

C3 Zurich Voluntary Work Guide

A word from the author

We at C3 Zurich strongly believe, that we are blessed to be a blessing. While C3 Zurich is offering some activities, this shall not stop you from being a blessing for those around you, outside of the Church. Not sure where to start? That is why this handbook is created, to give you an overview of possibilities within Switzerland. A lot of information is posted in German only and the team from C3 Compassion Team is happy to help you translate or connect. Additionally, please note that the list will grow over time, so please come back regularly to check for new opportunities. Thank you.

The Compassion Team C3 Zurich | compassion@c3zurich.ch

Activities

CLOTHING DONATIONS
<p>Caritas is collecting clothes which they refurbish and then at a very low price sell to people in need.</p> <p>Further Information (in German): https://www.caritas-zuerich.ch/aktiv-werden/kleider-spenden</p> <p>Drop-off Stations:</p> <ul style="list-style-type: none">• Birmensdorferstr. 38, Zürich• Steinberggasse 54, Winterthur• Schwammendingerstr 11, Zürich-Oerlikon (only during office hours at store)• Asylstr. 94, Zürich (only during office Hours at store) <p>Additionally, you can donate clothes or goods to the Asylum Organization of Zürich (government) You can find more details here: https://www.stadt-zuerich.ch/aoz/de/index/integration/privates-engagement-fuer-fluechtlinge/kleider--und-sachspenden.html</p>
BECOME A GODMOTHER OR GODFATHER
<p>Do you want to invest your valuable time on a child? Offer 1-2 times per month per child between the ages of 3 to 12 to stay with you for a half to a full day. Proposed activities: Just spend time with this child, read a book, share a story, go to a museum or simply play.</p> <p>The commitment is min. 3 years and during this time you will be coached by experienced staff from the Caritas organization.</p> <p>Further Information (in German): https://www.caritas-zuerich.ch/aktiv-werden/freiwilliges-engagement-fuer-menschen-im-kanton-zuerich/unterseite-fw-einsaetze/patinnen-und-paten-fuer-mit-mir</p> <p>Contact: Andrea Früh +41 44 366 68 76 mitmir@caritas-zuerich.ch</p>
BECOME A COACH FOR THE GODMOTHERS OR GODFATHERS
<p>Are you interested in becoming a coach for those who want to serve as Godmothers or Godfathers? Do you have experience / skills in: Communication Leading Organizational How to Deal with Family Situations Conflict Management and more? Do not hesitate to reach out to the contact below:</p> <p>Further Information (in German): https://www.caritas-zuerich.ch/aktiv-werden/freiwilliges-engagement-fuer-menschen-im-kanton-zuerich/unterseite-fw-einsaetze/freiwillig-vermittlerin-mitmir</p> <p>Contact: Andrea Früh +41 44 366 68 76 mitmir@caritas-zuerich.ch</p>

REPAIR & SEWING CLOTHES WITH FEMALE MIGRANTS

Are you willing to invest 2-3h per week (Tuesday morning in Wetzikon) to spend time with migrants and repair & sew together?

Further Information (in German): <https://www.caritas-zuerich.ch/aktiv-werden/freiwilliges-engagement-fuer-menschen-im-kanton-zuerich/unterseite-fw-einsaetze/flicken-und-naehen-mit-migrantinnen>

Contact: Renata Gattella | +41 44 366 68 90 | r.gattella@caritas-zuerich.ch

COOKING WITH MIGRANTS

Are you between 20-30 years old and interested to invest one Saturday per month (12:00-21:00) to shop for food and cook together with Migrants? Check out below information where you can register:

Further Information (in German): <https://www.youngcaritas.ch/aktiv-werden/freiwilliges-engagement/taste-the-world-kochtage>

MAKE POVERTY VISIBLE

Do you believe that there is no or low poverty in Switzerland? Wrong, think again! Do you want to invest your time in creative activities to make this poverty visible and do something against it?

