Join the friend activities

**As a friend**

**visitor in a**

**prison 6h**

**As a group leader 6h**

**As a friend volunteer in an assisted living facility or hospital**

**3h**

**As a friend volunteer to a lonely young person, adult, elder, etc.**

**Help for visits to the doctor, grocery shopping, etc.**

**As an online friend 1h (online induction)**

**As a friend volunteer to an immigrant 3h**

**As a friend volunteer to a family with a family caregiver 3h**

**Advanced course on friend volunteer activities 6h**



**Basic course on friend activities, 3 hours**

(basic course also available in plain Finnish, 3 hours)