

Prostovoljna Ljubljana
- prijaznejša Ljubljana
Voluntary Ljubljana
- a friendlier Ljubljana



Ljubljana
Zdravo mesto
Healthy City







Ljubljana 2011

**Prostovoljna Ljubljana -
prijaznejša Ljubljana
Voluntary Ljubljana -
a friendlier Ljubljana**



Ljubljana
*Zdravo
mesto
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Foto: Stane Jeršič, Vir: Arhiv MOL
Photo: Stane Jeršič,
Source: City of Ljubljana archive

Prostovoljna Ljubljana ni samo eden od nazivov - je način življenja, energija našega mesta. Prostovoljstvo je v, kot rad poudarim, najlepšem mestu na svetu, ena pomembnejših vrednot posameznic, posameznikov, skupin in različnih organizacij.

Ljubljana je prejela naziv "Mesto prostovoljcev" leta 2001, v Mednarodnem letu prostovoljstva. Slovenska filantropija je naziv Ljubljani podelila predvsem zaradi podpore, ki jo nudimo nevladnim organizacijam, in pomena prostovoljstva v Ljubljani še v času NOB in takoj po njem.

"Ne moremo prezreti vloge in pomena organiziranega prostovoljnega dela in medsebojne solidarnosti v mestu tako v času okupirane Ljubljane kot tudi vloge udarniškega dela in mladinskih delovnih brigad takoj po vojni. Torej je mesto že zgodaj poznalo in cenilo te oblike solidarnostnega vedenja Ljubljančanov ter jih vsaj moralno in marsikdaj tudi neposredno spodbujalo.", so zapisali v obrazložitvi podelitve naziva.

Prav v lanskem letu, ko so septembra Ljubljano zajele obsežne poplave, sta se prostovoljstvo in solidarnost ponovno izkazala tudi v vsakdanjem življenju. Sosedje in meščani so nesebično pomagali drug drugemu in tako smo vsi skupaj omilili posledice naravne nesreče.

Ob deseti obletnici mednarodnega leta prostovoljstva je Svet Evropske unije letošnje leto razglasil za Evropsko leto prostovoljnih dejavnosti za spodbujanje aktivnega državljanstva. Ob tej priložnosti izdajamo publikacijo, s katero na enem mestu združujemo in predstavljamo vso raznolikost prostovoljnega dela v Ljubljani.

Zoran Janković,
Mayor

Voluntary Ljubljana is not just one of those titles - it is a way of life, the energy of our city. Volunteering is, in - as I like to emphasise - the most beautiful city in the world, one of the most important values of individuals, groups and various organisations.

Ljubljana was awarded the title 'City of Volunteers' in 2001, the International Year of Volunteers. Slovenian Philanthropy awarded the title to Ljubljana above all due to the support that we offer to NGOs, and the importance of volunteering in Ljubljana during the Second World War National Liberation Struggle and immediately after it.

"We cannot ignore the role and importance of organised voluntary work and interpersonal solidarity in the city during the occupation of Ljubljana as well as the role of shock work and youth workers' brigades immediately after the war. So as early as that the city already knew and valued this form of solidarity behaviour of Ljubljana's residents and stimulated it at least morally and also often directly" as they wrote in the explanation for the award of the title.

Just last year, when in September Ljubljana was hit by extensive flooding, volunteering and solidarity were once again demonstrated in everyday life. Neighbours and citizens helped one another selflessly and thus all of us together were able to mitigate the effects of the natural disaster.

On the tenth anniversary of the International Year of Volunteers, the EU Council has declared this year as the European Year of Voluntary Activities Promoting Active Citizenship. To mark this occasion, we are issuing a publication, via which we unite and showcase in one place all the diversity of voluntary work in Ljubljana.

Prostovoljke in prostovoljci delujejo na različnih področjih, kot so prostovoljno gasilstvo in sistem zaščite ter reševanja, kultura, šport, zdravje, varovanje okolja in varstvo živali, ter pripomorejo h kakovostnejšemu preživljanju prostega časa mladih, starejših in podpora ranljivejšim skupinam prebivalstva.

Mestna občina Ljubljana na različne načine nudi podporo razvoju, organizaciji in kakovostni izvedbi prostovoljnega dela v Ljubljani. Vseeno pa prostovoljstva ne bi bilo, če ne bi bilo vseh prostovoljk in prostovoljcev, ki s svojim delom pomembno prispevajo k boljšemu življenju v našem mestu.

Vsem se iskreno zahvaljujem!

Volunteers work in various fields, such as voluntary firefighters and the system of protection and rescue, culture, sport, health, environmental protection and wildlife preservation, as well as contributing in their free time to the quality of life of young people, the elderly and vulnerable groups in society.

In various ways, the City of Ljubljana offers support to the development, organisation and the quality execution of voluntary work in Ljubljana. All the same, there would be no voluntary work done if it were not for all of the volunteers whose work makes such an important contribution to a better life in our city.

To all I am sincerely grateful!



Foto/Photo: Sunčan Stone

Danes je prostovoljno delo uveljavljeno priznana družbena vrednota

Organizirano prostovoljno delo se je začelo razvijati v začetku prejšnjega stoletja na konceptu pomoči revnim in onemoglim ljudem. Pozneje, v drugi polovici stoletja, predvsem v 60-tih, letih se razvije koncept, ki temelji na zahtevi po družbenih spremembah, torej kot kritika na obstoječe sisteme oziroma kot reakcija na negativne družbene pojave.

Razvojna koncepta sta bila v prejšnjem stoletju predmet ostrih kritik in javnih pohval. Skozi njih se razvijejo javne in strokovne debate in izoblikuje se potreba oziroma zahteva po organiziranosti, izobraževanju, vodenju in družbenem nadzoru. Posledično se ustanovijo številne nevladne organizacije, ki izdelajo sisteme rekrutiranja in vodenja prostovoljk in prostovoljcev, načela, pravila in etiko prostovoljnega dela.

Trend razvoja in popularizacije prostovoljnega dela se v tem stoletju nadaljuje. Prostovoljno delo je v očeh javnosti nepogrešljiv člen, dodatna kvaliteta v sistemu razvoja družbenih dejavnosti. Prostovoljke in prostovoljci nudijo različne oblike pomoči uporabnicam/kom, osveščajo javnost in lobirajo za zakonske ali druge spremembe.

Medijsko je prostovoljno delo postalo zanimivo. Javne in medijske osebnosti s svojimi prispevki in delom podpirajo in promovirajo prostovoljne organizacije. Vse več ljudi se vključuje v prostovoljno delo.

Država kot tudi profitne organizacije nudijo finančno podporo organizacijam, ki vključujejo prostovoljke in prostovoljce. Velike korporacije spodbujajo svoje zaposlene, da se vključujejo v prostovoljne dejavnosti.

Organised voluntary work began to develop at the start of the last century based on the concept of helping the poor and ill. Later, in the second half of the century, especially in the 1960s, a concept developed based on demands for social change thus as a critique of the existing system or as a reaction to negative social phenomena.

In the last century, the developed concept was the subject of sharp criticism and public praise. Through this, a public and professional debate arose and created a need or demand for organisation, education, management and social supervision. Consequently, numerous NGOs were set up that produced systems of recruiting and leading volunteers, the principles, rules and ethics of voluntary work.

Today, voluntary work is established as a recognised social value

The trend of the development and popularisation of voluntary work is ongoing in this century. In the eyes of the public, voluntary work brings indispensable added value to the system of development of social activities. Volunteers offer various forms of help to users, raise public awareness and lobby for legal or other changes.

Voluntary work has become interesting to the media. Contributions and work by public and media personalities support and promote voluntary organisations. Voluntary work includes ever greater numbers of people.

The State and commercial organisations offer financial support to organisations that include volunteers. Large corporations encourage their staff to take part in voluntary activities.

Kvalitetno prostovoljno delo je družbena odgovornost

Država in organizacije, ki v izvajanje svojih programov vključujejo prostovoljno delo, morajo zagotoviti kvaliteto izvajanja prostovoljnega dela in s tem prevzeti odgovornost do izvajalk/cev – prostovoljk in prostovoljcev ter uporabnic/kov njihovih storitev. Odgovornost do prostovoljnega dela mora biti izenačena z odgovornostjo do strokovnih služb v javnem sektorju.

Z drugimi besedami - za kvalitetno prostovoljno delo je potrebno zagotoviti ustrezna sredstva in morajo biti izdelani standardi in kriteriji. Organizacije morajo imeti strokovno in materialno sposobnost za vzpostavljanje in vzdrževanje ustrezne organizacijske strukture za vodenje prostovoljk in prostovoljcev, ki vključuje uvodno izobraževanje, dodatna izobraževanja, mentorstvo/supervizijo in druge mehanizme podpore, ter notranjo in zunanjo evalvacijo njihovega dela.

Struktura prostovoljk in prostovoljcev – strokovni izziv

Struktura prostovoljk in prostovoljcev se je pri nas v zadnjih letih zelo spremenila. Čeprav še zmeraj prevladujejo mladi, opažamo porast starejših. Pred leti so bili prostovoljci in prostovoljke predvsem študentje/ke družboslovnih usmeritev, danes pa so to ljudje z različnimi stopnjami in usmeritvami izobrazbe.

Večina prostovoljk in prostovoljcev je vključena v dejavnosti NVO. V delo se vključujejo z željo po nujenju pomoči drugim oziroma s potrebo po opravljanju koristnega dela, vendar so njihovi motivi lahko zelo različni. Ti vključujejo pridobivanje dodatnih znanj in izkušenj, zaposlovanje, druženje in druge osebne motive. Pogosto se v prostovoljno delo vključujejo tudi posamezniki/ce s problemi vključevanja v družbo in z različnimi osebnoznimi težavami. Slednji predstavljajo izziv za organizatorje/ke in vodje prostovoljnega dela.

Quality voluntary work is a social responsibility

The State and organisations where voluntary work is involved in the carrying out of their programmes must ensure the quality execution of voluntary work and in this they bear a responsibility to those involved – volunteers and service users. The responsibility for voluntary work must be equal to the responsibility for professional work in the public sector.

In other words, for quality voluntary work, it is necessary to assure adequate funding and standards and criteria must be produced. Organisations must have the professional and material ability to establish and maintain organisational structures for the management of volunteers, including introductory and additional education, mentorship/supervision and other support mechanisms as well as internal and external evaluation of their work.

The structure of volunteers – a professional challenge

The structure of volunteers has changed greatly in Slovenia in recent years. While still dominated by young people, we are seeing a growth in numbers of older people. In previous years, volunteers were above all sociologically-oriented students, while today they are people with differing levels and orientations of education.

Most volunteers are involved in NGO activities. They take part in work with the wish to offer help to others or the need to perform useful work, but their motivations can vary greatly. These include obtaining extra knowledge and experience, employment, socialisation and other personal motivations. Often, people that do voluntary work are individuals with problems with social inclusion and with various personality problems. These present a challenge for the organisers and leaders of voluntary work.

Obdobje recesije pogloblja že prej vzpostavljeno tendenco prenašanja odgovornosti države na druge izvajalce (privatni in neprofitni sektor) z namenom zmanjševanja stroškov na področjih vzgoje in izobraževanja, zdravstvenega in socialnega varstva. Storitve na teh področji postajajo vse manj dostopne večini državljanek in državljanov. Pogloblja se diferenciacija družbenih skupin. Revščina zajema vse več prebivalcev. Posledice lahko imajo dolgotrajen negativen vpliv na našo družbo.

Vsi odgovorni za prostovoljno delo se moramo zavedati, da prostovoljno delo nikakor ne more nadomestiti dela strokovnih služb in da se ne moremo oziroma se ne smemo vrniti na začetek prejšnjega stoletja, ko večina ljudi ni imela dostop do strokovnih služb oziroma teh še ni bilo. Torej ne smemo prenašati odgovornosti za izvajanje teh dejavnosti na izvajalke in izvajalce prostovoljnega dela. Prostovoljno delo prinaša dodatne kvalitete že obstoječih strokovnih služb in spodbuja njihov razvoj. Kot takega ga je vredno obdržati in razvijati naprej.

