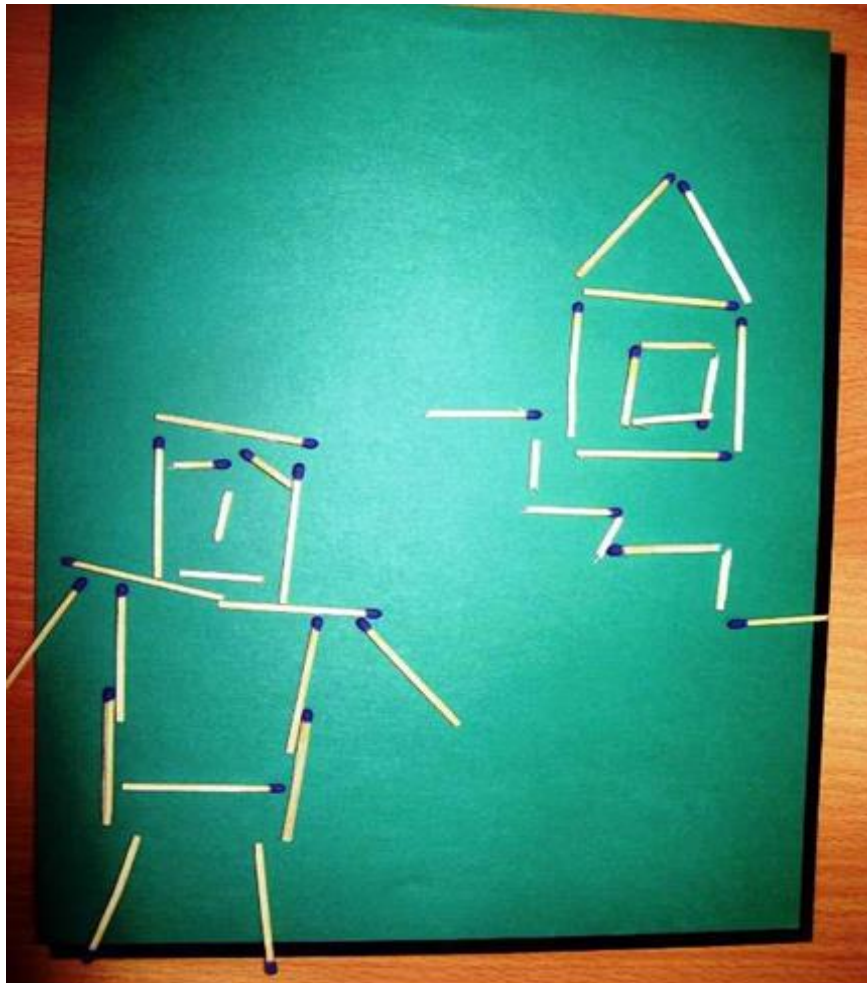


## The journey of a goodhearted person becoming a volunteer

1. Facing with a particular life situation.
2. Willingness to help.
3. The knowledge of who does need help and what kind of help.
4. Your personal qualities' comprehension.
5. Coming to a decision to become a volunteer.

1. Love of life.
2. Willingness to help.
3. Tender feeling of compassion.
4. Experience and knowledge.
5. Hard work and assistance.

