



FAMILIA RY

VOLUNTEER ROLES

A guide to volunteering at Familia

Familia is the leading expert and advocate for
intercultural families in Finland.



VOLUNTEERING AT FAMILIA

Why volunteer?

As a volunteer at Familia you will contribute to the advancement of the equality of intercultural families, couples and young people in Finnish society. You will also have the opportunity to influence Familia's activities and use your own skills and experience for the benefit of others

You will meet people from all over the world, network and gain knowledge and experience, which is very useful in both work and personal life.

As a volunteer at Familia you can run peer support groups, create and lead your own activities or act as a communications volunteer. In this guide, you will find information about these different opportunities.

If you have an idea for a new activity that Familia has not implemented before, do not hesitate to contact Camilla Bergman, Familia's volunteer coordinator. We are always looking for new and innovative activities to try!



PEER GROUPS AND ACTIVITIES

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DUO MOTHER & BABY GROUP

Description

Duo Mother & Baby groups are informal discussion groups in which mothers of intercultural families can talk to each other and share experiences in a friendly and confidential environment. All mothers of intercultural families – Finnish and foreign – are welcome to participate in the groups with their under 1-year-old babies.

Most of the topics covered in the discussion would suit any mother of a small baby. However, what sets Duo's Mother & Baby groups apart from other groups, is that the topics also cover issues specifically related to intercultural families.

There are altogether seven weekly meetings in every group and each thematic meeting lasts about two hours. The topics cover issues such as: intercultural parenthood, intercultural relationship or the identity and language development of an intercultural child. The groups are facilitated by mothers of small babies.

Who can be a volunteer?

Mothers of intercultural families with a baby under 18 months.

Who can participate in the group?

Mothers and their babies under 1 year old.

Time required:

2-3 hours a week during 7 weeks.

Skills :

- Leadership skills.
- Communication and relationship skills.
- Intercultural competence.
- Facilitating skills.
- Group dynamics.

Contact [camilla.bergman\(at\)familiary.fi](mailto:camilla.bergman(at)familiary.fi) for more information



DUO LIVING ROOM

Description

Duo Living Rooms are a meeting point for parents, guardians and children of intercultural families. The aim of the Duo Living Rooms is to enhance the well-being of intercultural families and create peer support networks between participants. As a volunteer, you will be creating this safe atmosphere and participating in and sparking conversation between participants.

The target group of Duo Living Rooms are intercultural families: mothers, fathers, grandparents and small children. Volunteers leading the Duo Living Room are peers and have first hand experience living in an intercultural family.

The Duo Living Room is organised regularly, for example once a week or once every two weeks. Each meeting takes 2-3 hours. Duo Living Rooms are open for anyone and participants do not need to sign up for them.

The role of the volunteers in the Duo Living Room is to approach the participants, engage in conversation and act as their peer. The volunteer will prepare the space, welcome the participants, participate in and start conversation and if needs bring up different themes.

Who can be a volunteer or participate :

Mothers, fathers and guardians of intercultural families

Time required :

2-3 hours a week depending on how often the group meets

Skills :

- Facilitation skills
- Planning and organisation skills
- Intercultural competence
- Time management

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DUO FATHERS' GROUP

Description

Father's group is a peer support group for fathers in intercultural families. The target group are intercultural fathers who have been involved in marriages of different culture than their own and are willing to share and learn from others. As a volunteer you will use your experiences as a father to facilitate discussion, share knowledge and build the community.

The minimum number of participants for Father's group is 7. Meetings are conducted once a week and can span for 6 months to a year. Events are held face to face and online when needed. Each meeting takes about 2-3 hours.

The role of the volunteers in the Father's group is to coordinate the group meetings, set up before the meetings, lead the discussion and create a safe environment, where the participants feel free to express themselves without fear of judgement and discrimination.

Who can be a volunteer or participate :

Fathers of intercultural families

Time required :

2-3 hours a week for the duration of the group

Skills :

- Leadership skills.
- Communication and relationship skills.
- Intercultural competence.
- Facilitating skills.
- Group dynamics.

