**Basic course on friend activities**

**Would you like to have a meaningful hobby and to become a friend volunteer?**

**Welcome on to the basic course on friend activities!**

**Time:** XX.XX-XX.XX (3 h)

**Place:** XXX

**Course goals**

* Introducing participants to the Red Cross friend activities and encouraging them to join in
* Preparing participants for acting as a friend volunteer
* After completing the course, you can act as a volunteer Red Cross friend and participate in any advanced courses you like

**To whom**

The course is for anyone interested in Finnish Red Cross friend activities.

**Course contents**

* Friend activities of the Red Cross
* Loneliness as a challenge for friend activities
* Acting as a friend volunteer
* Volunteers’ well-being

The course is free of charge.

Binding registration for the course via the following link XXX at the latest: XXX

More information: XXXX

Welcome!

Instructor(s): First name, Last name, phone number, e-mail address