



**Participate  
in volunteer  
activities!**

**Helsinki**

# A good life in Helsinki



The City of Helsinki offers a wide range of volunteer tasks where you can assist city residents of all ages in concrete ways or help take care of our shared environment. You can, for example, help organise a cultural event, give emotional support to a young person, accompany someone for a walk in the park, provide peer support to an older person or instruct a hobby group.

We can provide you with more information about the options available and an orientation for your chosen task as needed. You can also influence the content of the activities or, if you wish, volunteer independently. Join us in creating urban culture and a good life by volunteering – your contribution is needed.

*Volunteering refers to unpaid activities performed by individuals for the good of individual people, the environment or communities, based on their own free will and motivation. Volunteering promotes participation and living a good life.*

**The City of Helsinki's definition of volunteer work**



*“It feels great to be of help to someone with relatively little effort. I have been given much in life, and it feels good to be able to pay it forward.”*

*Volunteer*

## Three easy ways to get involved:

1. Find the right task for you on our website. [vapaaehtoiminta.hel.fi/en](https://vapaaehtoiminta.hel.fi/en)
2. Participate in training sessions and events. [vapaaehtoiminta.hel.fi/en/tapahtumat](https://vapaaehtoiminta.hel.fi/en/tapahtumat)
3. Sign up for our newsletter (in Finnish). [vapaaehtoiminta.hel.fi/uutiskirje](https://vapaaehtoiminta.hel.fi/uutiskirje)



## Contact us

Culture and leisure  
Volunteering

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-  [vapaaehtoistoiminta.hel.fi](http://vapaaehtoistoiminta.hel.fi)
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