The development
of voluntary work
under the questions
of our time

Periods of recession deepen the pre-existing tendency of the State to transfer responsibilities to other executors (commercial and non-profit sectors) with the aim of reducing costs in the fields of education, health and social care. Services in these fields become ever less accessible to most citizens. Inequalities between social groups are deepened. Poverty affects ever more people. The consequences can have long-term negative impacts on our society.

All of us who are responsible for voluntary work must be aware that voluntary work can never be a substitute for the work of professional services and we cannot and must not allow a return to the start of the last century, when most people had no access to professional services or they still did not even exist. Thus we must not allow responsibility for carrying out these activities to be transferred to providers of voluntary work. Voluntary work brings added quality to pre-existing professional services and encourages their development. As such, it is worthwhile to maintain and develop it further.



Cveto Šumec
poveljnik Gasilske
zveze Ljubljana
*Ljubljana Fire Fighters'
Association Commander*

V današnjem času, ko človeških vrednot skorajda ni več in vrednote predstavljajo zgolj materialne dobrine, je marsikateremu državljanu nerazumljivo, da so med nami ljudje, ki v želji po pomoči sočloveku, namenjajo ves svoj prosti čas delovanju prostovoljnega gasilstva. So situacije, ko tvegajo tudi lastno zdravje ali življenje. Kaj žene te ljudi, da se sploh začnejo ukvarjati z gasilstvom, s poslanstvom, ki mu marsikdo reče kar "način življenja"? Vsekakor je pomemben del dejavnosti delo z mladimi. Gre za pomemben prispevek v smislu preventivnega delovanja, gre pa tudi za motivacijo in usmerjanje mladine v smislu "delati nekaj dobrega". V ta izjemno pomemben del aktivnosti gasilske organizacije je vloženo ogromno dela, časa in prizadevanj. Morda je še zanimivejše vprašanje, kaj pripravi ljudi, da v gasilskem delu vztrajajo leta, desetletja. Lahko bi nanizali kup različnih razlogov, prepričan pa sem, da je najpomembnejši samo eden: iskricе hvaležnosti in upanja v očeh tistih, katerim v nesreči pomagamo, in iskreno izrečena "hvala"!

In this day and age, when values of humanity barely exist any more, when material goods represent the only value, it is incomprehensible to many citizens that there are people among us who wish to help their fellow men, who devote all their free time to the operation of the voluntary fire service. There are situations when they also risk their own lives and health. What urges these people to even start to deal with the fire service, with a mission that they often speak of as a 'way of life'? Certainly working with young people is an important part of the activity. It is an important contribution in the sense of preventative work, and is also for the motivation and guidance of youth in the sense of 'doing something good'. A large amount of work, time and effort is put into this exceptionally important part of the fire service organisations' activities. Perhaps there is an even more important question - what makes people persist in fire service work for years, decades? This can be covered by a pile of diverse reasons, but I'm sure that only one is the most important - the sparks of gratitude and hope in the eyes of those that we have helped in an accident and express a sincere "Thank you!"

Svet Evropske unije je leto 2011 razglasil za "Evropsko leto prostovoljnih dejavnosti za spodbujanje aktivnega državljanstva" s sloganom leta "Bodi prostovoljec, spreminjaj svet!". Tako tudi za nas letošnje leto predstavlja posebno priložnost, da predstavimo vlogo in razširjenost prostovoljstva v našem mestu.

Prostovoljstvo je prisotno na najrazličnejših področjih; prostovoljke in prostovoljci delujejo v prostovoljnih gasilskih društvih, v sistemu zaščite in reševanja, ob različnih kulturnih in športnih dogodkih, delujejo z namenom varovanja okolja in varstva živali. S svojim delom pripomorejo k boljšemu zdravju prebivalcev in prebivalcev, svoj čas namenjajo mladim in starejšim ter nudijo podporo ranljivejšim skupinam.

Neorganizirano prostovoljstvo predstavlja osnovno sestavino medčloveških odnosov, npr. sosedskih, kar opazimo v svojem vsakdanjem življenju. Organizirano prostovoljno delo pa ima poseben pomen pri delovanju različnih organizacij, institucij in drugih organiziranih skupin. Žal se prostovoljno delo prevečkrat enači z nevladnimi organizacijami, vendar pa prostovoljke in prostovoljci s svojim prispevkom obogatijo tudi redno dejavnost v vladnih institucijah (npr. v šolah) in celo v gospodarskih družbah. Kljub temu da prostovoljno delo velikokrat predstavlja nepogrešljivo dopolnilo strokovnemu delu, profesionalnega strokovnega dela nikakor ne more in ne sme nadomestiti.

Prostovoljstvo nas bogati, zato: s prostovoljstvom
v nov dan!

Volunteering in Ljubljana

The EU Council has declared this year as the European Year of Voluntary Activities Promoting Active Citizenship with a slogan for the year of 'Volunteer! Make a difference'. So for us this year is a special opportunity to showcase the role and diversity of volunteering in our city.

Volunteering is present in the most varied fields: volunteers are active in voluntary fire service societies, in the civil protection and rescue system, at various cultural and sporting events and devote their activities to environmental protection and wildlife preservation. Their work contributes to the better health of residents; their time is devoted to young people and the elderly and to offering support to vulnerable groups.

Non-organised volunteering represents a basic element in interhuman relations, such as neighbours that are seen in our everyday lives. Meanwhile, organised voluntary work has special importance in the operation of various organisations, institutions and other organised groups. Unfortunately, voluntary work is too often equated with NGOs, but voluntary contributions also enrich the regular activities in public institutions (e.g. in schools) and even in commercial businesses. Even though voluntary work is frequently an indispensable supplement to professional work, voluntary work cannot and may not replace professional work.

Volunteering enriches us, so: into tomorrow with voluntary work!



Anica Mikuš Kos,
predsednica Slovenske
filantropije
President of Slovenian
Philanthropy

Evropsko leto prostovoljstva želi vzpodbuditi solidarnost in aktivno udeleženo članov civilne družbe v socialnih dogajanjih. Zlasti življenje v mestih je polno težav in izzivov, ki terjajo ne le dobrodelno pomoč sočloveku, temveč organiziranost, s katero se je možno lotiti težav prikrajšanih skupin, vplivati na dogajanja, ki prizadevajo kakovost življenja ljudi, ublažiti neenakost v dobrinah in možnostih. Prostovoljstvo ni le dobrodelna dejavnost za druge, to je dejavnost, v katero se vključujemo, da bi spreminjali svet. Zato je vodilo Evropskega leta prostovoljstva 2011 "Bodi prostovoljec - spreminjaj svet". Mesto Ljubljana je Slovenska filantropija pred desetimi leti razglasila za Mesto prostovoljstva. Mesto si je zaslužilo ta naziv zaradi raznoterih in mnogih prostovoljskih dejavnosti in zaradi številnih prostovoljcev, ki delujejo v nevladnih organizacijah, v šolah in drugih zavodih, v verskih organizacijah. Županje in župani Ljubljane so podpirali prostovoljstvo in prepoznavali v njem pomembno sestavino socialnega tkiva glavnega mesta. Želimo, da bi v letu 2011 ponovno oznanili z besedami in dejanji, da Ljubljana ostaja mesto prostovoljstva.

The European Year of Volunteering seeks to stimulate solidarity and the active participation of members of civil society in societal activities. Life in cities in particular is full of difficulties and challenges that require not just charitable help to our fellow citizens, but also the organisation with which it is possible to address the problems of disadvantaged groups, to influence those happenings that affect people's quality of life, to alleviate inequality materially and in opportunities. Volunteering is not just a charitable activity for others; it is an activity through which we are included in order to change the world. Thus the motto of the European Year of Volunteers 2011 is 'Volunteer! Make a difference'.

A decade ago, Slovenian Philanthropy proclaimed the City of Ljubljana as the 'City of Volunteering'. The city earned the title through its diverse and numerous voluntary activities and due to the number of volunteers that are active in NGOs, in schools and other institutes and in religious organisations. The Mayors of Ljubljana have supported volunteering and recognised in it a significant component of the social fabric of the capital. We hope that 2011 is heralded once more with words and deeds so that Ljubljana remains a city of volunteers.

Mestna občina Ljubljana podpira in spodbuja prostovoljno delo

V Mestni občini Ljubljana omogočamo, podpiramo in spodbujamo razvoj, organizacijo in kakovostno izvajanje prostovoljnega dela.

Posebno pozornost posvečamo vključevanju prostovoljnega dela pri programih, ki jih v sofinanciranje izberemo preko javnih razpisov na različnih vsebinskih področjih (npr. šport, mladinsko delo, varovanje okolja). Pri tem se prostovoljno delo upošteva kot poseben in finančno ovrednoten prispevek izvajalk in izvajalcev programov.

Poleg sofinanciranih programov podpiramo in sodelujemo pri organizaciji posameznih enkratnih prostovoljskih akcij in različnih prireditev ter se udeležujemo občnih zborov in drugih dogodkov sofinanciranih nevladnih organizacij.

Podpore pri izvedbi prostovoljnega dela izkazujemo tudi z možnostjo brezplačne uporabe prostorov MOL ter z možnostjo najema prostorov po nižani najemnini, in sicer tako za enkratne dogodke ob posebnih priložnostih kot tudi za rednejše dejavnosti in programe.

Posebno pozornost namenjamo tudi programom za podporo organizacijam, ki v svoje delo vključujejo prostovoljke in prostovoljce. Tovrstna podpora vključuje npr. pomoč pri organizaciji prostovoljnega dela, izobraževanja za prostovoljke in prostovoljce, pomoč mentorjem in mentoricam prostovoljnega dela ter informiranje o različnih možnostih izvajanja prostovoljnega dela. Tako sofinanciramo program Slovenske filantropije "Širjenje in promocija prostovoljstva v Ljubljani in okolici", ki predstavlja tudi posredovalnico prostovoljnega dela. Na spletni strani www.prostovoljstvo.org lahko pridobite ustrezne informacije, če se želite usposobiti za prostovoljno delo, se želite kot prostovoljka oziroma prostovoljec vključiti v programe z različnih področij ali želite v svojo organizacijo povabiti prostovoljke in prostovoljce. Podatki o organizacijah z različnih vsebinskih področij, ki vključujejo prostovoljke in prostovoljce, so na voljo na spletnih straneh www.ljubljana.si in se letno posodablajo v skladu z rezultati javnih razpisov za sofinanciranje programov/projektov (v okviru posameznih oddelkov Mestne uprave Mestne občine Ljubljana).

The City of Ljubljana supports and stimulates voluntary work

At the City of Ljubljana, we enable, support and stimulate the development, organisation and the quality execution of voluntary work.

We pay special attention to the inclusion of voluntary work in programmes that we select for cofinancing via public tenders in various content fields (e.g. sport, youth work and environmental protection). In this, voluntary work is treated as a separate and financially valuable contribution of programme providers.

As well as cofinancing programmes, we also support and co-operate in the organisation of individual one-off voluntary campaigns and various events, and participate in plenary assemblies and other events of cofinanced NGOs.

We also demonstrate support in the provision of voluntary work by the possibility of free-of-charge use of the City's premises and the low-cost rental of premises, both for one-off events on individual occasions and for regular activities and programmes.

We also dedicate special attention to support programmes to organisations that include volunteers in their work. Such support includes for example help in organising voluntary work, education for volunteers, help to volunteering mentors and providing information about the diverse options for carrying out voluntary work. Thus we cofinance a Slovenian Philanthropy programme called 'Broadening and promoting volunteering in and around Ljubljana', which is also a volunteering clearing house. Relevant information is available at www.prostovoljstvo.org, should you wish to train for voluntary work, if you would like to be included as a volunteer in programmes in diverse fields or if you want to invite volunteers to come to your organisation. Details about organisations from various content areas that include volunteers are available at www.ljubljana.si and are updated annually in line with the results of public tenders for cofinancing programmes/projects (within the departments of the City of Ljubljana City Administration).

Slovenska filantropija, Združenje za promocijo prostovoljstva, je humanitarna organizacija, ki deluje v javnem interesu vse od leta 1992. Naši programi so usmerjeni v dvig kvalitete bivanja v skupnosti in v zagovorništvu socialno šibkejših. Osrednja dejavnost je promocija prostovoljstva, saj verjamemo, da lahko s prostovoljstvom vsi prispevamo k boljši in bolj strpni družbi, ki temelji na spoštovanju vseh, ne glede na osebne in življenjske okoliščine.

