



### **What is the Caritas Ramblers walking club?**

Caritas Ramblers is a walking club where we go for walks in groups and go on excursions to move around, enjoy nature and make friends in the open air.

The corona pandemic has shown us the importance of exercising, but not least, the importance of having someone to talk to, be with and share experiences with.

Many, especially the elderly and vulnerable, are and will probably still be, for quite some time, worried and insecure about socializing with people. But at the same time, socializing is becoming a major necessity for many. Staying and meeting *outside* is one of the safest ways to meet - and at the same time it gives us the opportunity for exercising and for countless beautiful, exciting and wonderful experiences.

Due to Covid-19, Caritas Ramblers has not started yet, but we hope and aim to be able to start during the spring.

### **Volunteer in Caritas Ramblers**

As a volunteer Caritas Rambler, you will help to (re)establish people's relationships, togetherness and networks after a long lockdown and provide opportunities for new experiences in our beautiful Danish country and cities.

The intention with Caritas Ramblers is that there will be a walk in Vesterbro, every or every other week, where everyone, regardless of fitness and age, can participate. This route will be about 3 kilometers and will not last over 45 min.

In addition, excursions will be planned on the weekends to various places in Greater Copenhagen and the rest of Zealand. This can be, for example, a walk in Dyrehaven, a walk on Amager Fælled, a thematically planned trip in Copenhagen to various monuments, a trip in Hareskoven, an excursion to Møn's cliff or much more.

There must be variation between routes, so there are tours that can welcome everyone regardless of age and fitness and tours that are more moderate in activity level, for those who want it. If more or specific levels or routes are in demand, it can of course be organized if the interest is shared among several.

### ***What will your tasks as a volunteer Caritas Rambler be?***

As a volunteer, you will be responsible for the following:

- Plan a route with other volunteers in your walking team.
- Make tea / coffee before / after the trip.
- Be ready approx. 10-15 min before departure.
- Welcome participants.
- Create a good atmosphere during the walk.
- Help push the elderly / disabled in a wheelchair (if your own physique can of course handle it)

***What do you get out of being a volunteer Caritas Rambler?***

- You get a lot of nice air and movement as well as the opportunity to meet new volunteers and participants.
- You get the opportunity to experience parts of the Danish nature or city life that you are interested in.
- You will get a thorough introduction to the role as a volunteer and to Caritas as an organization.
- You will be supported with inspiration for routes and for the social contact with the participants.
- You will be invited to Caritas' annual New Year's event for volunteers.

***Who are we looking for?***

The most important thing about our volunteer Caritas Ramblers is that you enjoy walking and being with others.

- We are looking for volunteers who are friendly, sociable, and who can get other people talking; but who at the same time understands if people want to walk alone.
- We are looking for volunteers who are punctual and responsible.
- We are looking for volunteers who can collaborate with other volunteers and jointly take responsibility and plan routes.
- We expect that you as a volunteer can participate in one trip a month, but you are of course more than welcome to participate in more.

Are you interested in joining us – or do you have any questions? We would love to hear from you; please contact Project Coordinator Christa at [ckk@caritas.dk](mailto:ckk@caritas.dk)