

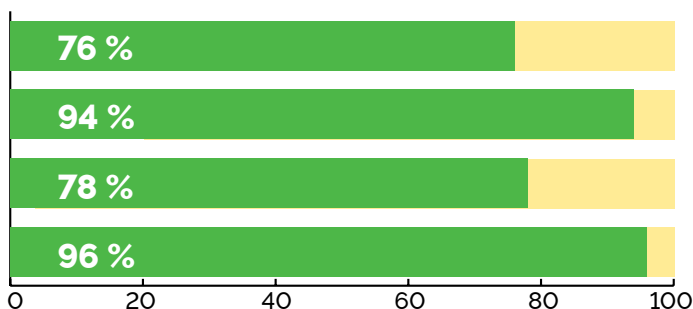
# Become a volunteer! Become a Jututtaja!



Jututtaja-project 2023–2025

## “Let's rise “we do” the action”

Do you want a happier mind,  
a healthier feeling, a content-rich life  
and a lower stress level?



**SOURCE:** <https://www.unitedhealthgroup.com/content/dam/UHG/PDF/2013/UNH-Health-Volunteering-Study.pdf>

**76%** of people who volunteered in the past 12 months said **volunteering made them feel healthier.**

**94%** of people who volunteered in the past 12 months said **volunteering improved their mood.**

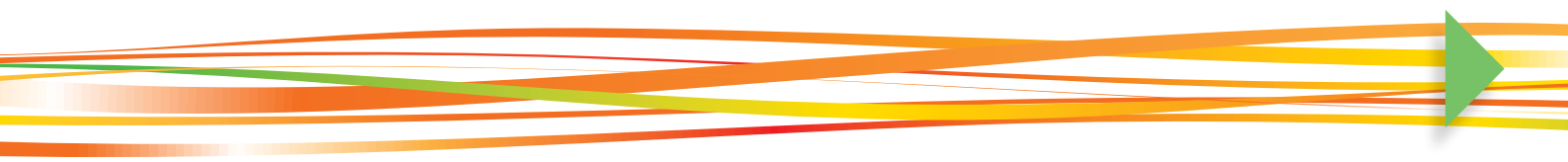
**78%** of volunteers said **volunteering reduced their stress levels.**

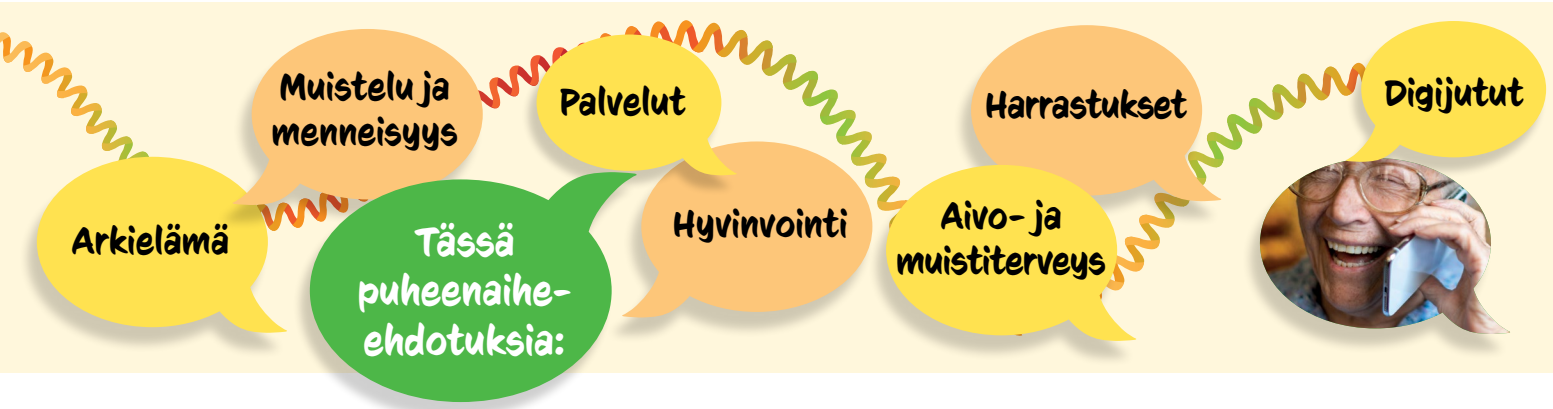
**96%** of respondents reported that **volunteering enriched their lives.**

## Become a volunteer, become a Jututtaja!

Are you interested in a conversation with the elderly? Do you want to do remote volunteer work? Looking for something meaningful to do? Do you want to learn new things and meet new people? Do you like to call others and love to chat? Do you want to discuss topics that are important to you in your native language? Or do you know a lonely person whom you would like to call and make happy?

For us, volunteering means giving time and company to an elderly person from the same cultural background as you! People help each other in many ways. For example, your own family and relatives or friends may need help. There are many elderly people in Finland who feel lonely and long for conversation about different topics in their mother tongue.





Jututtaja activity-guided phone company means that you talk with the elderly once a week for about half an hour about jointly agreed topics. You agree on the call times together with the elderly person. The length of volunteer work is 8–10 calls.

Topics can be, for example, brain and memory training, working together and sharing experiences, or simply making someone else happy through a phone call.

Before the calls start, you will receive training, the necessary tools and support from us to start and make the calls a success.

***We are by your side on your journey  
to becoming a good Jututtaja.***

**From us you get:**

- Training and induction
- Belonging to the wonderful Jututtaja network
- Support for calls and peer support from other Chatters
- Weekly sharing of news on digital platforms
- Everyday support – whenever needed

**Get in touch with us!  
We will be happy to tell you more!**

**CONTACT INFORMATION**

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*"Jututtaja training as a phone support is a wonderful opportunity to learn new things and do meaningful and empowering remote volunteer work wherever you are. As a Jututtaja, you have the opportunity to offer an elderly person belonging to your own language and cultural group a sense of security, reduce loneliness. Together, you have the opportunity to enrich the content of life in both ways. The purpose of the phone support is to discuss topics of mutual interest, and as a volunteer you are not only in the role of a listener but in the role of an active conversationalist. This way you will find interesting topics together so that the past and the future meet and a connection is created between them. The Jututtaja training gives you the tools to successfully implement a phone conversation. You also get support and help throughout all calls."*

**Best regards,  
Jututtaja project team**



**Kulttuurinen Moninaisuus -Muistikeskus ry**  
(The Finnish Centre for Cultural Diversity and Memory) **MUKES** is an organization founded in 2020 that promotes culturally sensitive memory work and cooperation between different sectors to improve the status of aging people belonging to linguistic and cultural minorities in Finland.

[www.mukes.fi](http://www.mukes.fi)