Sedež Slovenske filantropije je v Ljubljani, kjer že vsa leta znotraj različnih programov razvijamo nove modele prostovoljstva, kreiramo prostovoljske projekte, usposabljammo prostovoljce in mentorje prostovoljstva in promoviramo prostovoljstvo.

Delujemo na nacionalni ravni, velik del našega dela pa se usmerja v Ljubljano in okolico.

Ena od pomembnejših dejavnosti organizacije je usposabljanje prostovoljcev, mentorjev in organizatorjev prostovoljstva. Na sedežu organizacije skozi celo leto potekajo enodnevna in dvodnevna usposabljanja, večinoma ob koncih tedna. Kdor želi, lahko enkrat na štirinajst dni prejema tudi elektronske prostovoljske novice, ki ponujajo širši pregled prostovoljskega dogajanja v Sloveniji in tujini. V začetku leta 2011 je prejemnikov prostovoljskih novic 2230.

Usposabljanja so odprta za vse, s simbolično prijavnino, ki predstavlja resnost prijave. Skupine so majhne, da je delo kar najbolj intenzivno in slušatelji vedno zaključijo usposabljanja opremljeni s kupico uporabnih informacij in dobre volje. Uvodnih usposabljanj, ki jih je v zadnjih šestih letih izvedla Slovenska filantropija, se je udeležilo 1.122 prostovoljcev.

Iskalcem prostovoljskega dela svetujemo glede na njihove želje za delo in kam se lahko vključijo. V ta namen koordiniramo Slovensko mrežo prostovoljskih organizacij, ki vključuje že 664 raznovrstnih prostovoljskih organizacij, od tega jih ima kar 293 sedež v Ljubljani in okolici. Mreža se povečuje. V šestih letih, odkar smo vzpostavili informacijski sistem, je iz 95 zrasla na 664 organizacij. Ponudba prostovoljskih del je res široka in dobrodošel je vsak, ki želi postati prostovoljec.

*Tereza Novak,
Executive Director of
Slovenian Philanthropy*

Slovenian Philanthropy, the Association for the Promotion of Volunteering is a humanitarian organisation that has been working in the public interest since 1992. Our programmes are aimed at raising the quality of life in communities and advocacy for the socially disadvantaged. The central activity is the promotion of volunteering as we believe that by volunteering we can all contribute to a better and more tolerant society based on respect for all, irrespective of personal or life circumstances.

The headquarters of Slovenian Philanthropy is in Ljubljana, where over the years within various programmes we have been developing new volunteering models, creating volunteering projects, training volunteers and volunteers' mentors and promoting volunteering.

We operate at national level, while a great part of our work is aimed at Ljubljana and the surrounding area.

One of the most important activities of our organisation is training volunteers, mentors and organisers of volunteering. One-day and two-day training takes place all year round at the organisation's HQ, mostly at weekends. Anyone who wishes can also receive our fortnightly volunteering e-news, which offers a broad overview of volunteer events in Slovenia and abroad. At the start of 2011 there had been 2,230 recipients.

The training courses are open to all with a symbolic fee which shows the seriousness of the application. There are small groups so that the work is most intensive and at the end of the course participants are always equipped with a great deal of useful information and goodwill. The introductory training that Slovenian Philanthropy has been running for the last six years has so far been attended by 1,122 volunteers.

We counsel those seeking voluntary work according to what they want to do and where they can be included. To this end, we co-ordinate the Slovenian network of voluntary organisations that includes 664 diverse voluntary organisations of which 293 have their headquarters in and around Ljubljana. The network is growing. In the six years since we set up an information system, the number has gone up from 95 to 664 organisations. The offer of voluntary

Svetujemo tudi organizacijam, ki vključujejo prostovoljce, pri izvajanju ali vzpostavljanju prostovoljstva. Izvajamo delavnice v šolah, drugih izobraževalnih institucijah, javnih zavodih in nevladnih organizacijah. Posebno pozornost posvečamo najmlajšim in jim v okviru vrtcev ponujamo delavnice na temo prostovoljstva, primerne njihovi starosti.

Naše delo je tudi povezovanje ljudi, ki potrebujejo prostovoljsko pomoč s ponudniki prostovoljskega dela - prostovoljci. To naredimo na način, da preko spletne posredovalnice prostovoljskih del objavimo prostovoljsko delo in pogoje in hkrati povežemo iskalca pomoči, če je to fizična oseba, s primerno prostovoljsko organizacijo, ki ima potrebna znanja, da lahko ponudi mentorstvo in nudi ustrezno podporo. Na spletni strani je posebna rubrika Posredovalnica prostovoljskih del, kjer so vse te stvari objavljene.

Seveda smo posebno veseli vsakogar, ki se odloči, da bo kot prostovoljka ali prostovoljec sodeloval pri programih Slovenske filantropije. To so programi psihosocialne pomoči beguncem, prosilcem za azil in migrantom, programi zagovorništva migrantov in drugih ranljivih skupin, učna pomoč za otroke iz socialno šibkejših okolij, druženje, mentorstva, skrbništva za otroke brez spremstva, promocija prostovoljstva, razvijanje novih modelov prostovoljstva. Obstaja tudi Ambulanta s posvetovalnico za osebe brez urejenega zdravstvenega zavarovanja, pri kateri sodeluje tudi Slovenska filantropija in v kateri delajo zdravniki prostovoljci.

Ljubljana je tudi prizorišče največjih promocijskih dogodkov, posvečenih prostovoljstvu. Že dvanajsto leto pripravljamo Festival prostovoljstva, ki je vseslovenski dogodek, poteka v različnih mestih, osrednja prireditev - praznik prostovoljstva pa napolni središče mesta Ljubljane s stojnicami in z množico raznovrstnih prostovoljskih del, ki jih ponujajo prostovoljske organizacije, vključene v Slovensko mrežo prostovoljskih organizacij. Tukaj lahko vsak najde svoje prostovoljsko mesto in temu je prireditev tudi namenjena.

work is really broad and welcomes anyone who wants to become a volunteer.

We also advise organisations that include volunteers in carrying out or establishing volunteering. We run workshops in schools, other educational institutions, public institutes and NGOs. We pay special attention to the youngest and offer them workshops adapted to their age in kindergartens on the theme of volunteering.

In addition, our work connects people that need voluntary help with providers of voluntary work - volunteers. This is done via a web clearing house of voluntary work where we publish voluntary work and the conditions and at the same time connect those seeking help, if it is an individual person, with a suitable voluntary organisation that has the necessary knowledge to be able to offer mentoring and provide appropriate support. The website has special content on the 'Voluntary work clearing house' where all these things are posted.

Naturally we are particularly pleased whenever a person decides to take part in any Slovenian Philanthropy programme as a volunteer. There are programmes of psycho-social help to refugees, asylum seekers and migrants, advocacy programmes for migrants and other vulnerable groups, educational programmes for children from socially disadvantaged backgrounds, socialisation, mentoring, guardianship for children without their parents, promotion of volunteering and developing new volunteering models. There is also a clinic and consultancy for those without proper health insurance in which Slovenian Philanthropy also works and where the doctors work as volunteers.

Ljubljana is also the venue of the biggest promotional events dedicated to volunteering. We have been running the Volunteering Festival for as many as 12 years, which is a pan-Slovenian event run in different towns with the main event - a volunteering fair that fills the centre of Ljubljana with stalls and numerous diverse kinds of voluntary work offered by volunteer organisations that are members of the Slovenian network of voluntary organisations. Here anyone can find their voluntary position, and it is to this end that the event is intended.

V začetku februarja letos je bil sprejet Zakon o prostovoljstvu, ki za prostovoljske organizacije pomeni simbolično priznanje pomena prostovoljstva pri ustvarjanju čim boljših pogojev za življenje vseh. Zakon med drugim opredeljuje prostovoljsko delo, prostovoljsko službo, pravice in obveznosti prostovoljcev in prostovoljskih organizacij, spodbude, sistematično vodenje evidenc o prostovoljcih in opravljenem prostovoljskem delu, register prostovoljskih organizacij, pripravo nacionalne strategije in nagrado RS za prostovoljstvo.

Prostovoljno delo v sistemu zaščite in reševanja

V sistemu zaščite in reševanja imajo prostovoljke in prostovoljci pomembno vlogo, saj številčno predstavljajo okoli 85% sil za zaščito in reševanje. Z različnimi vlogami in nalogami se v izvajanje reševanj vključujejo različni prostovoljci in prostovoljke:

- gasilci in gasilke,
- taborniki in tabornice ter skavti in skavtinje,
- vodniki in vodnice reševalnih psov,
- radioamaterji in radioamaterke,
- gorski reševalci in reševalke,
- jamarji in jamarke,
- potapljači in potapljačice ter
- člani in članice Rdečega križa ter Karitasa.

Prostovoljno gasilstvo se izvaja v okviru Gasilske zveze Ljubljana, v katero je vključenih 35 prostovoljnih gasilskih društev in dve prostovoljni industrijski gasilski društvi. V njih deluje 3676 članic in članov, od tega 1355 prostovoljnih operativnih gasilk/cev. Prostovoljno gasilstvo je poleg poklicnega gasilstva (ki se izvaja v okviru Gasilske brigade Ljubljana) del javne gasilske službe v Ljubljani.

Prostovoljno gasilstvo v Ljubljani

*Maks Zupančič, predsednik
Gasilske zveze Ljubljana*

V uvodu bi želel povedati, da so prostovoljni gasilci med vsemi prostovoljci nekoliko posebni. Ko se odločiš za delo v prostovoljnem gasilskem društvu, si praviloma mlad in željan dogodivščin. Z leti spoznaš, da je takšno prostovoljstvo zahtevno - to je prostovoljstvo z določenimi pogoji, ki jih vsak ne izpolnjuje; to je prostovoljstvo, ki zahteva posebno izobraževanje in posebno usposobljenost za delo. Gasilec je med svojim delom izpostavljen nepredvidljivim nevarnostim, ki jih mora

At the start of February 2011 the Act on Volunteering was adopted, which for voluntary organisations represents a symbolic recognition of the importance of volunteering in building the best possible conditions for the lives of all. Among other things, the Act defines voluntary work, voluntary service, the rights and duties of volunteers and voluntary organisations, incentives, the systematic maintenance of records on volunteers and voluntary work carried out, a register of voluntary organisations, the preparation of a national strategy and a Republic of Slovenia Award for Volunteering.

Voluntary work in the civil protection and rescue system

Volunteers have an important role in the civil protection and rescue system, as they are about 85% of the total civil protection and rescue forces. Diverse volunteers are included in various roles and tasks in rescue work:

- fire fighters,
- camping and scouts and girl guides,
- rescue dog handlers,
- radio amateurs,
- mountain rescue personnel,
- cavers,
- divers,
- Red Cross and Caritas members.

Voluntary fire brigades are run under the umbrella of the Ljubljana Fire Service Association that includes 35 voluntary fire service societies and two industrial voluntary fire service societies. In total they have 3,676 members of whom 1,355 are operational voluntary fire fighters. Alongside the professional fire service (provided by Ljubljana Fire Brigade), the voluntary fire service is part of the public fire service in Ljubljana.

The voluntary fire service in Ljubljana

Maks Zupančič, President of the Ljubljana Fire Service Association

At the outset I would like to say that voluntary fire fighters are particularly special among volunteers. When you decide to work in a voluntary fire service society, you are usually young and eager for adventure. Over the years you get to know that such volunteering is demanding - this is volunteering under specific conditions that not everyone can meet; this is volunteering that requires special training and special competences for the job. A fire fighter is exposed to unpredictable risks in his work, which have

stoodstotno obvladovati. Pomemben je pozitiven odnos do okolja in sodelavcev. Dodal bi lahko še kakšno lastnost, a naj bo za uvod dovolj.

