

Local
SOCIAL
TOGETHER

X VOLUNTEERING IN AMSTERDAM - X
X X X
X REWARDING IN EVERY SENSE X

AMSTERDAM- A CITY OF VOLUNTEERS OPPORTUNITIES FOR ENGLISH-SPEAKING VOLUNTEERS

WHETHER YOU'RE LOOKING FOR A NEW
CHALLENGE, A NEW SKILL
OR AN OPPORTUNITY TO LEARN MORE
ABOUT THE LOCAL CULTURE,
VOLUNTEERING IS A GREAT WAY TO GO.
YOU GET TO ACTIVELY ENGAGE
WITH YOUR LOCAL COMMUNITY
AND EXPERIENCE AMSTERDAM
FROM A WHOLE NEW ANGLE
WHILE GIVING SOMETHING BACK.

f *volunteers*
amsterdam

× City of
×
× Amsterdam

#1

Improve the lives of independent living elderly



We're a volunteer driven organization in Buitenveldert making it possible for elderly people to remain in their own homes and communities for as long as possible. We offer mostly short term, simple, practical aid. For example, doing groceries, offering companionship, a chore in the house or garden, or giving someone a ride.

more information
www.hulpdienstbuitenveldert.nl

target group
elderly people
training
yes

time involvement
it's up to you
contact

Pauline Mulder
or Marianne
Versteeg
020 6447113
Coordinator@
hulpdienstbuiten-
veldert.nl

Algemene Hulpdienst



Buitenveldert

#2

Support a young family



Homestart provides one-to-one support for parents with young children. They tailor-make their support to the needs of the parents and children: lending a listening ear or a helping hand. Parents and volunteers often develop a deeply trusting relationship which can lead to powerful change within the family.

more information
www.homestartworldwide.org

target group

parents with young children

training

yes

time involvement

3-4 hours a week

contact

*Laura van
Overbeek
06 1478 7451
Amsterdamzuid.
rivierenbuurt-
buitenveldert@
home-start.nl*

HOME



START

#3

Find and offer a helping hand

BUUV is your marketplace made for and by your neighbours. BUUV is connecting people to help each other or meet new people with similar interests. BUUV involves services as: getting groceries for elderly, offering your handyman services, teaching someone how to use the computer. All offers and requests can be found on our website. Let's BUUV together!

target group

all residents

training

no

time involvement

it's up to you

contact

Simone Knaapen

020 4628 488

info@amster-

damzuid.buuv.nu

more information

www.amsterdamzuid.buuv.nu



Dynamo



buuv

#4

Make the city everyone's home



At the Rainbow Group we fight for a social city. A city where poor people, lonely and homeless people can all feel at ease and at home in Amsterdam. One out of every five families lives below the poverty line in Amsterdam. More than 65.000 people are extremely lonely. Nearly 1000 volunteers are supporting these people 1 on 1 with their unusual but beautiful stories. Join us! Make the city everyone's home.

*target group
people in poverty
& loneliness
training*

*yes
time involvement
4-8 hours*

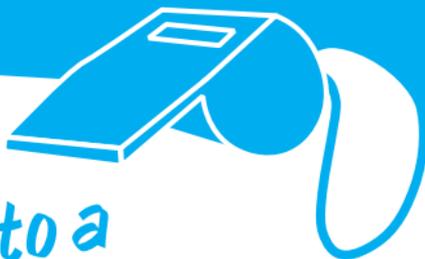
*a month
contact
Nina ter Beek
020 5317 600
vrijwilligers-
werk@
deregenboog.org*

*more information
www.deregenboog.org/en*



DE REGENBOOG
GROEP

#5



Contribute to a creative community

Through the Makersnetwerk in de Pijp hobbyists, enthusiasts and amateurs are encouraged to develop their skills and turn their talents into a project for the benefit of the entire community. Participants, all of them are long-term unemployed, are coached to start their own shop or small company. Join us, as a coach!

target group

long-term unemployed people

training

no

time involvement

daypart a week

contact

Madelon Bos

06 4152 5216

m.bos@combiwel.nl

more information
www.huisvandewijkdepijp.nl

MAKERS
NETWORK

#6

Make a difference for the informal caregiver



When partners or other family members are doing a tremendous job in caring for their beloved ones, they deserve some time off to recharge their own batteries. That's why Buurtsupport - volunteers spend a couple of hours having a good time with the person in need of care.

target group
informal
caregivers of
various ages
training

yes
time involvement
2 - 4 times
a month

contact
Birgit Anthonio
06 441 398 53
banthonio@
dynamo-
amsterdam.nl

more information
www.dynamo-amsterdam.nl