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## Open and inclusive

**Anyone who wants to volunteer has an opportunity to do so – regardless of gender, age or cultural background.**

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You will meet others who share your interests. You will see other people in a new light. They are not just the student, bus driver and teacher – they are Assad, Petter and Fatima.

Volunteering is a way of getting to know and understand people better. Open and inclusive volunteering is an important part of an open and inclusive society. Do you want to know more about volunteering where you live? Your local authority or district council may have a list of local teams and associations on

their website. Many organisations have national offices that can tell you what is happening in your area. You will find a list of many organisations on the Association of NGOs in Norway's website: [www.frivillighetnorge.no](http://www.frivillighetnorge.no)

You can also visit your local volunteering office and ask about organisations in your area!

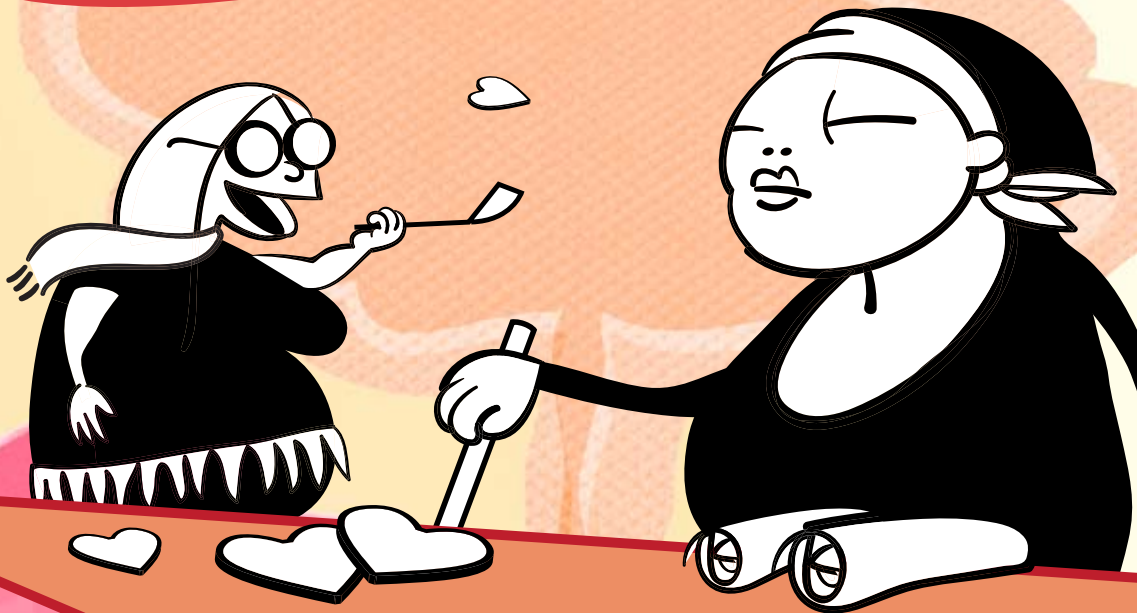
### DID YOU KNOW THAT:

- 48% of the population participates in voluntary work annually?
- The total contribution of Norwegian volunteers is equivalent to 115,000 full time employees? This is three times the number of people involved in the oil industry in Norway!
- 84% of Norwegians are members of one or more organisations?

**FRIVILLIGHET NORGE**, St. Olavsgate 25, 0166 Oslo.  
[www.frivillighetnorge.no](http://www.frivillighetnorge.no), [post@frivillighetnorge.no](mailto:post@frivillighetnorge.no),  
tlf: 21 56 76 50

Denne brosjyren er del av et inkluderingsprosjekt som gjennomføres av Frivillighet Norge med støtte fra Kulturdepartementet og IMDi.

VÅFLER OG VÅRRULLER



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**THE VOLUNTARY SECTOR WELCOMES  
YOU TO JOIN THE TEAM!**  
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FRIVILLIGHETNORGE

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## THE VOLUNTARY SECTOR NEEDS YOU!

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**There are 100,000 voluntary organisations in Norway. They are involved in every activity imaginable – from religion to sport, music and videogames. We guarantee you will find an organisation that suits you.**

Voluntary organisations enrich society. They bring people together, inspire communities, help people make new friends and enjoy each other's company, and strengthen social bonds.

Volunteering is not just about helping others. It is just as much about participating in an activity you believe in – whether it is in a mosque, on the football pitch or in politics.

The most important tools voluntary organisations have are the voluntary work and financial donations of members, parents

and others who get involved.