Further Information (in German): <https://www.youngcaritas.ch/aktiv-werden/freiwilliges-engagement/taste-the-world-kochtage>

HELP PEOPLE WITH COMPUTER KNOWLEDGE

Do you have good computer skills and a heart to help people? Caritas is looking for someone willing to invest either Monday evening from 18.30 – 21:00 or Friday morning from 09:00 – 11:30

Further Information (in German): <https://www.caritas-zuerich.ch/aktiv-werden/freiwilliges-engagement-fuer-menschen-im-kanton-zuerich/unterseite-fw-einsaetze/computerkurse-freiwillige-fuer-verschiedene-aufgaben>

Contact: Simone Geschwend | +41 44 366 68 83 | s.gschwend@caritas-zuerich.ch

HAVE A PLAYDATE WITH CHILDREN IN THE ASYLUM CENTER IN EMBRACH

Do you have a heart for children and are willing to invest two Saturdays or Sundays per month? (14:30-16:30) Then check out below activities.

Further Information (in German): <https://www.youngcaritas.ch/aktiv-werden/freiwilliges-engagement/zeit-schenken-in-embrach>

HELP PEOPLE TO FIND ACCOMODATION

*Do you want to help socially disadvantages people to find an apartment? You basically become a mentor for those in need. Explain to them how the housing market works, help them to fill in application forms, etc.

Further Information (in German): <https://www.caritas-zuerich.ch/aktiv-werden/freiwilliges-engagement-fuer-menschen-im-kanton-zuerich/unterseite-fw-einsaetze/freiwillige-zur-unterstuetzung-bei-der-wohnungssuche>

Contact: Alexandra Zwicky | +41 44 366 68 87 | wohnfit@caritas-zuerich.ch

SUPPORT YOUNG FAMILIES AT SCHOOL

Explain to first time parents how the school system works in Switzerland. Connect with them and guide them through all difficulties. Are you willing to invest about one year of your time, 2-4 times per month?

Further Information (in German): <https://www.caritas-zuerich.ch/aktiv-werden/freiwilliges-engagement-fuer-menschen-im-kanton-zuerich/unterseite-fw-einsaetze/copiloten-gesucht>

Contact: Kristine Mouysset | k.mouyssett@caritas-zuerich.ch

OFFER CITY TOURS FOR MIGRANTS

Do you love to communicate and love to share your stories about the city of Zürich with strangers? Then you can spend 1-2x per quarter with interested refugees.

Further Information (in German): <https://www.caritas-zuerich.ch/aktiv-werden/freiwilliges-engagement-fuer-menschen-im-kanton-zuerich/unterseite-fw-einsaetze/stadtrundgaenge-fremdsprachige-freiwillige-gesucht>

Contact: Simone Geschwend | +41 44 366 68 83 | s.gschwend@caritas-zuerich.ch

HELP YOUNG MIGRANTS WITH AN APPRENTICESHIP

Are you keen to invest your time into helping young migrants to navigate through all difficulties of an apprenticeship? You start supporting the migrant in the last year of public school and help the migrant child to write a CV and Cover Letter. You help by motivating and help search jobs together, etc.

Further Information (in German): <https://www.caritas-zuerich.ch/aktiv-werden/freiwilliges-engagement-fuer-menschen-im-kanton-zuerich/unterseite-fw-einsaetze/incluso-jugendliche-bei-der-lehrstellensuche-begleiten>

Contact: +41 44 366 68 55 | incluso@caritas-zuerich.ch

VARIOUS VOLUNTARY WORK AT AOZ ZURICH FOR MIGRANTS

The City of Zürich is searching for voluntary workers for refugees. Time investment 2-4 hours per week for at least 6 months. You can help children with their homework, help the refugee family with chores, shopping, or simply assist them with administrative tasks or show them around in Zürich.

Further Information (in German): <https://www.stadt-zuerich.ch/content/aoz/de/index/integration/fachstelle-freiwilligenarbeit.html>

Contact: AOZ Fachstelle Freiwilligenarbeit +41 44 415 66 72 or +41 44 415 67 38

GIVE REFUGEES A HOME IN THE CITY OF ZURICH

Are you willing to rent your whole apartment or simply a room to a refugee or their whole family? Get in touch with the city of Zürich and offer your help.

