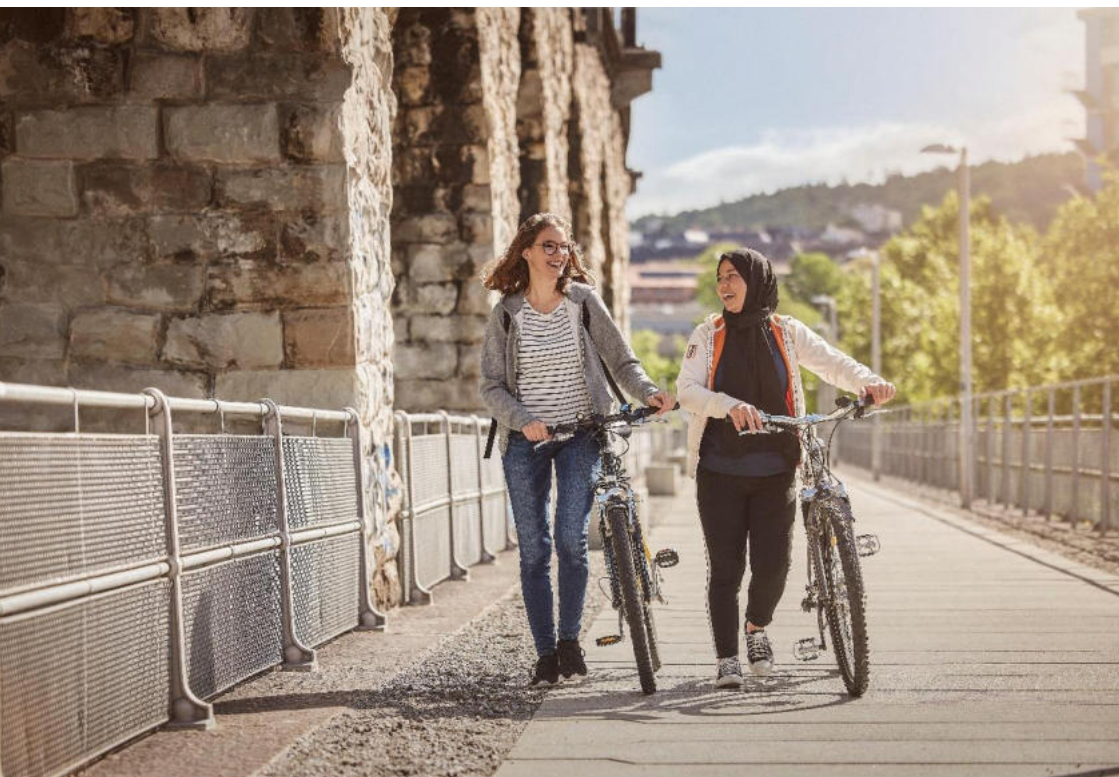


Youth Red Cross Canton Zurich

Young People Get Involved



Schweizerisches Rotes Kreuz
Jugendrotkreuz Kanton Zürich



Welcome to the Youth Red Cross Canton of Zurich (JRK)

People who are volunteers are of inestimable value to society. They contribute immensely to the common good in various areas of life.

Through voluntary engagement people actively shape their environment and promote positive social change driven by their own convictions and without financial compensation. This is where the JRK comes in.

The JRK is the youth organization of the Swiss Red Cross Canton of Zurich and part of the global Red Cross and Red Crescent Movement. The volunteers of JRK are between 15 and 30 years old and find a platform for social engagement, informal learning, and a social network at the JRK.

The volunteers organize and shape more than 20 activities and projects in the social sector and continuously develop them further. The JRK follows a participatory approach, allowing volunteers to help shape the activities.

On the following pages, we will introduce you to the JRK in more detail!

The Youth Red Cross

The JRK is the youth organization of the Swiss Red Cross Canton of Zurich (SRK). More than 260 volunteers and 6 staff members make up the JRK. As a volunteer, you are involved in one of over 20 activities. Additionally, a member of the JRK office team is responsible for each activity.