Prostovoljno gasilstvo se je v Ljubljani pojavilo po več velikih požarih v mestu, ko so meščani prišli do spoznanja, da brez organizirane obrambe proti požarom ni uspeha. Ljubljana je svoj prvi požarni red dobila leta 1751, ta pa je bil v naslednjih letih večkrat dopolnjen. Predpisoval je predvsem udeležbo na požarih in hrambo orodja. Dobrih 100 let kasneje je bilo v Ljubljani ustanovljeno prvo prostovoljno gasilsko društvo (Ljubljana-mesto, leta 1870). Potreba po organiziranem združenju gasilcev je botrovala ustanovitvi Ljubljanske gasilske Župe leta 1914. To je tudi prvo organizirano združenje gasilcev v Ljubljani in nekakšna predhodnica današnji organiziranosti. Od leta 1914 pa do danes je bilo na področju prostovoljnega gasilstva tudi več organizacijskih sprememb in 19. marca 1995 je bila ustanovljena Gasilska zveza Ljubljana v sedanji obliki. Ta danes združuje 35 prostovoljnih gasilskih društev z več kot 1350 člani in članicami, ki so operativno razporejeni v šest sektorjev. Društva imajo v uporabi preko 80 vozil in priklopnikov za različne aktivnosti, s katerimi lahko v primeru potrebe delujejo samostojno ali pa v širši sestavi.

Zaradi lažjega delovanja poteka delo pri Gasilski zvezi v komisijah za posamezna področja. Člani komisij organizirajo in vodijo izobraževanja, tekmovanja, aktivnosti z mladino, članice in veterane skrbijo za preventivo, za gospodarstvo, zgodovino, izdaja se informator itd.

Člani in članice gasilskih društev, ki delujejo kot javna gasilska služba Mestne občine Ljubljana, pa skrbijo tudi za to, da delo v društvih poteka nemoteno in po programih društev ter gasilske zveze. Poleg osnovne dejavnosti - pomoči ob požarih, naravnih in drugih nesrečah - se redno udeležujejo izobraževanj, tekmovanj, so aktivni z mladino, skrbijo za brezhibnost opreme in vozil ter skrbijo za svojo fizično pripravljenost. Ne pozabimo, da del denarja za vse naštetu zberejo gasilci s prispevki v svojem okolju; nabiranje le-tega pa tudi potrebuje nekaj časa.

to be dealt with 100%. A positive attitude to the environment and colleagues is important. I would add certain other qualities, but that is enough for the introduction.

In Ljubljana, the voluntary fire service arose after several major fires in the city when the residents came to realise that they could not manage without an organised defence against fires. Ljubljana was given its first fire orders in 1751, which were supplemented in later years. Above all, attendance at fires and keeping tools were prescribed. More than 100 years later, the voluntary fire service was founded in Ljubljana (Ljubljana-City, 1870). The need for an organised association of firefighters gave rise to the foundation of fire service parishes in Ljubljana in 1914. This was also the first organised association of firefighters in Ljubljana and a kind of forerunner of today's organisation. From 1914 to the present day there have been many organisational changes in the field of the voluntary fire service and on 19 March 1995 the Ljubljana Fire Service Association was founded in its present form. Today this unites 35 voluntary fire service societies with more than 1,350 members, who are operationally divided into six sectors. The societies have over 80 vehicles and trailers in use for various activities which may operate, as needed, alone or as part of a broader composition.

For ease of operation, work is done in the Fire Service Association through commissions for individual fields. Commission members organise and lead training, competitions, activities with young people, members and veterans look after preventative work, the budget, history and publish newsletters etc.

Members of fire service societies that operate as part of the City of Ljubljana's public fire service also take care to ensure that the work of the societies runs smoothly and in line with the programmes of the societies and the fire service association. Besides their basic activities - dealing with fires, natural and other accidents - they regularly take part in training, competitions, they are active with young people, ensure that their equipment is in perfect working order and maintain their physical fitness. It must also not be forgotten that part of the money is raised by fire

Veliko pozornosti se v Gasilski zvezi Ljubljana posveča mladini. Vsako leto se organizira tekmovanje, ki se ga udeleži preko 500 mladih iz večine društev naše zveze. Organizirajo se kvizi na temo gasilstva, ki se nadaljujejo do državnega prvenstva. Tudi v letu 2010 sta bili na tem tekmovanju dve ekipi mladih gasilcev iz PGD Podgorica in ekipa iz PGD Rudnik. V zimskem času se organizira smučarsko tekmovanje za mladino, med poletnimi počitnicami pa tabor v Bohinju.

Gasilci in gasilke iz naših društev so v letu 2010 poleg požarov, ki so jih imeli v svojem okolju, aktivno delovali pri črpanju vode, reševanju življenj in imetja ter nudili ostalo pomoč prebivalcem Ljubljane ob jesenskih poplavah.

Zaradi vedno večjih potreb po znanju se naši gasilci tudi redno izobražujejo. Izobraževanja, ki jih organiziramo v okviru naše gasilske zveze, potekajo v večernih urah in se jih je v lanskem letu udeležilo 370 članov in članic. Za tečaje, ki potekajo med tednom celodnevno v Izobraževalnem centru na Igu, pa udeleženci potrebujejo dopust, kar v posameznem primeru predstavlja težavo za udeležence.

Veliko aktivnosti se v prostovoljnih gasilskih društvih v naši zvezi dogaja s pridobivanjem mladih članov, saj se v zadnjih letih opaža osip. Življenje postavlja mladim vedno več zahtev, ponudba in možnost zabave je velika. Zato mislim, da veljajo besede iz uvodnega dela, da mora biti prostovoljni gasilec nekaj več.

fighters via donations in their local area; collecting this takes some time too.

Additionally, Ljubljana Fire Service Association pays much attention to youth. Competitions are organised every year, in which over 500 young people from the majority of our association's societies take part. Quizzes on the theme of the fire service are organised, leading to a national championship. In 2010 two teams of young fire fighters from Podgorica Volunteer Fire Society and one from Rudnik took part in this competition. In winter, a youth skiing competition is organised, and a camp at Bohinj in summer.

In addition to fires in their areas, in 2010 fire fighters from our societies actively worked in pumping water, saving lives and property and offered other help to Ljubljana residents during the autumn flooding.

Due to ever greater need for knowledge our fire fighters are also regularly trained. Training organised within our fire association takes place in the evenings and last year 370 members took part. For courses that run all day during the week at the Educational Centre in Ig participants need to take time off work, which in individual cases is a difficulty for them.

Many activities in voluntary fire service societies in our association are devoted to the acquisition of young members, as recent years have seen a lack of them. Life is becoming ever more demanding for young people, while the range and possibilities for fun are greater. Therefore I think that the words from the introduction apply, that a voluntary fire fighter has to be something special.



*Petra Matos, predsednica društva Ekologi brez meja in ambasadorica Evropskega leta prostovoljstva
President of the Ecologists without Borders Society and Ambassador of the European Year of Voluntary Activities*

Če bi bilo mogoče, bi bila vse življenje le prostovoljka. Prostovoljstvo namreč pomeni delati to, v kar verjamemo, s srcem, brez kakršnihkoli pričakovanj. Predati sebe, svoje talente za dobro drugega, narave, živali...in se hkrati razvijati in neustrašno iskati, kako postati boljši človek...vse to pomeni prostovoljstvo. Pomeni osebno rast. In le kaj je lepšega, kot podariti sebe.

Prostovoljstvo pa pomeni tudi prevzemanje odgovornosti. Pomeni to, da ne pogledamo stran, ko zaznamo, da so stvari v našem okolju, ki bi jih bilo potrebno spremeniti. Da postanemo mi tista sprememba, ki jo želimo videti v svetu! Včasih se nam zdi, da smo nemočni, vendar pa mnoge prostovoljske akcije, navsezadnje tudi Očistimo Slovenijo v enem dnevu!, ki je za en dan združila 270 000 ljudi, kažejo, da imamo moč, še posebej, če stopimo skupaj.

In še ena stvar...prostovoljci so srčni ljudje in privilegij je postati del njihove družbe.

If it were possible, I would spend my whole life as a volunteer. Indeed, volunteering means doing something you believe in, in your heart, without any kind of expectations. To give of yourself, your abilities, for the good of others, nature, wildlife and so on... while developing and boldly seeking out ways to become a better person... volunteering means all this. It means personal growth. And just what could be better than to give of yourself. Volunteering also means taking responsibility. It means not looking the other way when we notice that there are things around us that have to be changed. That we achieve those changes that we would like to see in the world! It sometimes seems to us that we are powerless, but many voluntary campaigns, notably 'Clean Slovenia in a day!' that brought 270,000 people together in a single day, show that we are strong, especially when we act together. And one more thing... volunteers are people with big hearts and it is a privilege to be one of them.

Prostovoljno delo in varstvo okolja ter živali

Prostovoljke in prostovoljci, ki delujejo na področju varstva okolja, izvajajo aktivnosti v okviru projektov ozaveščanja na temo podnebnih sprememb ter v okviru čistilnih akcij in popisovanja ilegalnih odlagališč. Izvajajo ukrepe na področju zatiranja invazivnih rastlin v Ljubljani ter ukrepe za ohranjanje (ob)vodnih habitatov in varstva dvoživk na Večni poti v Ljubljani.

V Živalskem vrtu Ljubljana prostovoljke in prostovoljci pomagajo pri čiščenju živalskega vrta, pripravljanju hrane za živali, usmerjanju in opozarjanju obiskovalk/cev na obnašanje v vrtu ter pri organizaciji dogodkov, pomoč nudijo tudi pri pisarniškem in administrativnem delu. V Zavetišču za zapuščene živali Ljubljana pa prostovoljke in prostovoljci dnevno sprehajajo pse.

Maja Sopotnik, Societas herpetologica slovenica - društvo za preučevanje dvoživk in plazilcev

Societas herpetologica slovenica - društvo za preučevanje dvoživk in plazilcev je bilo ustanovljeno leta 1996 kot strokovno društvo, katerega osnovni namen je preučevanje in varstvo dvoživk in plazilcev ter izobraževanje in popularizacija problematike področja v strokovni in širši javnosti. Ti dve skupini vretenčarjev namreč sodita med najbolj ogrožene živalske skupine pri nas in v Evropi predvsem zaradi izginjanja in uničevanja zanje primernih habitatov. Člani društva tako zbiramo podatke o razširjenosti dvoživk in plazilcev v Sloveniji, s čimer se veča znanje o razširjenosti vrst, velikosti in številčnosti populacij. Kot mentorji člani sodelujemo tudi na različnih mladinskih raziskovalnih taborih in organiziramo delavnice, predavanja ter terenske izlete.

Od leta 2008 dalje potekajo na Večni poti v Ljubljani spomladanske akcije reševanja dvoživk na odseku, ki je t.i. črna točka. Navadne krastače, sekulje in rosnice namreč vsako pomlad množično prečkajo Večno pot, da bi prišle do ribnikov in mlak v Živalskem vrtu in na Rožniku, kjer odlagajo mreste. Njihova selitev se začne v deževnih nočeh konec februarja ali v začetku marca, ko se povprečna dnevna temperatura dvigne nad 5 °C. Selitev lahko z vmesnimi prekinitvami traja nekaj tednov. V tem času mnogo dvoživk konča pod kolesi avtomobilov. Člani društva zato spomladi organiziramo postavitvečasne ograje za dvoživke in večerna prenašanja dvoživk preko Večne poti. Akcije se vsako leto udeleži veliko različnih prostovoljcev,

Voluntary work and environmental and wildlife protection

Volunteers that work in the environmental protection field carry out activities as part of awareness-raising projects about climate change, as part of clean-up campaigns and the removal of illegally fly-tipped rubbish. They work to combat invasive plants in Ljubljana and to protect (pre) aquatic habitats and the safety of amphibians on the Večna pot road in Ljubljana.

At Ljubljana Zoo, volunteers help to keep the zoo clean, prepare food for the animals, guide and warn visitors about their behaviour in the zoo and in event organisation, while also helping out in office and administrative work. At Ljubljana Shelter for Abandoned Animals, volunteers take care of giving dogs a daily walk.

Maja Sopotnik, Societas herpetologica slovenica – the Society for the Study of Amphibians and Reptiles

Societas herpetologica slovenica – the Society for the Study of Amphibians and Reptiles was set up in 1996 as a specialist society whose basic purpose is the study and protection of amphibians and reptiles as well as education about and popularisation of the problem in this field to the professional and general public. Indeed, these two groups of vertebrates are among the most threatened groups of fauna in our country and in Europe, mostly due to the disappearance and destruction of habitats suitable for them. Thus, society members collect data about how widespread amphibians and reptiles are in Slovenia, in order to gather information about the distribution of species and the size and numbers of populations. Members take part as mentors in various research camps for young people and organise workshops, lectures and field trips.

