

Volunteer Health guides needed for homeless Families!

Do you have time and want to offer your support to families in a homeless shelter near U3 Oberwiesenfeld? We aim to reach families with various attractive activities and offerings on the topic of health – and we need you to make this happen!

Around 10,000 people in Munich are without a home, including about 1,700 children. They are homeless, living in emergency shelters, mother-child facilities, or clearing houses.

With our volunteer health guides, we are here for homeless families in a shelter in Munich. Our volunteers support those affected through various activities and offerings as part of a holistic health concept.



Cooking healthy together



Winter flea market in the shelter

Volunteer support

How can I help?

- Leisure activities for families, children, teenagers and seniors
- Organizing sports and leisure activities (e.g., group walking, fitness exercises)
- Cooking together and promoting healthy eating topics
- First aid courses for residents
- Assistance in accessing medical services
- Help with documents (e.g., explaining child health records, clarifying health insurance letters)
- Accompanying and providing language support in the health care system
- Acting as a trusted person for medical topics
- Support for expectant mothers
- Regular consultation hours at a shelter for homeless people, offering assistance in accessing medical services

The following language skills are an advantage: Arabic, Bulgarian, Dari, Farsi, Greek, Italian, Croatian, Romanian, Somali, Turkish, Hungarian.

Since not all families speak German, we also collaborate with interpreters to implement our services.

BRK
Kreisverband München

 Bayerisches
Rotes
Kreuz



Munich Red Cross – Social and Welfare Community

Volunteering for homeless families



Being active through sports

What should I bring to the role?

- Reliability, communication skills, intercultural sensitivity
- Willingness to engage openly with people experiencing homelessness

What is the time commitment?

Once a month on designated Saturdays for about 3 hours

What does the BRK offer?

- Continuous professional support
- Insurance coverage (liability and accident insurance)
- Reimbursement for travel costs and expenses
- Opportunity for a free membership in the Red Cross
- Various forms of recognition (events etc.)

Where is the volunteer location?

Shelter of the Internationaler Bund
Wilhelmine-Reichard-Straße 20
80935 Munich
(near the Oberwiesenfeld subway station)

„Being involved as a volunteer health guide means showing homeless people that they are not alone and that their health matters.“

Volunteers of the Homeless Project

Are you interested?

We are happy to share more information with you personally – please feel free to contact the

Servicestelle Ehrenamt (Volunteer Service Center)

Phone: 089/2373285 (Mon - Thu 09:00 AM - 12:00 PM)

Email: servicestelle-ehrenamt@brk-muenchen.de

For more information about this project please have a look at our website: <https://www.brk-muenchen.de/angebote/wohnen-und-betreuung/gesundheitslotsen-wohnungslose/>

A collaboration between the Munich Red Cross and homeless shelters of the Internationaler Bund in Munich

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