The total contribution of Norwegian volunteers is equivalent to 115,000 full time employees. The organisations want even more people to join in.

We believe voluntary work is even more important for our society than oil. Without volunteering, Norway would judder to a halt! Therefore, next time you are asked to do something for a sports team, marching band or the Red Cross, say 'yes'. It will enrich both you and society just a little bit more.



**BIRGITTE BREKKE,**  
Secretary general  
of NGOs in Norway,  
Frivillighet Norge



**ABOUT THE FRONT PAGE:** the heartshaped waffle has long been a symbol of team spirit and volunteering. Today spring rolls, samosas or burritos could just as easily symbolise the same thing.



” Being a volunteer means taking responsibility for the society we live in and helping to influence your own life. It means acting rather than just talking.

**AREZO BANAFSHEH,**  
liaison committee for immigrants  
and the authorities



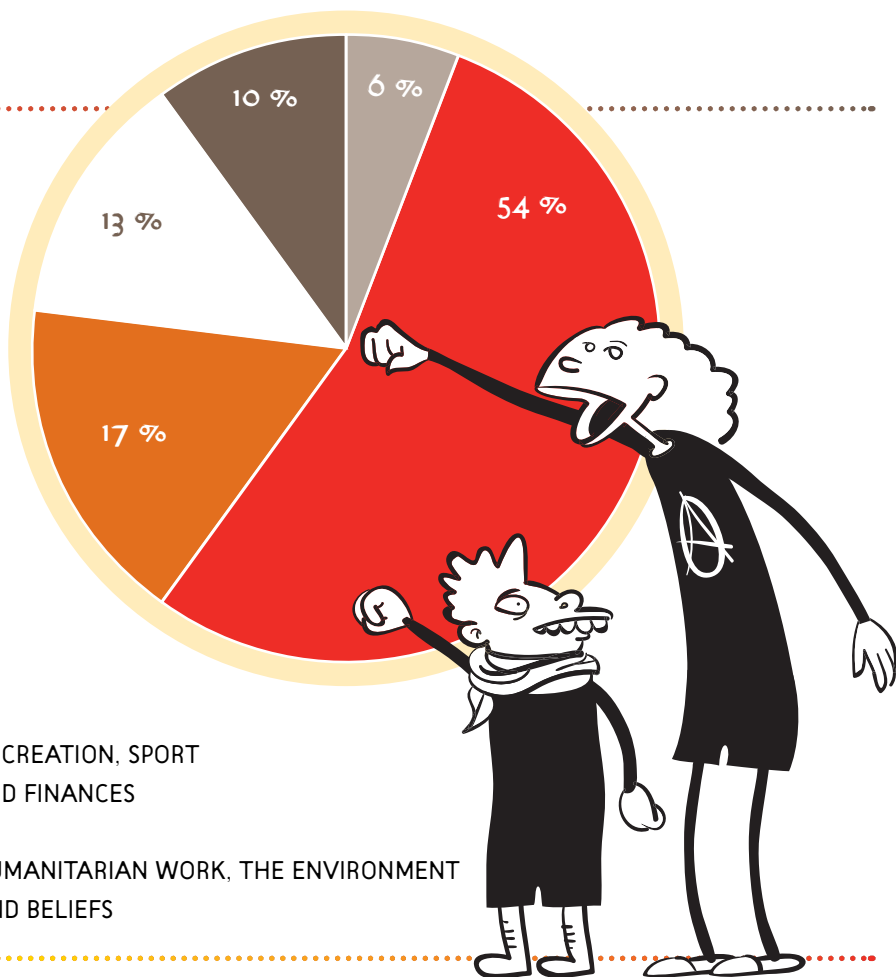
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## WHAT IS A VOLUNTARY ORGANISATION?

A voluntary organisation consists of people who work together for a cause or an activity, without making money from it. Voluntary organisations are owned by their members, set their own agendas, and are independent of central and local government. Organisations usually have meetings, members and rules concerning how decisions are taken.



## What are volunteers involved in?



- CULTURE, RECREATION, SPORT
- HOUSING AND FINANCES
- WELFARE
- POLITICS, HUMANITARIAN WORK, THE ENVIRONMENT
- RELIGION AND BELIEFS

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## ARE YOU PART OF THIS?

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48% of the population in Norway participates in voluntary work in organisations during the course of a year. But, what is regarded as "voluntary work"?

Voluntary work is work performed for free for a voluntary organisation. Playing in a marching band is not regarded as voluntary work. However, if you volunteer your services for free, for example as a board member, help to plan concerts or trips, or at a jumble sale to raise money, then you are performing voluntary work.