Since 2008, we have been running a spring campaign on a road called Večna pot in Ljubljana to rescue amphibians on a section of the road that is a so-called 'black spot'. Common toads and frog species cross Večna pot in large numbers every spring to get to ponds and pools at the zoo and Rožnik, where they lay their spawn. Their journeys begin on rainy nights at the end of February or the start of March when average temperatures by day rise above 5 °C. Their intermittent movement may take several weeks. During this period, many amphibians end up under car wheels. Therefore, in spring society members set up temporary fences for amphibians and move them across Večna pot at night. Many various volunteers that would like

ki želijo pomagati dvoživkam, da varno prečkajo cestišče. Prostovoljci se zvečer zberejo na parkirišču pred Nacionalnim inštitutom za biologijo, kjer jim vodja akcije razloži potek akcije in značilnosti posameznih vrst dvoživk. Prostovoljce opremimo z odsevnimi jopiči, s svetilkami in z vedri. Mnogi pridejo že opremljeni. Če je prostovoljcev veliko, se razdelijo v več skupin. Skupinice hodijo ob varovalni ograji in pobirajo dvoživke, ki jih je ograja zadržala, ter jih dajejo v vedra. Pri vsaki pobrani dvoživki člani društva zabeležimo vrsto in spol ter odsek ograje, kjer je bila dvoživka najdena. Zabeležimo tudi vse opažene povožene dvoživke, ki so na cesto prišle na uvozih, kjer ni ograje. Pobrane dvoživke v vedrih odnesemo na drugo stran, v gozd za živalskim vrtom in jih izpustimo nekaj deset metrov stran od ceste, da ne bi slučajno zatavale nazaj. Prostovoljci tako ob večernih prenašanjih rešijo precej žabjih življenj – vsako leto prenesemo okrog 1500 dvoživk, poleg tega pa se tudi marsikaj naučijo.

Vabljeni ste vsi, ki bi želeli pomagati pri postavljanju varovalne ograje za dvoživke in pri večernem prenašanju dvoživk.

to help the amphibians to get across the road safely take part in the campaign every year. The volunteers assemble in the evening at the car park in front of the National Institute of Biology where campaign leaders explain the course of action and the characteristics of the individual species of amphibian. The volunteers are equipped with reflective vests, torches and buckets - many come already equipped. If there are many volunteers, they are divided into groups. The groups walk to the protective fence and collect amphibians kept back by the fence and put them into buckets. For each amphibian picked up by society members, the species, gender and section of fence where it was found is recorded. We also gather data on amphibians that have been found run over that came onto the road at access points where there is no fence. Amphibians collected in buckets are transported to the other side of the road in the woods behind the zoo and are deposited about ten metres from the road so that they don't come back accidentally. Thus volunteers manage to save considerable numbers of frog lives each evening - we transport about 1,500 amphibians a year, learning quite a lot in addition to this.

All those that would like to help setting up protective fences for amphibians and in our nightly campaigns are welcome to join us.

Prostovoljstvo je neprecenljiva duhovna vrednota
hotenj, znanj in zmožnosti, ki jih poklanjamo
tistim, ki to hočejo, želijo in potrebujejo.

*Volunteering is an irreplaceable spiritual value
of ambitions, skills and abilities offered to those
that want, would like and need it.*

*Janez Matoh,
predsednik Športnega
društva GIB
President of
GIB Sports Society*





Prostovoljno delo v kulturi

Priznane umetnice in umetniki, profesorice in profesorji, upokojenke in upokojenki ter študentke in študentje prostovoljno izvajajo različne aktivnosti na področju kulture. Tako sodelujejo pri organizaciji in izvedbi različnih festivalov (npr. žiriranje, podeljevanje nagrad), razstav, klubskih in drugih kulturnih programov - npr. koncertov, predstav, okroglih miz. Prostovoljno delo v knjižnicah predstavlja pomoč pri urejanju, pospravljanju in opremljanju gradiva, delo npr. v Mediateki (to je prostor, namenjen poslušanju glasbe, gledanju filmov, obiskovanju prireditve in preživljanju prostega časa) ter občasno brezplačno učno pomoč. Prostovoljke in prostovoljci sodelujejo tudi v programih za otroke in mlade (delavnice, koncerti, nastopi otroških pevskih zborov, počitniško varstvo), v mednarodnih projektih za ohranjanje kulturne dediščine ter nudijo strokovno in organizacijsko podporo društvom v okviru koncertne, založniške in izobraževalne dejavnosti.

Prostovoljno delo v športu

Izvajalke in izvajalci znotraj športnih klubov in društev, vključno z vodilnim kadrom, svoje delo večinoma izvajajo prostovoljno. Prostovoljno se vključujejo tudi starši otrok, npr. vozijo otroke na različna tekmovanja in prireditve (brezplačno oziroma na lastne stroške). Prostovoljno delo v športu zajema organizacijo in izvajanje športno-strokovnih programov, vodenje posameznih vadb in skupin, tekmovanj na lokalni, državni in mednarodni ravni ter drugih športno-rekreativnih prireditev. Prostovoljke in prostovoljci se vključujejo tudi v izvedbo izletov in drugih aktivnih oddihov v naravi za otroke in odrasle.

Športno društvo Vital se predstavi

*Tina Stupica Gregorič,
Športno društvo Vital*

Vsi člani društva smo prostovoljci, vključno z upravnim odborom. Starši smo pri športu svojih otrok glavni podporniki.

Že leta 1990, ko so tri odbojkarice društvo ustanovile, je bil cilj društva jasen. Ženska odbojka mora med športi v Ljubljani postati ena vodilnih športnih panog. In cilju smo v ŠD Vital z vsakim letom bližje.

Društvo je že dolga leta aktivno povezano z Odbojkarsko šolo Ljubljana in goji odbojko med mladimi v osnovnih šolah v okviru interesnih dejavnosti, ki se jim letno priključijo do 500 otrok. Med 20 in 30 nadarjenih odbojkaric letno

Voluntary work in culture

Well-known artists, professors, senior citizens and students carry out diverse activities in the cultural field on a voluntary basis. They take part in organising and carrying out various festivals (such as judging and giving prizes), exhibitions, club and other cultural events, such as concerts, exhibitions and round tables. Voluntary work in libraries is help in sorting, cleaning and furnishing materials, working e.g. in multimedia suites (these are spaces intended for listening to music, watching films, attending events and enjoying your spare time) as well as occasional free educational assistance. Volunteers also work in programmes for children and young people (workshops, concerts, children's choir performances, holiday care etc), in international projects for cultural heritage preservation and in offering professional and organisational support to societies as part of concert, publishing and educational activities.

Voluntary work in sports

Those working in sporting clubs and societies, including the management, mostly do their work on a voluntary basis. Volunteering includes the parents of children, such as those leading children to competitions and events (free or at their own expense). Voluntary work in sport encompasses the organisation and execution of professional sports programmes, leading individual and group training, competitions at local, national and international level as well as sporting-recreational events. Volunteers are also included in the running of trips and other active breaks in the countryside for children and adults.

Vital Sporting Society overview

*Tina Stupica Gregorič,
Vital Sporting Society*

All members of our society are volunteers, including the management board. Parents provide the main support to their children in their sporting activities.

Since as early as 1990, when three female volleyball players set up the society, our goal has been clear - that women's volleyball must become one of the leading sports in Ljubljana. We are getting closer to that goal every year.

For many years, the society has been linked with Ljubljana Volleyball School and volleyball has grown as an extra-curricular activity among primary school children, with up to 500 children a year taking part. Between 20 and 30 talented female volleyball players are invited to join Vital

povabimo v OK Vital, kjer jih kalimo za resnejše igranje odbojke. Odbojka, ki velja za enega najlepših ekipnih športov, vsakega igralca "zastrupi" in neredko se zgodi, da se bivši igralci na rekreaciji srečujejo tudi potem, ko so se že prelevili v upokoјence.

Osnovni cilj ŠD Vital je z aktivnim usmerjanjem v odbojgarsko športno aktivnost umakniti otroke z ulic in jim ponuditi možnost aktivnega in zdravega preživljanja prostega časa. Med dejavnostmi je tudi odbojka na mivki in organizacija otroških, mladinskih in študentskih odbojgarskih taborov. Svoje povezovalne lovke imamo napelјane tudi s klubi izven meja Slovenije. Kar nekaj let smo tudi soorganizatorji ženske rekreativne lige in študentske odbojke, saj za igranje odbojke starostne meje ni.

Zavedamo se, da le sistematično delo prinaša uspeh na dolgi rok, zato v svoje vrste vabimo vse mlade odbojkarice, v svoje rekreativne skupine pa vse "upokoјene" ljubitelje odbojke. Če pa vas veseli navijanje, se lahko pridružite navijaški skupini "Vitalovke so zakon".

Volleyball Club a year where they are steered for serious volleyball games. Volleyball, one of the best team sports, 'infects' every player and it is not uncommon that ex-players meet for friendly games even after they have retired.

The basic goal of Vital Sporting Society is actively aimed at getting children off the streets and into volleyball and offering them a way to spend their free time in an active and healthy way. Beach volleyball is another of our activities and we organise volleyball camps for children, youth and students. Our tentacles have reached out to clubs outside Slovenia. For some years, we have also been co-organising a women's friendly league and student volleyball so that there are no age barriers to playing volleyball.

We are aware that only working systematically brings long-term success, so all young female volleyball players are invited to join our ranks and all 'retired' volleyball lovers to our recreational teams. If being a fan is the thing for you, you can join the 'Vital players rule' supporters' group.



Nataša Serec,
predsednica KUD Mreža
President of the KUD Mreža
Cultural Association

Metelkova je po Sloveniji in v svetu znano središče umetniškega in rokodelskega ustvarjanja, političnega delovanja in neodvisne kulturne produkcije s področja glasbe, gledališča, slikarstva, videa, stripa, kiparstva in drugih umetnosti. Pred dobrimi sedemnajstimi leti je nastala prav zato, ker takšnega prostora v Ljubljani ni bilo. Ključno zaslugo, da se je Metelkova razvila v navdihujoč družabni in produktivni prostor, ima prostovoljno delo. Na začetku, ko so bile nekatere stavbe napol porušene, je bilo potrebnih več let prostovoljstva, da smo usposobili prostore v ateljeje, klube, galerije, delavnice ipd. Hkrati so umetniki začeli s prostovoljnimi umetniškimi posegi v prostor; zaradi njih je Metelkova mesto mikavno za vsakega obiskovalca. Prostovoljno delo smo do danes ohranili kot posebno vrednostno kategorijo, ki obstaja zato, da novi sodelavci začutijo in dojemajo ključni princip našega dela, ki se opredeljuje kot "Naredi sam" (angl. DIY, Do It Yourself). Poleg domačih vključujemo tudi evropske prostovoljce, ki si v letu dela na Metelkovi pridobijo številne poklicne in življenjske izkušnje.

Metelkova is known throughout Slovenia and around the world as a centre for creative arts and cultural, political activities and independent cultural productions in the fields of music, theatre, painting, video, cartoons, sculpture and other arts. It was set up over 17 years ago precisely because such a place did not then exist in Ljubljana.

The key factor that has enabled Metelkova to develop into an inspiring and productive social space is having volunteers. At the outset, when some of the buildings were half derelict, many years of voluntary work were needed to repair the premises into studios, clubs, galleries, workshops etc. At the same time, artists began to practise their arts here, and it's due to them that Metelkova City is attractive to every visitor. Voluntary work has been kept as a special value category that exists so that new colleagues feel and understand a key principle of our work, which is defined as 'DIY', (Do It Yourself). Besides local volunteers, there are others from elsewhere in Europe whose work at Metelkova gives them abundant professional and life experience.

