

# AMSTERDAM- A CITY OF VOLUNTEERS

## OPPORTUNITIES FOR ENGLISH-SPEAKING VOLUNTEERS

WHETHER YOU'RE LOOKING FOR A NEW CHALLENGE, A NEW SKILL OR AN OPPORTUNITY TO LEARN MORE ABOUT THE LOCAL CULTURE, VOLUNTEERING IS A GREAT WAY TO GO. YOU GET TO ACTIVELY ENGAGE WITH YOUR LOCAL COMMUNITY AND EXPERIENCE AMSTERDAM FROM A WHOLE NEW ANGLE WHILE GIVING SOMETHING BACK.

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### *Improve the lives of independent living elderly*

We're a volunteer driven organization in Buitenveldert making it possible for elderly people to remain in their own homes and communities for as long as possible. We offer mostly short term, simple, practical aid. For example, doing groceries, offering companionship, a chore in the house or garden, or giving someone a ride.

*more information*  
[www.hulpdienstbuitenveldert.nl](http://www.hulpdienstbuitenveldert.nl)



*target group*  
elderly people  
*training*  
yes

*time involvement*  
it's up to you

*contact*  
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Buitenveldert