Further Information (in German): https://www.stadt-zuerich.ch/aoz/de/index/integration/privates-engagement-fuer-fluechtlinge/wohnraum_direkt_vermieten.html

Contact: AOZ Fachbereich Wohnen: +41 44 415 66 00

OFFER A REFUGEE A JOB OR APPRENTICESHIP

Do you have a company and want to offer a refugee a job or an apprenticeship? Please check out below information and processes on how you can collaborate with the authorities of the city of Zurich

Further Information (in German): <https://www.stadt-zuerich.ch/aoz/de/index/integration/privates-engagement-fuer-fluechtlinge/arbeit-in-firmen-und-unternehmen.html>

Contact: AOZ Integrationsbegleitung: +41 44 415 66 93

YOUR IDEA ON HOW TO HELP REFUGEES

You may not have found an activity on how to help refugees, but you have a great idea! Why not prepare a case for your idea and discuss it with someone from the authorities of Zürich?

Further Information (in German): <https://www.stadt-zuerich.ch/aoz/de/index/integration/privates-engagement-fuer-fluechtlinge/freiwilliges-engagement-in-projekten.html>

Contact: AOZ Information & Kommunikation: +41 44 415 65 90

SPENDING TIME WITH ELDERLY PEOPLE

Do you want to invest your time with simply spending your time with elderly people? Visit them and listen to them.

Further Information (in German): <https://pszh.ch/ihr-engagement/freiwillig-engagiert/besuchsdienst/>

Contact: Pro Senectute Kanton Zürich +41 58 451 51 00 | info@pszh.ch

HELPING ELDERLY PEOPLE WITH FINANCES

Are you 60+, patient and are interested in helping elderly people with their finances? If so, you will get a base education before you start consulting people.

Further Information (in German): <https://pszh.ch/ihr-engagement/freiwillig-engagiert/treuhanddienst/>

Contact: Dienstleistungscenter Stadt Zürich Brigit Ruprecht or Stefan Müller +41 58 451 50 00

HELPING ELDERLY PEOPLE WITH TAX QUESTIONS

Do you have time between January and March and are willing to help elderly people with tax questions? You will be properly trained through base and concurring courses.

Further Information (in German): <https://pszh.ch/ihr-engagement/freiwillig-engagiert/steuererklarungsdienst/>

Contact: Pro Senectute Kanton Zürich +41 58 451 51 00 | info@pszh.ch

GENERATION IN THE CLASSROOM

Are you retired and interested in bringing your wisdom and knowledge into a classroom? You basically can support a teacher with for example art works and more.

Further Information (in German): <https://pszh.ch/ihr-engagement/freiwillig-engagiert/generationen-im-klassenzimmer/>

Contact: Pro Senectute Kanton Zürich +41 58 451 51 00 | info@pszh.ch

HELPING ELDERLY WITH COMPUTERS

Pro Senectute is offering in various villages in the canton of Zürich computer classes for elderly people. You could help as a teacher.

Further Information (in German): <https://pszh.ch/ihr-engagement/freiwillig-engagiert/computerias-bringen-sie-anderen-die-zukunft-naeher/>

Contact: Pro Senectute Kanton Zürich +41 58 451 51 00 | info@pszh.ch

HELPING IN YOUR COMMUNITY

Do you want to do community work in your village or city? Reach out directly to your local government or local churches. Some things they are seeking are: Driving people to places | Delivery of food for people in need | Simply be there for someone and more.

Further Information (in German): <https://pszh.ch/ihr-engagement/freiwillig-engagiert/engagement-in-der-gemeinde-bewirken-sie-im-kleinen-grosses/>

Contact: Pro Senectute Kanton Zürich +41 58 451 51 00 | info@pszh.ch

HELPING REFUGEES 1:1

Solinetz is looking for volunteers who are willingly to invest 2-4 hours a week to help them with a big variety of things such as: learning German, translating documents, fill in forms, helping them with chores, jobs, finding apartment and many more.

Further Information (in German): <https://solinetz-zh.ch/projekte/11-2/>

TEACHING GERMAN TO REFUGEES

Do you have a heart for teaching and is your mother tongue German? Then teaching refugees German might be a good opportunity for you.