Izložba Smetumet Zibke kuka direktno na Celovško cesto in vabi mimoidoče, da se ustavijo, odnesejo in prinesejo kakšen predmet iz zibke/v zibko, ki je pred vrati, skozi steklo preberejo kakšen informativni tekst in si ogledajo naše sestavljeno pohištvo, izdelke iz odpadnih in naravnih materialov ter smetumet klapo, ki sestankuje, brklja po prostoru, ustvarja nove prototipe izdelkov ali reže, šiva, čisti in sortira odpadke.

Seveda so obiskovalci vabljeni, da tudi vstopijo, si Zibko in nas pobliže ogledajo, z nami debatirajo in se pridružijo kakšnemu od javnih dogodkov in akciji, ki včasih poteka kar na pločniku pred vhodom.

In kar je najbolj nenavadno: k nam lahko prinesete smeti. Seveda ne sprejemamo mešane vsebine vašega kontejnerja. Na spletni strani redno posodabljam seznam zaželenih odpadkov, ki jih koristno porabljam na delavnicah in pri izdelovanju uporabnih predmetov.

Smetumet je kulturno - ekološko društvo, ki se ukvarja s celo mavrico dejavnosti: izvajamo program delavnic za globalno učenje v vrtcih, šolah ter z njimi gostujemo na različnih prireditvah, iz odpadnih in naravnih materialov oblikujemo Smetumet linijo uporabnih izdelkov, prirejammo razstave, opremljamo izložbe, organiziramo javne akcije / smetumet delavnice in druge dogodke, ki prenašajo našo filozofijo, opremljamo prostore z zvito predelanim lokalno zbranim odpadnim pohištvom, po naročilu izdelamo poslovna ali osebna darila iz naročnikovih osebnih smeti, ustvarjamo cvetumet linijo naravne kozmetike in svoje ideje, misli in vprašanja preko medijev širimo kar se da daleč.

Preko vseh teh aktivnosti odpiramo kritična vprašanja o našem načinu življenja, iščemo alternative našim netrajnostnim osebnim navadam, prevprašujemo pristnost in nujnost naših materialnih potreb in želja, izobražujemo ter spodbujamo igriv, iskren, ustvarjalen in raziskujoč pristop do bivanja z ozaveščanjem svojega vpliva in odnosa do sebe, narave in soljudi.

In kje so v naši organizaciji prostovoljci? Tu, prav v samem jedru Smetumeta, kjer skrbimo za celotno dihanje društva, prav vsi opravimo veliko število ur prostovoljnega dela, ki se jih ne da prešteti in statistično obdelati, saj se ves čas

We collect rubbish!
Smetumet Society

Smetumet Cradle's shop window directly overlooks the Celovška cesta road and beckons passers by to stop, pick up or drop off something from or into the cradle by the front door, read information in the window and look through it to check out our furniture, products made of rubbish and natural materials as well as the Smetumet group of friends rummaging through the premises creating new product prototypes or cutting, sewing, cleaning and sorting waste.

Naturally visitors are also welcome to come in, take a closer look at us and the cradle, debate things with us and join one of the public events and campaigns that sometimes run on the pavement in front of the entrance.

What's most unusual is that you can bring us rubbish! Of course we don't accept the mixed up contents of your bin. The website is regularly updated with a list of the preferred rubbish that we can use beneficially at our workshops and in the production of usable items.

'Smetumet' ('RubbishArt') is a cultural-ecological society that deals with a whole rainbow of activities - we carry out a workshop programme for global learning in kindergartens and schools and take the workshops to various events. We design the Smetumet line of usable products made from rubbish and natural materials. We organise exhibitions and equip shop windows, organise public campaigns / Smetumet workshops and other events that broadcast our philosophy. We furnish spaces with cleverly made locally collected waste furniture, and make business or personal gifts to order from the purchaser's personal rubbish. We create the Smetumet line of natural cosmetics and propagate our own ideas, thoughts and questions as widely as possible via the media.

Via all these activities we are opening critical questions about our way of life, an alternative to our unsustainable personal habits, questioning the authenticity and urgency of our material needs and wishes, educating and stimulating a playful, honest, creative and enquiring approach to life with an awareness of its impact and our relations to ourselves, nature and other people.

And where are the volunteers in our organisation? Here, right in the very heart of Smetumet, where we take care of every breath of our society, as we all perform so many

prepletajo z našimi osebnimi zanimanji, hobiji, življenjskimi nazori in zasebnim načinom bivanja. Ožja skupina, ki dnevno skrbi za društveno delovanje, se po potrebi poveže s somišljeniki, ki občasno pomagajo pri različnih nalogah. Imamo pa tudi kakšne večje akcije (kot recimo pri opremi Zibke), na katere povabimo zunanje prostovoljce, da priskočijo na pomoč.

Stalni prostovoljci našega društva pa so vsekakor tudi vsi, ki za nas zbirajo smeti. Zvesti in vestni podporniki, ki skrbno ločujejo, sortirajo, sproti čistijo, skladiščijo in nato prinašajo k nam najrazličnejše odpadke, ki nam omogočajo vse obsežnejše delovanje in konstantno širjenje virusa razsmetenja med ljudi.

Prostovoljno delo in zdravje

Kot prostovoljke in prostovoljci svoje delo opravljajo zdravnice in zdravniki z licenco v Ambulanti s posvetovalnico za osebe brez urejenega zdravstvenega zavarovanja (ambulanta), ki so v letu 2010 skupaj opravili 1650 ur prostovoljnega dela. V ambulanti prostovoljno delajo tudi medicinske sestre, farmacevti/ke, študenti/ke farmacije ter prostovoljci in prostovoljke Karitasa ter Slovenske filantropije. Namen ambulante je nuditi zdravstvene storitve vsem, ki iz različnih razlogov nimajo urejenega osnovnega zdravstvenega zavarovanja (npr. ne izpolnjujejo pogojev državljanstva ali nimajo stalnega bivališča).

Prostovoljke in prostovoljci z različnimi aktivnostmi delujejo tudi v programih, namenjenih ohranjanju in promociji zdravja otrok in mladih, osveščanju o odgovornem spolnem vedenju in o spolno prenosnih okužbah, promociji zdravega načina življenja na področju reproduktivnega zdravja (nosečnost, priprave na porod, obporodno obdobje, dojenje), osveščanju in spodbujanju zdravega odnosa do tobaka, alkohola ali zdravil oziroma preprečevanju njihove škodljive uporabe, preprečevanju in zmanjševanju poškodb v prometu ter v programih, ki so namenjeni izboljšanju kvalitete zdravstvenega varstva za ranljive skupine.

hours of voluntary work that they cannot be counted or measured statistically, as they are always intertwined with our personal interests, hobbies, life views and private lifestyles. As necessary, the core group that daily looks after societal operations links up with likeminded people that occasionally help out with various tasks. We also have some larger campaigns (such as equipping the Cradle) with which we invite external volunteers to come and help out.

Our society's permanent volunteers are certainly all those who collect rubbish for us. Our faithful and conscientious supporters that carefully separate, sort, completely clean, store and then bring to us the most diverse waste, that enables us to carry out ever more extensive operations and constantly spread the virus of 'unwasting' among people.

Voluntary work and health

Licensed doctors carrying out their work as volunteers in the Clinic and consultancy for people without current health insurance (clinic), altogether did 1,650 hours of voluntary work in 2010. Work is also done as volunteers in the clinic by nurses, pharmacists, pharmaceutical students, as well as volunteers from Karitas and Slovenian Philanthropy. The purpose of the clinic is to offer health services to all those who, for various reasons, are unable to arrange basic health insurance (for example, they do not meet the nationality conditions or do not have a fixed abode).

Volunteers also carry out various activities in programmes intended to keep up and promote the health of children and young people, raise awareness about responsible sexual behaviour and sexually transmitted diseases, promote a healthy lifestyle and, in the field of reproductive health (pregnancy, preparation for childbirth and the birth itself and breastfeeding), raise awareness and promote a healthy attitude to tobacco, alcohol and drugs or prevent their harmful use. They also work in programmes for prevention and reducing numbers of road traffic injuries and are active in programmes aimed at improving the quality of health security for vulnerable groups.

Projekt Medimedo

*Vesna Jugovec, Tina Kurent,
Zoltan Narancsik, Lana Novič,
Društvo študentov medicine
Slovenije*

Prostovoljci in prostovoljke Društva študentov medicine projekt Medimedo izvajamo v desetih ljubljanskih vrtcih, v Zavodu za gluhe in naglušne ter Zavodu za slepo in slabovidno mladino.

Projekt se odvija na dva načina:

Pri prvem prostovoljci čez celo leto obiskujemo otroke v ljubljanskih vrtcih, pri drugem pa organiziramo večji dogodek v Živalskem vrtu v Ljubljani, kamor pridejo vsi tisti vrtci in otroci, ki jih med letom nismo uspeli obiskati.

Že teden dni pred izvedbo delavnic v vrtcih se vodje projekta sestanejo z vzgojitelji in učitelji in se na sestanku pogovorijo o namenih in ciljnih projekta, tako da so otroci pripravljeni na prihod prostovoljcev in vsebin, ki jih ti prinašajo.

V vrtcu prostovoljci prostor preuredimo v deželo Medimedo ali z drugimi besedami v nekakšen zdravstveni dom za plišaste igrače. V zdravstvenem domu imamo čakalnice, ambulante, zobozdravstvene ambulante, operacijske sobe, oddelek za rentgen, lekarno ter čakalnico, kjer je urejena tudi igralnica. Potek zdravniškega pregleda v veliki meri ustreza resničnemu pregledu pri zdravniku: otroci v čakalnici oddajo zdravstvene izkaznice v obliki igračk. Medtem ko je del otrok na pregledu pri Medimedo zdravnikih, se s tistimi v čakalnici prostovoljci učimo o notranjih organih na za to namenjeni igrački. Ko jih medicinska sestra pokliče naprej, se vsak otrok s svojo igračko odpravi v ambulanto, kjer skupaj z Medimedo zdravnikom pregledata bolnika - igračko. Po potrebi opravita še rentgensko slikanje ali celo manjšo operacijo. Po pregledu se otrok odpravi še z receptom v lekarno, kjer dobi bonbon, piškot ali sadje, ki je ob zdravlilu za igračko tudi nagrada za pogumen obisk pri zdravniku.

Pred deželo Medimedo stoji tudi rešilni avto, ki ga otroci obišejo, reševalci pa jim obrazložijo osnove prve pomoči in poudarijo telefonsko številko 112, ki jo morajo poklicati v času nesreče.

V Medimedo deželi velja pravilo, da lahko vse vprašamo in vsega se lahko dotaknemo.

Medimedo project

*Vesna Jugovec, Tina Kurent,
Zoltan Narancsik and
Lana Novič, Slovenian
Medical Students' Society'*

Volunteers from the Medical Students' Society run the Medimedo project in ten Ljubljana kindergartens, at the Institute for the Deaf and Heard of Hearing and the Institute for the Blind and Partially Sighted.

The project is run in two ways:

Firstly, volunteers visit children in Ljubljana kindergartens all year round, and secondly we organise a big event at Ljubljana Zoo attended by those toddlers and children that we have not managed to visit during the year.

A week before carrying out the workshop at the kindergarten, project leaders meet teachers to discuss the project's purposes and goals, so that the children are prepared for the arrival of the volunteers and the content that they are bringing.

The volunteers rearrange the kindergarten space into Medimedo Land or, in other words, into a kind of health centre for plush toys. The health centre has waiting rooms, clinics, dental clinics, operating theatres, an x-ray department, pharmacy and waiting room where a playroom is also set up. Medical examinations are by and large conducted as per a real check up at a doctor's - children in the waiting room are given personal health cards in the form of toys. While some of the children are having the check up with Medimedo doctors, the volunteers teach those in the waiting room about internal organs via toys dedicated for the purpose. When the nurse calls each one in, each child goes into the clinic with their toy where they and the Medimedo doctor examine the patient - the toy. If needed, they do an x-ray or even a minor operation. After the exam, the child goes to the pharmacy with a prescription, where they are given sweets, biscuits or fruit that is as well as medicine for the toy, and also a reward for a brave visit to the doctor's.

There is also an ambulance in front of Medimedo Land that the children visit where the paramedics explain basic first aid to them and emphasise that they have to call 112 in the event of an accident.

Throughout their experience in Medimedo Land, a rule applies that they can ask anything and touch anything.