Voluntary work keeps the cogs of society turning. Without the parents volunteering, a marching band would soon come to a halt.

Voluntary organisations are based on openness and everyone knowing "the rules of the game", e.g.

what the organisation's money can be spent on. Both the majority of the population and the authorities trust such organisations, which makes it easier to raise money for activities. One advantage of establishing an organisation is that more people get involved, and the activities become less dependent on particular individuals.

There is a long history behind organised volunteering, but the causes and activities these organisations work with have

changed. Today, most of these organisations in Norway are involved in culture, sports and other recreational activities.

### MANY OPPORTUNITIES

There are 100,000 voluntary organisations in Norway. Some are large and cover the entire country, but the vast majority are small local ones. Music, dance, videogames, sports, religion, protecting the environment, social work, homework help, assistance, politics, training and outdoor recreation are just a few examples of what these organisations are involved in. In Oslo alone there are more than 300 organisations for and run by different minority groups.



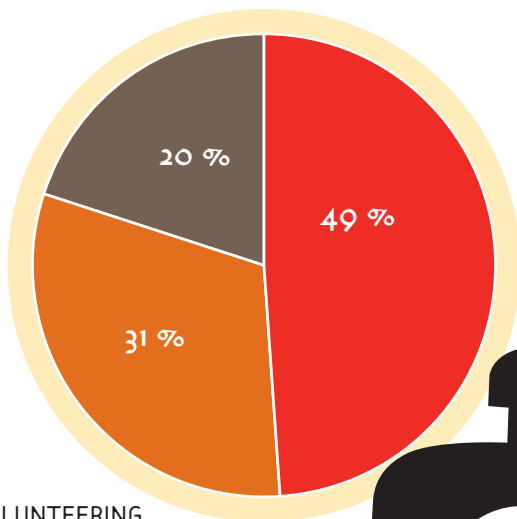
I primarily got involved in KRIK and KrFU because a lot of my friends were involved with them. Later on I became interested in what the organisations do and stand for.

**BAGUMA BURANGA,**  
Oslo Youth Council (BURO)

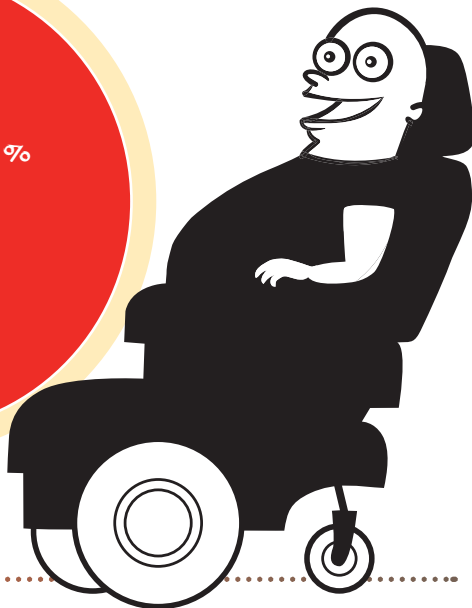


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## Voluntary organisations' resources



- DONATIONS + VOLUNTEERING
- SALES/FEES/SUBSCRIPTIONS
- PUBLIC GRANTS



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## Voluntary resources

Most voluntary organisations do not have employees, have little funding and totally rely on voluntary efforts. The organisations – and the activities – could not exist without the

voluntary efforts of members, parents and others. Football teams, for example, could not continue to function without parents doing their bit: washing kits, driving kids to matches,

coaching, selling waffles (and spring rolls), or taking responsibility for organising things. Membership subscriptions are too low to pay professional coaches and fulltime managers.

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## WHAT'S IN IT FOR ME?

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**Voluntary work is very rewarding, though not financially. Here are a few reasons for getting involved:**

- ... meeting others.
- ... learning something new.
- ... doing something you enjoy.
- ... fighting for a cause you believe in.
- ... giving kids something positive to do in their spare time.
- ... being seen and respected.
- ... gaining experience that is valuable when you're looking for a job.
- ... it's fun.
- ... your friends are involved.
- ... helping someone in need.
- ... spending your spare time doing something meaningful.

### DO IT TOGETHER!

Have your kids been invited to an event arranged by an organisation? You can be sure that the invitation includes you as their parent. Voluntary organisations want parents who care about their children to get involved.

Ask how you can help!



Voluntary work has enabled us to establish an arena in which students from different cultures can meet and share ideas and thoughts.

**AMIN ASSKALI,**  
the University of Oslo's Arabic student society

