



Get involved!

We want more children, youth and adults to join the Red Cross.
This leaflet provides more information about the Red Cross,
how to get involved and how to become a member.



Welcome to the Red Cross!

The Red Cross is open to anyone regardless of language, culture, age, gender or disability.

The Red Cross is a network of volunteer helpers, totalling approximately 45,000 people across 381 local chapters throughout Norway. Volunteering for the Red Cross is unpaid work in accordance with the ideology of the Red Cross.

On the back of this brochure you will find contact information for your local Red Cross chapter.



What is the Red Cross?

The Red Cross is an organisation of people helping other people. The volunteers are the pillars of the activities.

Search and rescue

We have the capacity and expertise to be a key player in the rescue service.



Migration

We help migrants in need of support and inclusion, and contribute by meeting humanitarian needs.





Emergency preparedness

We help develop local capacity and emergency preparedness so that we can be present before, during and after a disaster or crisis.

Growing up

We help create safe, open and inclusive venues for children and youth, and facilitate support for the ones that are in vulnerable situations.



Social inclusion

We help people who need social contact by facilitating open venues and contact on a one-to-one and network basis.



Why you should join?

Volunteering is both educational and rewarding. You will gain useful experience, in addition to the satisfaction of knowing you are helping others. It is a mutual relationship between the person receiving help and those offering help – both parties are there for one another.

The Red Cross needs new volunteers who care.

Safe and positive!

The Red Cross aims to provide every person with the opportunity to contribute as a volunteer, regardless of background. We have clear frameworks in place and work actively to be inclusive of everyone and to provide everyone with safe and positive opportunities. In order to ensure the above, the Red Cross has adopted a volunteering policy. The policy sets out the obligations that the Red Cross has to its volunteers, and the obligations of the volunteers.



Get involved, contribute and meet new people!

At the Red Cross, volunteers can make a difference based on their own interests, time and expertise. We aim to provide everyone with the opportunity to volunteer, regardless of background. The main criteria is that you care and want to do something for others. If you want to make a difference to someone, and would like to volunteer a few hours a month, there are many needs you can help meet. You could help someone who is struggling to adapt to a new country, help search for someone who has become lost in the mountains, or spend time with one of the many lonely people who simply need someone to talk to.

You can help school children with their homework, visit inmates in prison or act as a guide to Norwegian society as migrants and refugees navigate their new country. You can also help with the care of children, young people and the elderly. You can be there for those who need to develop new networks after leaving prison, when recovering from mental illness or after becoming clean following substance abuse.

Experience and learning for life!

At the Red Cross we are committed to ensuring high quality in all of our activities, and we therefore offer training to all volunteers. The training is provided through a comprehensive, module-based training plan. It starts with the "Introduction to the Red Cross" foundation course, a 5-hour training course in first-aid and psychosocial first-aid.

The training is subsequently targeted at the different activities or posts within the organisation.





Benefits of membership

As a member, you will help support the efforts of the Red Cross.

All members receive the Red Cross magazine by post.

You also gain access to membership benefits through several of our sponsors. Volunteers participating in Red Cross activities are encouraged to become members, but it is possible to volunteer without becoming a member.

Equipment and clothing

No special equipment is required for most Red Cross activities. But your equipment and clothing should be appropriate for the activity you will participate in. Clothing and footwear that are resistant to weather and wind are essential when hiking.







The principles of the Red Cross are:

Humanity // Impartiality // Neutrality // Independence // Voluntary service // Unity // Universality

**Would you like to
join the Red Cross?**

Contact us!



Your local Red Cross chapter is:

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Contact person:

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Phone number/e-mail address:

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