues** that affect it,
- Volunteering promotes **civic responsibility** and enhances a family's sense of community,

## Benefits for vulnerable people:

- **Gaining skills**, knowledge for specific jobs especially if they are unemployed or looking for a job,
- Becoming more confident and independent, especially for groups of people who have traditionally been on the receiving end of volunteering.
- Whatever the reason for belonging to the vulnerable group, volunteering can dispel prejudices, **challenge stereotypes** their group face in the community and create acceptance of diversity,
- Building the **self-confidence** if they have been excluded or isolated from the social contacts or events and life in general,
- Developing a wider **social network** (acquaintance, friends, etc.)

**Self worth and  
self-confidence**

**Countless skills and  
knowledge in diverse fields**

**Abilities, attitudes,  
values, responsibilities,  
limitations.**

**learning**

**Your family members,  
their ideas, family values.**

**Active  
citizenship.**

**Intergenerational and  
intercultural perspectives.**

**Community issues,  
needs, possible  
solutions.**

**It contributes to Life-Long Learning**

**Express passions  
and values**

**Share and  
gain skills**

**Give back**

**meaning**

**Support a cause  
important for you**

**Be a model for  
your kids or  
relatives**

**Family quality  
time**

**Fun**

**It contributes to Work-Life Balance**



**Get to know  
the issues**

**Are part of  
the solution**



**Become  
empowered  
active citizens**

**It contributes to Children's Rights**

# Thank you!



Family Volunteering - A new form of engagement, Erasmus + Strategic Partnership



CROATIAN  
VOLUNTEER  
DEVELOPMENT  
CENTRE

THE POWER OF VOLUNTEERING



[familyvolunteering.eu](http://familyvolunteering.eu)