Further Information (in German): https://solinetz-zh.ch/wp-content/uploads/Online-Deutschkurs_Ausschreibung_Freiwillige-gesucht.pdf

Contact: John Flury odk@solinetz.ch

WOMEN HELP WOMEN (REFUGEES)

Solinetz is offering a platform where you can come together with female refugees for all kind of projects. From Excursions to art.

Further Information (in German): https://solinetz-zh.ch/wp-content/uploads/frauenprojekt_nähatelier.pdf

VISIT REFUGEE HOMES

Visit refugees and simply spend time with them. You can do so in one of those centers: Glattbrugg, Hintereg, Urdorf, Adliswil.

Further Information (in German): <https://solinetz-zh.ch/wp-content/uploads/nuk.pdf>

Contact: (among others) Christoph Albrecht Christoph.albrecht@jesuiten.org

CARING FOR ELDERLY PEOPLE

The City of Zürich is offering a wide range of possibilities to serve people in need. That includes: Simply be with someone alone, help with chores or repair something. Write letters, read to someone, play, get creative, help with computer knowledge, joint walks, and running errands for them.

Further Information (in German): https://www.stadt-zuerich.ch/gud/de/index/jobs_bildung/freiwillige-mitarbeit/einsatzorte.html

Contact: various, please see link

HELPING A REFUGEE TO FIND A JOB

Are you interested in helping a refugee to get a job? You might want to work with the Red Cross of Zürich

Further Information (in German): <https://www.srk-zuerich.ch/mitmachen/freiwillige/perspektive-arbeit-individuelle-unterstuetzung-bei-der-arbeitssuche>

Contact: SRK Kanton Zürich | +41 44 388 25 81 (Anna Bossart) or +41 44 388 25 80 (Esther Hildebrand)

STILL HAVE NOT FOUND WHAT YOU ARE LOOKING FOR

A great site where you can find a lot of possibilities for your voluntary work. Currently they are hosting over 1'100 Voluntary jobs. Simply check the link below.

Further Information (in German): <https://www.benevol-jobs.ch/en/volunteer-opportunities>

HELPING MIGRANT CHILDREN TO INTEGRATE

Do you care for the younger generation? You might want to help them to integrate better into our society.

Further Information (in German): <https://www.srk-zuerich.ch/mitmachen/freiwillige/integration-kinder-jugendliche>

Contact: SRK Kanton Zürich | +41 44 388 25 90

HELPING DISABLED PEOPLE WITH HOUSEHOLD CHORES

Are you willing to invest 2-3 hours per week in people with physical challenges? It might be cooking, cleaning and any other chores.

Further Information (in German): <https://www.srk-zuerich.ch/mitmachen/freiwillige/menschen-mit-psychischer-belastung-unterstuetzen>

Contact: SRK Kanton Zürich | +41 44 388 25 25 | freiwillige@srk-zuerich.ch

SOS-CONSULTING @ THE RED CROSS ZURICH

You will assist the social workers with the coordination of needs, and you work directly with people in need, helping them.

Further Information (in German): <https://www.srk-zuerich.ch/mitmachen/freiwillige/wirksame-hilfe-fuer-menschen-in-not>

Contact: SRK Kanton Zürich | +41 44 388 25 25 | freiwillige@srk-zuerich.ch

TECHNICAL WORK EMERGENCY FOR ELDERLY PEOPLE

The Red Cross Zurich is searching technically inclined people who are able to install an emergency system in apartments of elderly people and train the elderly people on this system

Further Information (in German): <https://www.srk-zuerich.ch/vielfaeltige-aufgaben-fuer-freiwillige>

Contact: SRK Kanton Zürich | +41 44 388 25 25 | freiwillige@srk-zuerich.ch

INVITE WOMEN TO YOUR HOME

The Red Cross Zurich is hosting a format where you (woman) invite 6-8 other women to your home and just spend time with them. This should help women with a migration background to better integrate into the local society.