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DUO JOB HUNTING GROUP

Description

In the Duo Job-hunting groups, the aim is to create a space where participants can support and encourage each other and talk about different themes linked to job-hunting, among people who share a similar life situation.

You will work as a pair of volunteers, and will support the group to share idea and have discussions. Peer groups meet around once a week to discuss employment, integration and well-being issues. In addition to discussions, the meetings include one Q&A session with an expert.

The Duo job hunting group are organized each weeks or every two weeks for 8 times. A meeting lasts 1.5-2 hours, and the groups are closed, which means that the same people meet each time and that there are no new members joining after the second session. The groups have between 5 and 8 participants, and can be organized online.

The role of the volunteers in the Duo Job Hunting groups is to make the participants feel comfortable, prepare the space (or alternatively hold the meeting online), participate in and start conversations.

Who can be a volunteer :

People with a personal and/or professional experience of job-hunting, working life and integration as a foreigner in Finland. Volunteers can be unemployed or employed. Finnish people with a foreign spouse looking for a job are also welcome to volunteer.

Who can participate:

Job-seekers in an intercultural family.

Time required:

2-2.5 hours a week for the duration of the group

Skills:

- Leadership skills.
- Communication and relationship skills.
- Intercultural competence.
- Facilitating skills.
- Group dynamics.



CLUBS AND WORKSHOPS

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MUNDUO YOUTH CLUB

Description

MunDuo youth club focuses on children and youth of intercultural backgrounds. The Youth club is a group of around 10-12 people and the host that meets to explore any activity together. These activities are usually very energetic and enjoyable, like art, sport, games or anything you might have in mind. The key is to involve the participants and listen to what their interests are.

This club targets the youth from intercultural backgrounds. The age is somewhere between 7 - 18 years with similar interests. Take note that the group should always be for similar aged youth. Youth club could be a workshop or extending up to 6 months of regular weekly or monthly meetings that extend 1,5-3 hours.

As volunteer you will be taking educational and supportive role. You will be responsible for setting up the program plan, goals and materials if needed, and day-to-day plan implementation of the event. You should be capable to work with our younger friends.

Who can be a volunteer or participate:

Intercultural youth.

Time required:

1.5-3 hours a week or month depending on how often the group meets.

Skills:

- Facilitation and group dynamics skills.
- Leadership skills.
- Communication and relationship building.
- Intercultural competence.

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KITCHEN CLUB

Description

The Kitchen Club is a fun activity, that includes cooking and eating together as well as Finnish speaking and other household issues. Through this activity the you can tackle the Finnish cooking culture to make it more familiar to the participants, or dive into some other culture and find out more about it with the group. This activity is organised together with the Martha Organization and Familia.

This group targets people from intercultural families , interested in cooking and practicing Finnish. The group is held regularly on a monthly basis and each meeting takes 3-4 hours.

The volunteer is responsible is to follow up with participants then escort them from the meeting point to Martha's Kitchen and follow up of the event. The host should be able to communicate with the group, for that they should have enough knowledge of Finnish language and preferably English too to explain things if not understood by the participants.

Who can be a volunteer or participate:

Intercultural individuals.

Time required:

3-4 hours a month

Skills :

- Facilitation and group dynamics skills
- Cooking skills
- Leadership skills
- Communication and relationship building
- Intercultural competence

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LANGUAGE CLUBS

Description

The language clubs are a meeting point where learners of different languages can meet their peers and develop their language skills. Language clubs also advance the community of foreign language speakers in Finland. The language clubs are always led by a volunteer who speaks the language as their mother tongue.

The target group for language clubs is anyone who is interested in learning a national or foreign language and practicing the language in a more relaxed environment.

As a volunteer leading a language club, you can concentrate on a national language (Finnish or Swedish) or a foreign language. Language clubs can be relaxed discussion groups or concentrate on specific cultural aspects, like music or literature. As a volunteer you have the freedom to choose the focus for the language club.