Obisk v deželi Medimedo se konča tako, da vsi udeleženi (otroci, vzgojitelji, študentje-prostovoljci) dobimo priznanja.

Cilj projekta je, da otroci spoznavajo delo zdravnika in zobozdravnika, potek zdravniškega pregleda, da bi jim tako zmanjšali strah pred obiskom zdravnika in zdravniškimi posegi, ko zbolijo.

Želja vseh udeležениh v projektu je, da malčki zgodaj spoznajo, da je odnos med zdravnikom in bolnikom razumevajoč in da lahko obisk pri zdravniku poteka brez strahu in stresa.


Vsi prostovoljci se, preden se lotimo nalog v deželi Medimedo, udeležimo izobraževanja, ki ga vodita prof. dr. Martina Tomori, predstojnica psihiatrije na Medicinski fakulteti in asist. mag. Alenka Pavlič, dr. stom., otroška zobozdravnica, vključen pa je še pediater prof. dr. Tadej Battelino, dr. med. s Katedre za pediatrijo Medicinske fakultete v Ljubljani. V sam projekt je vključenih okoli 150 prostovoljcev in prostovoljk, v letu 2010 pa smo obiskali oziroma nas je obiskalo nekaj več kot 850 ljubljanskih otrok.

The visit to Medimedo Land ends with all taking part - the children, teachers and student-volunteers - being given awards.

The goal of the project is that the children get to know the work of doctors and dentists and the course of a medical exam, so that they are less afraid of a visit to the doctor's and medical interventions when they fall ill.

All project participants hope that the youngest learn early on that the relationship between the doctor and patient is compassionate and that a visit to the doctor can go ahead without fear or stress.

Prior to their tasks in Medimedo Land, all volunteers attend education led by Prof Dr Martina Tomori, Chair of Psychiatry at Ljubljana University Faculty of Medicine and Alenka Pavlič PhD DMD, paediatric dentist, with contributions from paediatrician Prof Dr Tadej Battelino MD from the Department of Paediatrics at Ljubljana University Faculty of Medicine. Around 150 volunteers take part in the project, and in 2010 we visited or were visited by more than 850 Ljubljana children.

A blurred background of a city street with a person's shoulder in the foreground. The scene is out of focus, showing buildings and streetlights. The person's shoulder is in the lower right corner, wearing a dark jacket.

Ne znam prav povedati, kaj je prostovoljstvo in kaj mi pomeni. Menim, da imamo vsi ljudje v sebi nekaj, kar nam pove, da delamo *prav* ali pa *narobe*, samo prisluhni moramo sami sebi. In če si prisluhujemo in odločimo za *prav*, potem nam je prostovoljstvo v veselje in užitek.

I don't know exactly what to say about what volunteering is and what it means to me. I believe that we all have something inside us that tells us that what we are doing is RIGHT or WRONG, and we just have to listen to ourselves. And if we listen and choose what is RIGHT then volunteering is pleasurable and enjoyable for us.

*Miro Gorenšek,
mestni svetnik in zdravnik
prostovoljec v Ambulanti
s posvetovalnico za
osebe brez urejenega
zdravstvenega zavarovanja
City Councillor and
voluntary doctor at the
Clinic and consultancy
for people without current
health insurance*



Prostovoljno delo in mladi

Mladi se s prostovoljstvom srečujejo tako v vlogi izvajalk in izvajalcev prostovoljnega dela kot tudi z vključevanjem v različne aktivnosti, ki jih zanje izvajajo druge prostovoljke in prostovoljci. Tako so vsi pomembno udeleženi v medvrstniški vzgoji, pridobivanju neformalnih znanj in spretnosti ter v kakovostnem preživljanju prostega časa.

Kot izvajalke in izvajalci prostovoljnega dela delujejo v različnih mladinskih organizacijah in društvih ter četrtnih mladinskih centrih, kamor se vključujejo tudi mlade prostovoljke/ci iz Evropske prostovoljne službe. Aktivnosti, ki jih izvajajo in v katere so vključeni, so tudi v vrtcih in šolah. Prostovoljne aktivnosti mladih in za mlade tako zajemajo različne delavnice in prostočasne aktivnosti, prireditve in aktivnosti na prostem, tabore, letovanja, treninge socialnih veščin in asertivnosti, brezplačno učno pomoč ter svetovanje in informiranje.

*Ana Britovšek,
Mestna zveza tabornikov*

Taborništvo je dejavnost in je hkrati način življenja, ki z vzgojno-izobraževalnim pristopom ponuja osebno rast mladih na področju intelektualnega, fizičnega, emotivnega in duhovnega razvoja. Programske aktivnosti izvajamo tako v naravi kot tudi v strnjenih naseljih. Naš cilj je otrokom in mladim ponuditi čim bolj pester in kakovosten program ter kvalitetna izobraževanja, ki jim bodo koristila pri njihovem odraščanju in tudi v kasnejšem življenju.

Taborniki se med letom dobivamo enkrat tedensko na vodovih srečanjih, ki potekajo v taborniški sobici ali na šoli, še najraje pa vidimo, da kar v bližnjem gozdu, saj smo tako najbliže naravi, ki jo imamo vsi radi. In kaj počnemo poleg tega, da postavljamo šotore iz šotorskih kril, streljamo z loki in kurimo ognje, na katerih pečemo hrenovke? Naučimo se zavezati različne vozle, oskrbeti kakšno rano in poškodbe, nabiramo kostanj, pečemo torte, pojemo pesmi, kuhamo čaj, delamo namaze iz nabranih zelišč, vzamemo si čas za igro, pripravljamo skeče, ustvarjamo in še mnogo več. Ob vikendih pa najraje pobegnemo na izlete v naravo, največkrat na enodnevni izlet, nekoliko bolj redko pa jo popihamo kar za cel vikend. Pozimi prespimo v koči na toplem, poleti pa si postavimo bivake ali spimo na prostem pod zvezdnatim nebom.

Voluntary work and young people

Young people encounter volunteering both in the role of the providers of voluntary work and also by inclusion in diverse activities carried out by other volunteers. Thus they are all participants in peer education, obtaining informal knowledge and skills and spending their free time in a quality way.

Young people work as providers of voluntary work in various youth organisations and societies and district youth centres, including young volunteers from the European Voluntary Service. Activities that they carry out and take part in are also run in kindergartens and schools. Voluntary activities by and for young people cover diverse workshops and leisure activities, events and outdoor activities, camps, holidays, training in social skills and assertiveness, free educational help as well as advice and information.

*Ana Britovšek,
Ljubljana City Scouts'
Association*

Scouting is an activity and at the same time a way of life that offers, through an educational approach, personal growth to young people in terms of intellectual, physical, emotional and spiritual development. Programme activities are carried out both in the countryside and urban areas. Our objective is to offer children and young people the most diverse and quality programmes possible as well as quality education that will benefit them in growing up and also in later life.

Scouts get together once a week at meetings in scout halls or at schools, where we prefer to see that there are woods nearby so the countryside that we all love is as close as possible. And what do we do in addition to putting up tents, firing bows and arrows and having campfires that we cook sausages on? We learn to tie various knots, to treat different wounds and injuries, gather chestnuts, bake cakes, sing songs, make tea, make spreads from herbs we have collected, take time for games, prepare acting sketches, are creative and much more. At weekends we enjoy going off on trips into the countryside, usually day trips, but sometimes we run away for the whole weekend. In winter we stay warm by sleeping in huts, while in summer we camp or sleep in the open under starry skies.

Vrhunec celoletnega dogajanja je taborjenje, ko se za deset ali štirinajst dni odpravimo iz mesta v naravo. Naši dnevi so pestri in nikoli nam ni dolgčas, saj se vedno nekaj dogaja: kopanje, kurjenje ognja, osvajanje večšin, izleti v hribe ali jame, taborniške igre, spoznavanje osnov prve pomoči, nabiranje užitnih rastlin in izdelovanje namazov, spoznavanje skrivnih pisav, postavljanje pionirskih objektov, bivakiranje, proga preživetja. Vse to in še mnogo več dodobra zapolni naš čas. Zvečer se najraje zberemo ob tabornem ognju, da si pred spanjem povemo, kaj zanimivega se nam je pripetilo čez dan, kujemo načrte za prihodnje dni, odigramo kak skeč in zapojemo ob spremljavi kitare. Ker pa ima noč svojo moč in narava postane drugačna in še bolj skrivnostna, jo tudi taborniki radi raziskujemo, ko večina spi. Odpravimo se na nočno orientacijo ali nočni izlet. Kot v jamah si prižgemo svetilke in si utiramo pot.

Mestna zveza tabornikov Ljubljana (MZT) je ena največjih mladinskih prostovoljnih organizacij v prestolnici, saj ima več kot 1800 članov. Njen osnovni namen je pomoč pri delu šestnajstim taborniškim rodom, ki jo sestavljajo. V duhu podpore organiziramo večje taborniške akcije, izobraževanja ter zagovarjamo interese tabornikov in taborništva na nivoju Ljubljane.

Ob sodelovanju z drugimi mladinskimi organizacijami in institucijami sodelujemo v družbeno-aktualnih projektih, povezanimi z osebnim razvojem, s skrbjo do položaja in problemov mladih. Skrbimo in pripravljamo tečaje, na katerih izobražujemo svoje vodstvene kadre.

Vsak mlad človek, ki s prisego pristopi v taborniške vrste in opravi preizkusno obdobje, postane tabornik. Taborniki smo razdeljeni na veje - najmlajši so murni (M - stari do 7 let), sledijo medvedki in čebelice (MČ - stari od 7 do 11 let), gozdovniki in gozdovnice (GG - stari od 12 do 15 let), popotniki in popotnice (PP - stari od 15 do 21 let) in najstarejši so grče (G - stari 21 let in več).

Taborniki delamo v majhnih skupinah - imenujemo jih vodi, ki jih vodijo vodniki. Vodi članov iste veje se organizacijsko združujejo v družine (M, MČ, GG) in klube (PP, G), ki jih vodijo načelniki. Družine in klubi na teritorialno zaključenem območju se združujejo v čete

The highlight of our year-round activity is camping, when we get out of town into the countryside for ten to fourteen days. Our days are always varied and nobody is ever bored as there's always something going on: swimming, campfires burning, mastering new skills, trips to hills or caves, scouts' games, learning basic first aid, gathering edible plants and making spreads, understanding secret writings, setting up pioneers' facilities, camping, survival routes and much more completely fills our time. In the evenings we gather around the campfire where before we go to sleep we talk about interesting things that have happened during the day, make plans for the coming days, perform sketches and sing along to the guitar. But the night has its lure, when the countryside is different and even more mysterious so scouts like to explore it while most people are asleep. We go off on a night's orienteering or a night walk. As in caves, we light torches to follow the trail.

Ljubljana City Scouts' Association (MZT) is one of the biggest youth voluntary organisations in the capital as we have more than 1,800 members. Its basic goal is to help the work of the 16 scouts' troops it contains. In a spirit of support we organise larger scouting campaigns, education and represent the interests of scouts and scouting at city level.


Working with other youth organisations and institutions, we take part in social-current projects related to personal development and concerned with the position and problems of young people. We look after and prepare courses where we educate our leadership.

Every young person who takes the scouts' oath and fulfils a trial period becomes a scout. Scouts are divided into five age branches - the youngest are murni or pre-cub scouts (M - aged up to 7), followed by medvedki and čebelice or cub scouts (MČ - aged from 7 to 11), gozdovniki and gozdovnice or scouts (GG - aged from 12 to 15), popotniki and popotnice or venture scouts (PP - aged from 15 to 21) and the oldest are grče or knots (G - aged 21 and over).

Scouts work in small groups - we call them leads, each with a leader. Members' leads of the same branch are organisationally united in families (M, MČ, GG) and clubs (PP, G), that are led by heads. Families and clubs in

in končno v rodove, ki predstavljajo temeljno organizacijsko enoto taborniške organizacije v določenem kraju. Tudi rodove vodijo načelniki, ki morajo imeti za svoje vzgojno delo opravljen mednarodno verificiran inštruktorski tečaj. To izobraževanje je tudi pogoj za opravljanje najvišjih vodstvenih funkcij v taborniški organizaciji, naziv inštruktorja pa ob petletnem nenehnem preverjanju znanja zagotavlja stalnost pri kvaliteti vzgojno-izobraževalnega procesa v organizaciji.

territorially defined areas are united into patrols and finally into troops that are the basic organisational unit of scouts' organisations in a specific place. Troops of scouts are also led by heads, who have to have done an internationally-recognised instructors' course in educational work. This education is also a condition for carrying out the highest management functions in scouting organisations and the title of instructor with a five-yearly examination of knowledge guarantees continuity in the educational process in the organisation.