Further Information (in German): <https://www.srk-zuerich.ch/mitmachen/freiwillige/gespraechrunden-fuer-fremdsprachige-frauen>

Contact: SRK Kanton Zürich | +41 44 388 25 82 | Nora.lechmann@srk-zuerich.ch

DRIVING SERVICE

Are you happy to drive people who cannot drive around so that they can do their chores, or going to the doctor or whatsoever?

Further Information (in German): <https://www.srk-zuerich.ch/mitmachen/freiwillige/mit-dem-eigenen-auto-andere-zu-terminen-fahren>

Contact: SRK Kanton Zürich | +41 44 388 25 865 | fahrservice@srk-zuerich.ch

VILLA VITA - HUMANS WITH CHRONICAL DESEASES

In the middle of Zürich, the red cross is operating a house for people with psychological problems. If you are willing to discuss, read, train or simply get creative, this might be the thing for you

Further Information (in German) <https://www.srk-zuerich.ch/mitmachen/freiwillige/raum-fuer-menschen-mit-chronischen-psychischen-erkrankungen>

Contact: SRK Kanton Zürich | +41 44 388 25 25 | freiwillige@srk-zuerich.ch

HELPING YOUNG ADULTS IN THEIR APPRENTICESHIP

You might have a heart for teaching... You will be helping young adults (15+) to get through their apprenticeship by helping them in the school. Focus is Mathematics and German.

Further Information (in German) <https://www.srk-zuerich.ch/mitmachen/freiwillige/jugendliche-beim-einstieg-ins-berufsleben-helfen>

Contact: SRK Kanton Zürich | +41 44 388 25 25 | freiwillige@srk-zuerich.ch

BRINGING JOY TO THE HEART OF ASYLUM SEEKING CHILDREN

You need to have a passion for bringing laughter to kids. You will be trained as clown and regularly visit asylum homes. Please note that currently they do not accept more clowns but check regularly. There might be an opening soon.

Further Information (in German) <https://www.srk-zuerich.ch/mitmachen/freiwillige/jugendliche-beim-einstieg-ins-berufsleben-helfen>

Contact: SRK Kanton Zürich | +41 44 360 28 31 | reto.mauchle@srk-zuerich.ch

HELPING PEOPLE WHO ARE LONELY

Spend some hours per week or month with people who are lonely. Visit them at home. Spend time with them, help them cook, clean, read, do handicraft or whatever comes to your mind.

Further Information (in German) <https://www.srk-zuerich.ch/mitmachen/freiwillige/duo-bei-aufgaben-des-taeglichen-lebens-zur-seite-stehen>

Contact: SRK Kanton Zürich | +41 44 360 28 36 | duo@srk-zuerich.ch

WORK IN A CALLCENTER AND SIMPLY LISTEN TO PEOPLE WHO ARE LONELY

Often especially elderly people wish to just talk with someone. You will be working in a call center from the Red Cross, and you will have the function of an **interlocutor*** *a person who takes part in a dialogue or conversation.*

Further Information (in German) <https://www.srk-zuerich.ch/mitmachen/freiwillige/freiwillige-gesucht-fuer-den-telefonischen-besuchsdienst-gruezi>

Contact: SRK Kanton Zürich | +41 44 388 25 25 | freiwillige@srk-zuerich.ch

2X Christmas

Every year, the Swiss Red Cross, the Swiss post, SRG and Coop are hosting the 2X Christmas activity. Basically, just drop a package with for example Pasta, Rice, Canned food, Preserved food, Baby Food or Hygiene & Toiletry articles at the Swiss Post (between Dec 24-Jan 11) and it will be forwarded to the Red Cross. The Red Cross will distribute it to Swiss families in need.

Further Information (in German) <https://www.srk-zuerich.ch/mitmachen/freiwillige/2xweihnachten>

Contact: SRK Kanton Zürich | +41 44 388 25 01 | Susanne.buerer@srk-zuerich.ch

OPEN CHRISTMAS

Several churches in Zürich are offering an open Christmas feast. Everyone is invited to eat and be merry. Often those churches or organizations are seeking voluntary staff who can either help in the kitchen or serve the food. Churches which are hosting such an open Christmas are for example: Caritas or Heilsarmee Zürich-Zentral. * *Please check in advance with churches for covid19 restrictions*

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