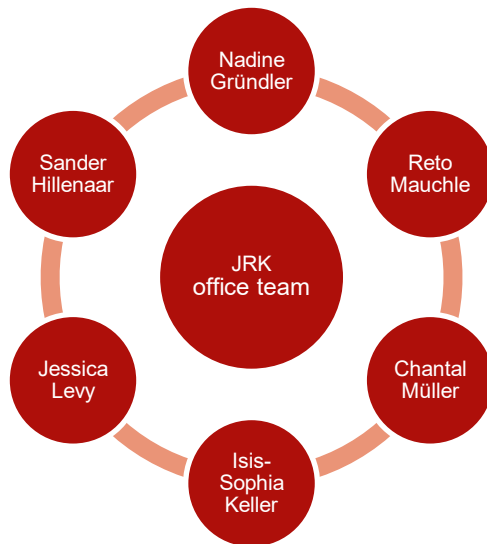
Executive Management of the Swiss Red Cross Canton of Zurich

Manuela Frenjo

Head of Volunteer Work

Hubert Kausch

Staff of JRK Canton of Zurich



Volunteers

Around 260 volunteers are engaged in more than 20 activities in the following areas:

Social Integration | Migration and Asylum | Health

The Charter of the Youth Red Cross

The charter defines what the JRK is and what it aims to achieve. It was developed collaboratively by volunteers, JRK staff, the Head of Volunteer Work, and the Chair of the Executive Management.

Where are we going?

We, the Youth Red Cross Canton of Zurich, are a network of people who want to engage in social causes. Our tools are shared experiences, creativity, and motivation. We broaden horizons, promote mutual understanding and tolerance, and contribute to a peaceful coexistence in our society.

Why?

We create encounters between people in our society who might only rarely meet in everyday life. Our goal is to counteract mutual prejudices. We focus on what unites us all — our humanity.

What?

We are a group of staff and volunteers who are involved in various activities and a wide range of current topics. Together, we grow, learn from each other, build connections, and take on responsibility.

Where?

Through our activities, we fill in gaps in society and engage in the areas of migration, relief, and health.

How?

JRK staff share their expertise, create accessible activities, and provide space for informal and experience-based learning. Young volunteers receive individual support and guidance in their engagement. Through continuous participatory evaluation and reflection, we continue developing based on the needs of all involved, always adapting to current social developments. Our actions are guided by the principles of the Red Cross and legal frameworks.

Activities in the Youth Red Cross

Weekly Activities

Study group Opfikon

4-7 volunteers support students from socio-economically disadvantaged backgrounds every **Wednesday** (except during school holidays) with their studying, thereby contributing to equal opportunities in our society.

When: Every Wednesday, 5:30 PM - 7:15 PM

Location: Quartierraum Opfikon

Homework support Friesenberg

Every **Thursday** (except during school holidays) 2-4 volunteers assist students with their homework.

When: Every Thursday, 5:00 PM - 7:00 PM

Location: Quartiernetz Zürich Friesenberg

Every other week: Saturday Activities

Craft and Play Afternoons with Children

A group of volunteers visits the transit center in Volketswil every other Saturday afternoon, as well as the Zürich Friesenberg neighborhood and the return center in Ober Halden. They offer a program for the children living there, which includes activities such as crafting, relay races, grilling in the woods, baking cookies, and more. During this time, parents can take a break, and the children enjoy a welcome change from their daily routine.

Friesenberg: every first and third Saturday of the month, 1:30 pm – 5:00 pm

Volketswil: every first Saturday of the month and every third Wednesday of the month, 1:45 pm – 5:00 pm

Ober Halden: every first and third Wednesday of the month, 2:00 pm – 4:30 pm

Discover Zürich

In and around Zurich, there are many lesser known activities and fun locations that can be visited free of charge (e.g., parks, museums, gardens). Every first and third Saturday afternoon, volunteers take asylum seekers on city tours/walks to introduce them to such places. During these outings, everyday practical matters are also addressed and practiced together (e.g., buying a public transport ticket).

When: Every first and third Saturday of the month, 1:30 PM - 5:00 PM

Location: Zürich Oerlikon & Stadt Zürich

Melting Pot

Various activities can take place in the rooms of the Villa, and there is plenty of space to socialize. Wi-Fi is available for video calls, homework, or job searching. Games are provided, and of course, drinks and snacks are available. Volunteers, interested individuals, and tandems alike are invited to drop by and bring friends and acquaintances. The volunteers also have games and knowledge on hand on how to help teach and learn German.