(...) ne vem kam pot me bo peljala,
sam jo tlakujem z dobrimi nameni.
in tko kot prej
v cilje vrjamem zdej,
prpravljen povedat: Glej,
nism ostal sam na besedah!
mogoče mi ni usojen sam kot poet
spreminjat svet
zato iščem načine kako to počet!
vrjem težko je,
lažji je folku pravljice plest,
kot prevzet odgovornost in kej narest.
Lahko bi bil en tistih,
ko hodjo po domovini
in pluvajo vse po vrsti,
sam ne najdem se med njimi.
raj sm v zgodbah ko pogoltnu je čs
generacije k poje še:
računite na ns! (...)

*Darko Nikolovski,
slovenski ambasador
prostovoljstva
Slovenian Ambassador
of Volunteering*

Nisem prepričan, kako natančno definirati prostovoljstvo:
nekdo pomaga v materialnem smislu, drugi spet s svojim
časom in z znanjem, tretji pa z lepo besedo.

*(...) I don't know where the path will lead me,
just that it's paved with good intentions.
as like before
now I believe in the goals,
I'm ready to say: Look,
I wasn't alone with words!
maybe I wasn't meant to be a poet
to change the world
so I'm looking for ways to do this!
I believe it's hard,
it's easier to tell fairy tales,
than to take responsibility and do something.
I could have been one of those,
that walk around the homeland
and spit on everything in turn,
but I don't find myself among them.
I'm in heaven in stories where time is swallowed
generations sing:
count on us! (...)*

*I am not sure precisely how to define volunteering: some
help out in a material way, others with their time and
knowledge, a third group with beautiful words.*



Prostovoljno delo in starejši

Tudi starejši se s prostovoljstvom srečujejo v obeh vlogah – torej kot izvajalke in izvajalci prostovoljnega dela in kot udeleženske/ci v aktivnostih, ki jih zanje izvajajo druge prostovoljke in prostovoljci. Pomembno vlogo pri tem zagotovo igrajo društva upokojenk/cev, ki imajo že vrsto let dobro razvito mrežo obiskov, zlasti obiskov bolj osamljenih in socialno izključenih.

V zadnjih letih je prostovoljstvo še posebej razvito v dnevnih centrih aktivnosti za starejše, v okviru katerih je prisotno družabništvo, organizirana rekreativna vadba, druge družabne in prostočasne aktivnosti in delavnice ter medgeneracijsko povezovanje. Drugi programi za starejše vključujejo tudi nekatere druge prostovoljne aktivnosti in dejavnosti, npr. spremstvo, zagovorništvo, skupine za samopomoč ter svetovanje, informiranje in osveščanje o pravicah in pomoč pri njihovem uveljavljanju.

Prostovoljno delo kot podpora ranljivim skupinam

Najpogostejša oblika prostovoljnega dela kot podpore ranljivim skupinam je družabništvo oziroma druženje ter spremljanje. Tako se prostovoljke in prostovoljci družijo npr. z osebami z različnimi oblikami oviranosti (npr. z gibalno oviranostjo ali z okvaro vida in/ali sluha), z brezdomkami in brezdomci, z ženskami in otroki, ki so žrtve nasilja, z umirajočimi in žalujočimi, z osebami s težavami zaradi zasvojenosti in s težavami v duševnem zdravju, z otroki in odraslimi iz romskih naselij ter z imigrantkami in imigranti.

Prostovoljke in prostovoljci prav tako organizirajo in izvajajo prostočasne aktivnosti, npr. v različnih dnevnih centrih, na taborih in drugih zunanjih dejavnostih. Sodelujejo tudi v drugih programih za ranljive skupine, npr. v programih pomoči pri izvajanju osebne higiene za brezdomke in brezdomce (npr. v razdeljevalnicah rabljenih oblačil, suhe hrane in higienskih artiklov za brezdomce, pri britju in striženju) ter v programih za podporo istospolno usmerjenim.

Prostovoljke in prostovoljci se vključujejo tudi v izvedbo različnih programov svetovanja in informiranja. Pri tem uporabniki/ce teh programov tudi sami prevzamejo vlogo prostovoljk in prostovoljcev, npr. pri medvrstniškem oziroma uporabniškem svetovanju in informiranju,

Voluntary work and older people

Older people encounter volunteering in both roles - as voluntary work providers and as participants in activities carried out for them by other volunteers. An important role is of course played by the Pensioners' Association, which has had for many years a well-developed visiting network, particularly visiting those that are more isolated or socially excluded.

In recent years volunteering has particularly developed in daily activity centres for older people, at which they can find socialisation, organised recreational exercise, other social and leisure activities as well as workshops and intergenerational connections. Other programmes for the elderly include various other voluntary activities, such as accompaniment, advocacy, self-help groups as well as counselling, information and awareness-raising about rights and help in enforcing them.

Voluntary work as support to vulnerable groups

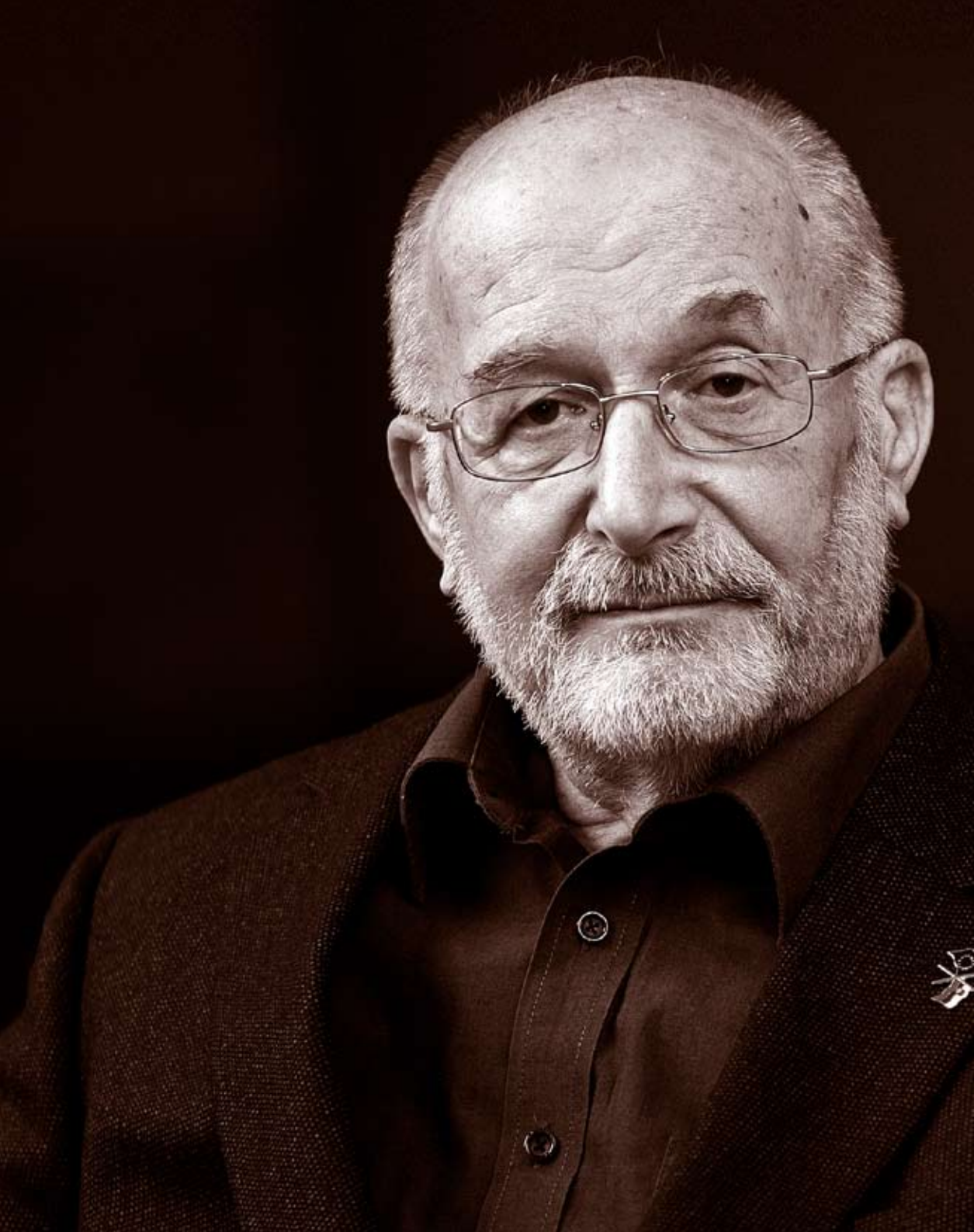
The most common form of voluntary work as support to vulnerable groups is companionship, or providing company. Thus volunteers socialise for example with people with various forms of disability (eg. with impaired movement or impaired sight and/or hearing), with the homeless, with women and children who are victims of violence, with the dying and bereaved, with those with problems due to addiction and with mental health, with children and adults from the Roma community and with immigrants.

Volunteers also organise and carry out leisure activities such as in various day centres, at camps and other outdoor activities. They also participate in other programmes for vulnerable groups, such as in programmes of help with personal hygiene for the homeless (eg. in distribution centres of second-hand clothing, dry food and hygiene products to the homeless, in shaving and hair cutting) as well as in support programmes for homosexuals.

Volunteers are also involved in carrying out various counselling and informational programmes. In these, programme users also take on the role of volunteers themselves, e.g. in peer or user counselling and informing, in various support groups as for example

v različnih podpornih skupinah ali npr. v t.i. sekundarnem terenskem delu, pri katerem uporabniki/ce drog kot prostovoljke/ci izvajajo svetovanje in informiranje na terenu ob stiku z drugimi uporabniki/cami drog.

in so-called secondary field work, in which, as volunteers, drug users execute counselling and informative work in the field in contact with other drug users.



Marjan Sedmak,
predsednik Mestne zveze
upokojencev
President of the City
Pensioners' Association

Pod geslom "prostovoljstvo" bo radovednež, ki ga bo zaneslo na spletne strani najdi.si, odkril nič manj kot 215.255 vpisov - Slovenija je skratka dežela prostovoljstva. Vključevanje v prostovoljstvo je vključevanje v sosesko, lokalno skupnost, v družbo. O tem je bil govor tudi na konferenci, ko jo je leta 2010 v Logroñu organiziralo špansko predsedstvo. Če lahko dodam osebni vtis: ko mi je španska kolegica k nečemu pritrdila, rekoč compañoero ima prav, sem bil zadovoljen. Ne zato, ker bi imel prav, marveč zaradi tistega compañoero - človek naenkrat na svetu ni več sam, marveč je tovariš. Tudi to prinese prostovoljstvo.

Under the motto of 'volunteering' will be the curious, who will, relying on the najdi.si website uncover no fewer than 215,255 hits - Slovenia is a country full of volunteering. Inclusion in volunteering is inclusion in the neighbourhood, the local community and society. There was a speech about this when there was a conference in Logroñu organised by the Spanish Presidency. If I may add a personal impression: when a Spanish colleague said something affirmative to me, saying the compañoero was right, I was pleased. Not because I was right, but because of that compañoero - a person is no longer alone in the world, but a comrade. Again this brings about volunteering.

Prostovoljna Ljubljana - prijaznejša Ljubljana

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“Prostovoljno delo ni samo brezplačno opravljeno delo, ampak je predvsem naš prispevek k neki dobri ideji in to predvsem zato, ker smo se sami to iskreno odločili.”

*Jani Möderndorfer
podžupan MOL*

“Voluntary work is not just work done free of charge, but is above all our contribution to some good ideas and this is above all because we alone decide wholeheartedly to do this.”

*Jani Möderndorfer
Deputy Mayor, City of Ljubljana*