

What is a volunteer organisation?

A volunteer organisation involves people who work together for a cause or on an activity without monetary reimbursement. Voluntary organisations are self-governing and are independent of the state and municipality. The most important aspect of voluntary organisations is the volunteers themselves who do unpaid work. Volunteering is more than just helping others; it's just as important to participate in an activity you believe in – whether at a mosque, on a football pitch or in politics. The rewards of volunteering are much more meaningful than money! (Read more at www.frivillighetnorge.no)

At N.K.S. everyone is welcome regardless of age, background or outlook on life. You can participate in a wide variety of exciting activities or be an important supporter of our work. We know that you are a resource!

Here are a few reasons to get involved:

- meet other people
- learn something new
- do something you like
- work for a cause you believe in
- be seen and respected
- gain experience that is valuable when applying for jobs
- enjoy a meaningful free-time activity
- be part of a community of women

Volunteering is unpaid, but you gain valuable experience, something employers appreciate. And – volunteering is very social!

Norwegian Women's Public Health Association

The Norwegian Women's Public Health Association (N.K.S.), with its 42,000 members, is Norway's largest women's organisation. Our association is not affiliated with any religion or political party. Our main goal is to contribute to a safe, inclusive society with particular focus on women. Our members are located all over the country where we have regular meetings and events focusing on social communities and women's health.

Mission of N.K.S. is to:

- spread knowledge of women's health
- combat violence against women
- include immigrant women
- strengthen mother-child relationships
- contribute to a healthy and safe upbringing
- ensure that the elderly have a good life

Contact your local association to find out more about our various offerings. We have something for everyone!

www.sanitetskvinnene.no

What is sanitet?

The Norwegian word *sanitet* means health and hygiene. It was part of the organisation's name when it was formed in 1896.



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Become a Språkvenn



What is a *Språkvenn* (language friend)?

It's important to understand and be understood in the country in which you live. The shortest path to achieving this is through language. Linguistic skills can make everyday life in a new country easier both at work and at home. This is why N.K.S. provides a fantastic opportunity to find language friends. These are volunteers who can be both conversation partners and good friends who can tell you a little more about Norway's culture, society and everything that is going on in Norway. It's incredibly easy! You don't need any books and it's free. It's just a matter of joining us and getting started!

Språkvenn enables you to:

- build a network
- get active language training
- get to know your community better
- be seen and heard
- gain new knowledge

The local *Språkvenn* associations have many different offerings, such as:

- conversation groups
- visits to an indoor swimming pool
- cooking evenings
- excursions to various locations
- visits to cafés or other meeting places

Find *Språkvenn* in your community!

Send a text message to (+47) 902 60 368 with the word SPRÅKVENN and your place of residence (example: SPRÅKVENN Bergen) and we'll help you get started! You can also send an email to: post@sanitetskvinnene.no.

The first time I heard about *Språkvenn* (language friend) was at an adult training course. I joined so I could practice speaking Norwegian. But in the process I learned much more, including fire safety, first aid, how to knit and how to raise vegetables. This is very useful for those of us who are newcomers in Norway.

Ayat, lives in Harstad



Foto: Oslo Foto



Foto: Oslo Foto

I started out as a volunteer in *Språkvenn*, both to practice Norwegian myself and to help others. When I applied for work, my spoken Norwegian was good and I improved my CV through my volunteering experience. Thanks to this, I got a job.

Aliaksandra, lives in Oslo

My friend invited me to *Språkvenn*. In addition to learning Norwegian, we talk about education, parenting and other topics and we also sew, swim and go for walks. It's interesting and fun to share experiences with women from Norway and other countries.

Ramia, lives in Drammen



Foto: Alessandria Langhjem