When: Every first Saturday of the month, 2:00 PM - 5:00 PM, and every third Wednesday of the month 7:00 PM - 9:00 PM

Location: SRK Canton of Zurich, Kronenstrasse 10, 8006 Zurich, as well as various asylum centers

Generation Projects Limmat and Langgrüt

A group of young volunteers visits two of the city of Zurich's retirement homes twice a month and organizes an afternoon with the residents. The program varies based on the residents' interests and needs and can include everything from card games to dancing together. The goal is to create a space for encounter and exchange between generations.

When: Every first and third Saturday of the month, 2:00 PM - 5:00 PM

Location: Alternating between the Limmat and Langgrüt Health Centers for the Elderly, city of Zurich



Monthly Activities

First Wednesday Dinner

Would you like to try out new recipes or simply lend a hand while others are cooking? Every first Wednesday of the month, volunteers organize the "First Wednesday Dinner". We cook together, eat, and chat. Friends, acquaintances, DOPPIO tandems, and anyone interested are also welcome.

When: Every first Wednesday of the month, 6:00 PM - around 9:00 PM

Location: SRK Canton of Zurich, Kronenstrasse 10, 8006 Zurich

Cinema Afternoon

The JRK Canton of Zurich has launched a cinema project in collaboration with the Pathé cinema in Dietlikon. On the last Wednesday afternoon of the month, 20 children and young people have the opportunity to go to the movies together – for free. Volunteers accompany the group with one volunteer per every three children participating.

When: Every last Wednesday afternoon of the month, time depending on the film.

Location: Kino Pathé, 8305 Dietlikon

Women4Women

Every third Saturday of the month, a group of women* spends an afternoon together at Kronenstrasse. The goal of the women's* group is to promote mutual exchange. The program varies from event to event and includes activities such as crafting, cooking, movement sessions, and outings. All women* are welcome to simply drop by and/or sign up in advance.

When: Every third Saturday of the month, 3:00 PM - 6:00 PM

Location: SRK Canton of Zurich, Kronenstrasse 10, 8006 Zurich



Holiday Weeks during Spring and Autumn Breaks

Sports and Cooking (Spoko)

The goal of "Spoko" is to inspire children and young people aged 8 to 14 to get excited about cooking and increasing physical activity in their daily lives. "Spoko" is organized as a holiday week without overnight stay. In the mornings, participants cook and eat together, and in the afternoons, they try out different sports. The week is designed and held for children and young people with a migration background.

When: One week during the spring and autumn breaks

Location: Stadt Zürich / Opfikon

Sewing Together

A creative week for young people and adults with a migration background takes place every afternoon during a week of the spring and autumn breaks. Participants and volunteers collaborate in a workshop, where creative activities foster exchange and provide a varied holiday program. Participants learn new techniques and try out different materials.

When: One week during the spring and autumn breaks

Location: Social Fabric, Binz Zurich



Summer Activities

Forest Weekend

Wald, the German word for forest, at the JRK also is an acronym for the German words knowledge, adventure, life, participation. In summer, a group of volunteers organizes a weekend (without overnight stay) for children and young people from transit and federal asylum centers in the canton of Zurich. The program is planned and carried out based on experiential education principles.

When: One weekend in June

Location: Surroundings of the city of Zurich

Circus Week

The JRK Canton of Zurich organizes a circus week (without overnight stay) during the summer holidays, in collaboration with the town of Opfikon and the participation circus Pipistrello,. During this week, primary school-aged children get a taste of circus life, try out various disciplines, and perform their own show at the end of the week. The holiday week is aimed at children from Opfikon and children with a migration background.

When: One week during the summer holidays

Location: Opfikon



What is important to us?

The principles of the Red Cross and Red Crescent Movement, especially "Humanity" and "Voluntarism," as well as the goals of the Swiss Red Cross Canton of Zurich, shape the attitude and framework for the engagement of the JRK Canton of Zurich and serve as guidance for the volunteers. The following positions help ensure that the activities of the JRK Canton of Zurich provide an exciting and vibrant interaction space for all involved:

- My main priorities are fun and enjoyment in the activity and meeting other people.
- I actively approach others, show interest in other people, and am willing to share a bit about myself.
- I ask for ideas and wishes from participants, enabling mutual exchange on an equal footing.
- When a common language is missing, I use other forms of communication (hands and feet, "translator", Google Translate).
- I contribute to discussions and meetings and to shaping activities with my knowledge and ideas.
- I communicate openly and honestly, helping to expand all perspectives.
- I take responsibility and support other volunteers in carrying out the activity.



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