The language clubs also differ in structure. For example, a language club can meet weekly or monthly depending on your availability as a volunteer. A single meeting usually is around 2 hours long and can be held either in person or online.

Who can be a volunteer or participate:

Intercultural individuals.

Time required:

2-3 hours a week depending on how often the group meets.

Skills:

- Facilitation skills.
- Language skills.
- Planning and organisation skills.
- Intercultural competence.
- Time management.

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CULTURE CLUBS

Description

These clubs have a cultural focus. Culture clubs are formed from groups of 8-12 people and the host that meets regularly to explore different creative and cultural activities together. As a volunteer, you can easily incorporate arts, books, photography, even creative writing or your any idea into the club.

This group targets mainly adults from intercultural families with similar cultural interests. However, the groups is also open to anyone interested in that culture. The group could be a workshop or extending up to 6 months of regular weekly or monthly meetings of 2-3 hours.

As a volunteer, you are responsible for setting up the program plan, goals and materials if needed, and day-to-day plan implementation of the event. You should be able to communicate with the group, for that you should have enough knowledge of the language chosen to be used in the group.

Who can be a volunteer or participate:

Intercultural individuals or anyone interested in different cultures.

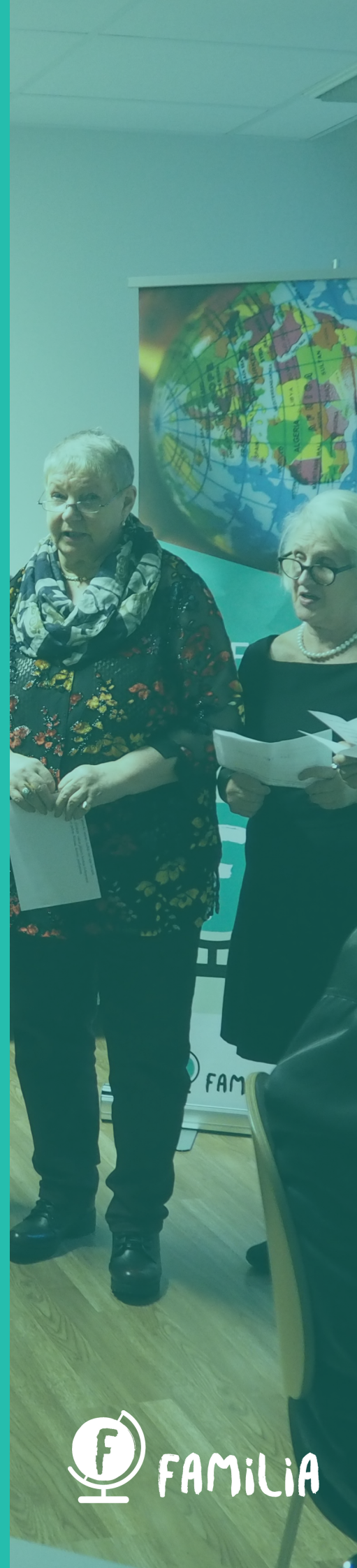
Time required:

2-3 hours a week depending on how often the group meets.

Skills :

- Facilitation and group dynamics skills.
- Leadership skills.
- Communication and relationship building.
- Intercultural competence.

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COMMUNICATIONS VOLUNTEERS

Description

Communications volunteers produce content for Familia's blog and social media. As a volunteer you can use your own skills and experience to benefit others and to raise awareness for the issues of intercultural families in Finnish society.

Communications volunteers can produce regular content or volunteer on a project basis. Volunteers can produce for example blog posts, come and photograph Familia's events or produce video content.

The role of communications volunteer is especially suitable for those with first hand experience in intercultural families or those wanting to build up their portfolio. Communications volunteers have the freedom (except when delivering specific projects) to create the kind of content they would like, as long as it is aligned with Familia's mission and vision.

Time required:

2-3 hours a month depending on the project

Skills to be developed:

- Content creation.
- Research and critical thinking.
- Writing / editing / photography / video editing depending on project.
- Awareness about intercultural families.

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