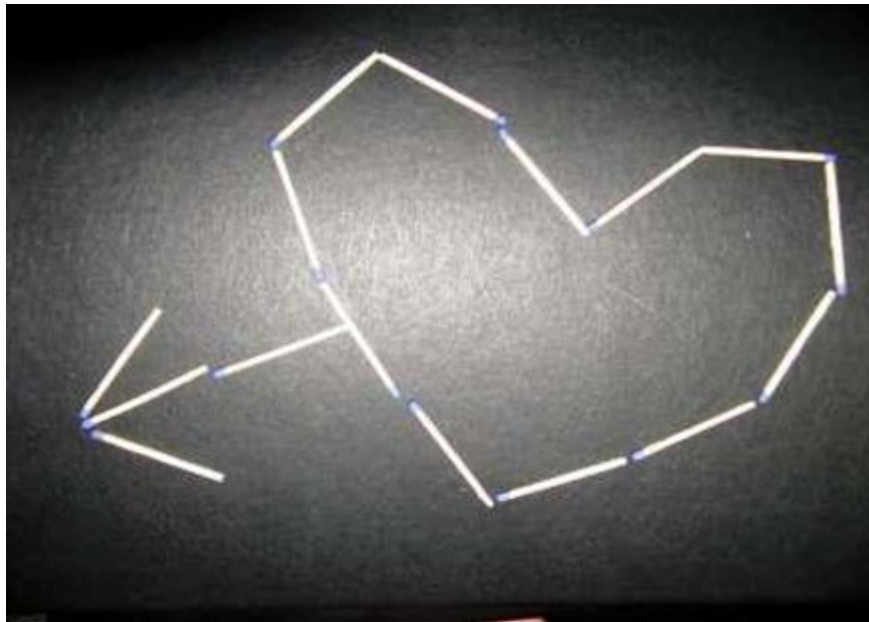
1. Desire to help (when you have been deeply moved by some event or during the meeting).
2. To consider and understand what needs to be done, to feel your inner strength which gives you a sign "I can do it!"
3. Realizing that the other person feels good, gives you a positive emotion.
4. Search for adherents. Freedom + willpower.
5. To be prepared to help when it is necessary. Regularity and duration.



*The journey of a goodhearted person becoming a volunteer*

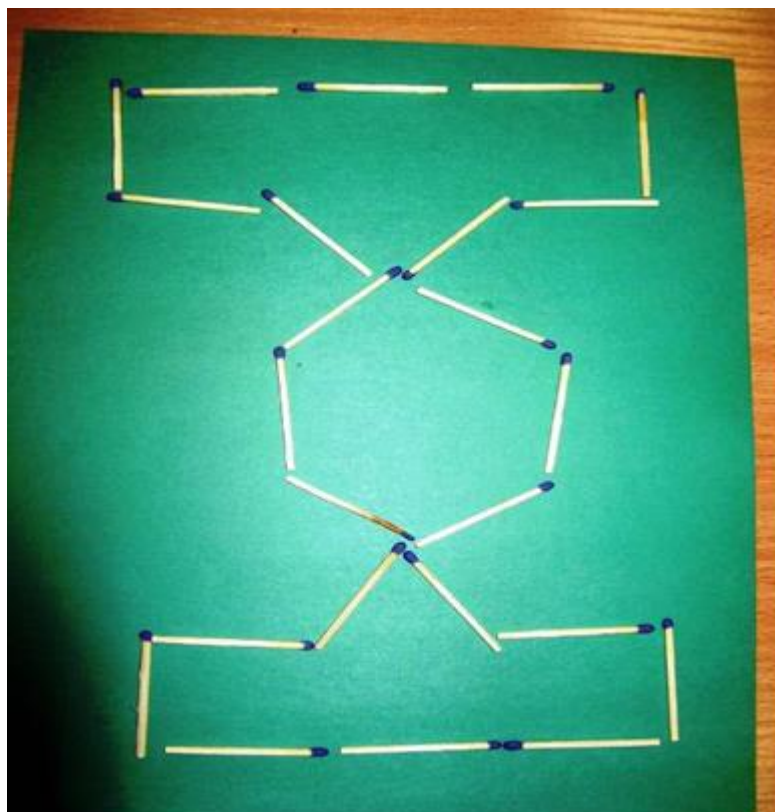
## Personal qualities of the individual who is ready to become a volunteer:

Response, dignity, frankness, courtesy, love for mankind, belief in it. And then you are going to pull it off!



*Everything we do comes from the bottom of our hearts!*

## We invite everyone to become a volunteer



*Please do come over – there is no time to lose!*

The print version has been developed by the "Vigor" participants at the club meeting "International volunteers' day",  
02/12/2011