

# Who are Mareena's Volunteers and How They Can Help Me



MAREENA



*Mareena is a non-governmental organization that helps refugees and other foreigners to integrate into society. We organize language courses and community events, where foreign and local communities can meet and get to know each other, talk about migration and integration issues and, through Mareena's volunteers, individually help foreigners to successfully build a new life in Slovakia.*

#### **Who Are Mareena's Volunteers**

Mareena's volunteers are people who have decided to invest their energy and free time and practically help those who need it. They carry out their activities without financial reward. We carefully select volunteers and then complete our preparatory training with us. Their volunteering is coordinated - we meet with them regularly, we talk together about what they encounter during their activities, we provide them with support and help.

#### **What Mareena's Volunteers Are Helping with**

Volunteers can help with teaching Slovak, children with school assignments, but also with meaningful leisure time, orientation in a new city and assistance in finding a job. Volunteers are not professional lecturers, but people of different professions, often with experience in tutoring.

#### **How Much Time Do Mareena's Volunteers Have**

The volunteer will meet with you regularly and will dedicate a maximum of 2 hours a week to you. Specific days and times will be the result of your mutual agreement.

#### **What about a Meeting Place**

The meeting place is also on your mutual agreement. You can use public spaces (parks, libraries), your own households (if you agree), or spaces mediated by Mareena, depending on the city in which you are located (check with the volunteer coordinator). In the event of an emergency, Mareena's volunteers can also counsel online.

#### **How Long Do Mareena's Volunteers Help**

The volunteer signs a contract with Mareena for 6 months. If you and the volunteer wish to continue after this time, we can extend the cooperation for another 6 months. The maximum duration of your cooperation is 1 year. If your need persists after this time, we will discuss the next steps together.

#### **"I'm Interested, What's Next?"**

First of all, contact the coordinating person in your city (contact below). You will have an introductory interview with him/her about your needs and details of volunteer help. This will be followed by a joint meeting with the coordinating person and the volunteer, where you will get to know each other, talk about your expectations, agree on the goal of your cooperation and other details. During your cooperation, you and the volunteer remain in contact with the coordinating person, who will be happy to help you if necessary and will also contact you in order to obtain your feedback on volunteering.

#### **"Do I Need to Bring Anything, Pay, Sign before Joining?"**

You pay nothing for working with a volunteer. At the beginning of the cooperation, you sign an Affidavit stating that you acknowledge the cooperation rights and obligations, which are summarized below. In order to fill in the personal data in the declaration, we need your identification document. The volunteer signs a volunteer contract, in which he/she also undertakes to respect his/her rights and obligations.

**Volunteering is a Partnership**, therefore, it requires respect and mutual regard between the volunteer and the beneficiary of the voluntary assistance (you).

In practice, it is a matter of **following simple principles**:

- the volunteer and the beneficiary adhere to the agreed dates and times of the meeting and do not delay the meeting;
- in case the beneficiary has to cancel the agreed meeting, he/she will contact the volunteer as soon as possible, at least 24 hours before the meeting;
- the beneficiary avoids contacting the volunteer in the late evening and on weekends (unless otherwise agreed in advance in cooperation with the coordinating person);
- if the situation of the beneficiary or volunteer changes and he/she no longer wants / is able to cooperate, he / she will contact the coordinator of volunteers as soon as possible;
- both the volunteer and the beneficiary are in regular contact with the coordinating person in order to inform him/her about how the mutual cooperation is developing and to provide him/her with feedback.

**For more information:**

**Bratislava**

michaela.kollarikova@mareena.sk  
tel.+421 948 099 944

**Nitra**

miriama.boselova@mareena.sk  
tel. +421 908 399 983

**Košice**

viktoria.janoscakova@mareena.sk  
tel. +421 914 237 937