

MVZ a special collaboration of voluntary buddy organizations

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Vrijwilligerswerk • Rotterdam

www.vrijwilligerswerkrotterdam.nl

MVZ = Buddies Voluntary Support

MVZ is a project coordinated by Vrijwilligerswerk Rotterdam (Volunteer Centre Rotterdam).

Network and collaboration of 45 local member-organizations and projects deploying volunteers

Volunteers in the Netherlands get no pay, sometimes compensation for (travel)expenses

Motivations to do volunteering come from:

- The heart: Willing to make a contribution to society, support someone to fully participate
- Spare time to spend after work or in between jobs
- Religious believes
- Part of their education: Student Volunteering



All MVZ organizations have in common that they deploy their volunteers as buddies

Buddy: A volunteer who gives support and attention to a person. They form a couple for a longer period of time.

A buddy:

- Can give special attention e.g. by listening
- Provides support, emotional and/or practical
- Accompanies a client to appointments or meetings
- Accompanies a client to (recreational) activities
- Explains, informs, helps to practice skills
- Works on self-confidence of a client
- Can be a role model



Big diversity: MVZ Voluntary Organizations deploy buddies with:

- Vulnerable locals with a small social network (P/E/S)
- Elderly people and those who are socially isolated
- Children in need of role model or special attention
- Young mothers
- People with a history of psychiatrics
- Those with a (terminal) illness
- Those who are physically or intellectually disabled
- Former detainees
- Newcomers in Rotterdam who need to learn Dutch
- People in debt who have no administrative skills
- Children who need help with their homework etc. etc.



MVZ organizations are independent

MVZ organizations have their own goals, mission, working methods. Each organization has a **volunteer policy** on:

- Recruitment, screening and selection
- Intakes, matching and exits of buddies and clients
- Agreements, contracts with buddies and clients
- Training programs
- Supervision, coordination and coaching
- Working methods, ethics, do's and don'ts, limitations
- Client confidentiality, good conduct certificate etc.

A volunteer policy and (part-time) professional (paid) supervision are required for joining the MVZ network!



Hotline: Daily mediation and settlement of incoming requests for support

Anyone with a request for support can call our Central Point or send an email.

Questions are clarified and described then matched and passed over to an MVZ organization or elsewhere outside of the network.

MVZ organizations match buddies according to their own methods

Requests come from:

- Directly from those in need of support
- Relatives and friends or neighbours
- Professionals like carers, doctors, social workers etc.



MVZ coordination

Vrijwilligerswerk Rotterdam (Volunteer Centre)

Besides operating the Hotline we are occupied with:

- Expanding the network with new buddy projects
- Theme-meetings for MVZ organizations to share experiences, knowledge, and discuss developments.
- Training program for supervisors and buddies
- Helping organizations to recruit new buddies with our volunteer opportunities database (on our website)
- Advise and support for starting buddy organizations
- Discount program for concerts/performances
- Matching of 300 students to do student volunteering



First year student volunteers as buddies

First year students of Inholland University Social Studies are obliged to do volunteering as a buddy at MVZ organizations as part of their education program. They get to know their future professional working area while performing buddy work and contribute to society.

MVZ coordination is organizer and matchmaker

- Introduction lessons at Inholland
- Meet&Greet with MVZ organizations at Inholland
- Administration, mediation 150 students twice a year

