



## What do I want to do? What makes me happy?

**"Volunteer work that makes you happy is just wonderful!"**

Having fun while doing volunteer work is exactly what you want. Time flies when you are having fun, and it is contagious to others if you do something that makes you happy.

If you do not know yet what you want to do, just think about your interests. What makes you happy in your daily life? What subjects interest you?

You can find fun volunteer work based on your interests, passions and talents on our volunteer work database on the website or via the app: [jijdoet040](#)

Still don't know what your talents are? Take a look at the next page.

# Everyone has talent!

I am a good listener



I love to cook



I enjoy working with animals



I have 2 Right hands



I bring Companionableness



I am good with languages



**You still don't know what your talents are?  
Ask yourself the following questions:**

- What subjects can't you get enough from?
- What do you like to spend time on?
- What are you good at?
- What do you like to talk about?
- What are your hobbies?
- Ask your family and friends: what are your good qualities according to them?
- What is your dream job?
- Don't think about the vacancies yet, just put everything on paper that comes up.
- There are more possibilities than you might think, even in terms of your talent!



# Where do I want to do volunteer work?

## In what sector do you want to volunteer?

Do you prefer for example sport or the creative sector?

## In what kind of environment do you want to volunteer?

Do you want to volunteer outside, or do you prefer being indoors? Do you prefer to work from home or in a different environment? Do you like to volunteer in a team or by yourself?

## In what area are you looking to volunteer?

Are you looking for volunteer work in your district, which is nicely located nearby, or do you prefer a different district?

**"A lovely bike ride to you volunteer work or perhaps going on foot to an organization around the corner"**



## Who do I want to help?

**Elderly, children, newcomers, flora & fauna, adults, disabled people, and youth, they are all happy with your help! But which target group do you prefer?**



Do you light up with the little ones or do you like to pour a drink for the elderly? Are you a one on one person or someone who favours to spend time with a group? Are you an animal person or do you flourish between flowers? Do you like to help those who are having a tough time or do you feel like a fish in the water between creatives? Are you looking for something with peers, or do you have more patience with people with a disability?

**I want to do something for:**

- Adults
- Disabled people
- Elderly
- Youth
- Children
- Newcomers
- Animals & Nature



# When am I available



**What place does volunteering have in your agenda?  
How much time do you want to spend?**

## **My availability:**

- How many days are you available?
- How many hours do you want to spend?
- Do you want to volunteer every week?
- Do you have a preferred day of the week?
- What is suitable in your agenda?
- Do you want something for just once or participate in a project?
- Do you want to join occasionally with events like a children's holiday week?
- Are you going to work all your hours within one organization or multiple organizations?
- Is it an option to volunteer on flexible basis or on call basis?



# Tips!

**Please note:** The following links contain Dutch texts. Feel free to contact Eindhoven doet if you need help translating them.

- **Inspiration:** [click here](#) and become inspired by the adventures of other volunteers.
- **Volunteer app:** download the app: [Jijdoet040](#) . With this app you can quickly find every volunteer job in your area.
- **Filters:** Easily use filters. Choose what is important for you. If you are not getting enough vacancies, just delete a filter.
- **Contact the organisation:** Do you have a nice volunteer organization in mind but do the current vacancies not quite match you? Contact the organization, often there are more possibilities than you think!
- **Social media:** Take a look at the [Instagram](#) or [Facebook](#) of Eindhoven Doet. There you can find organizations, people seeking help and volunteers.
- **Do the test:** What type are you? A doer, controller, listener, pacesetter....? Find out with this [test](#)
- **Need help with your next step to volunteering?** Do you find it difficult to take the first step towards volunteering? Please contact [WIJindhoven – Buurt in Bloei](#) in your neighbourhood.

# Worksheet

## All my preferences listed

### What makes me happy:

- .....
- .....
- .....
- .....
- .....

### My talents are:

- .....
- .....
- .....
- .....
- .....

### I want to do something for:

- Adults
- Disabled people
- Elderly
- Youth
- Children
- Newcomers
- Animals & Nature

### I want to work in the sector:

- Sport and recreation
- Education
- Catering
- Nature
- Events
- Art and culture
- Care and well-being
- Technique

### My commitment is:

- Once
- Temporarily
- Long term
- Flexible

### I think it is important that:

- .....
- .....
- .....
- .....
- .....