

**Филиал ФГБВОУ ВО «Военно-медицинская академия  
имени С.М. Кирова» МО РФ (г. Москва)  
Медицинский колледж**

**Иностранный язык**  
**Тема 2.31 «Волонтерское движение»**

**Для студентов 2 курса  
специальность 34.02.01 Сестринское дело  
Преподаватель Кудрявцева Н.В.**

Rank these activities

an old people's home

clean up a river

animal shelter

teach kids computer skills

restore a local building




# What can you do?

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For....	What can you do?	What will the effect be?
A parent		
A student		
Your town		
An old person		
Charity		
Animals		
Homeless		

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Put these  
words into 3  
categories


volunteering / journal / longevity  
/ depression / well-being /  
chances / lending a hand /  
review / mental health /  
biological / cultural / reasons /  
physical activity / happiness



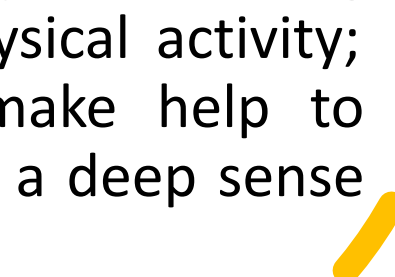
Read the text


Volunteering can make you happier and help you live longer, according to a new study. A research paper published on Friday in the journal BMC Public Health says doing good deeds for others boosts your mental health and increases your longevity. Researchers from the UK's University of Exeter reviewed 40 academic papers into the effects of volunteerism on our health. They found that volunteers had lower rates of depression, an increased sense of well-being, and a 22 per cent reduction in the chances of dying within the next seven years. Australians lead the way in volunteering, with an estimated 36 per cent of the population lending a hand.





Lead researcher Dr Suzanne Richards said: "Our systematic review shows that volunteering is associated with improvements in mental health, but more work is needed to establish whether volunteering is actually the cause." She added: "It is still unclear whether biological and cultural factors and social resources that are often associated with better health and survival are also associated with a willingness to volunteer in the first place." In a separate study from the University of Michigan, researchers suggested three reasons why volunteering may be beneficial. First, it involves physical activity; second, the social connections we make help to reduce our stress; and third, it gives us a deep sense of happiness.





**SYNONYM  
MATCH:** Match the  
following  
synonyms from the  
article.

1.	deeds	a.	likelihood
2.	boosts	b.	evaluation
3.	rates	c.	different
4.	chances	d.	acts
5.	lending a hand	e.	confirm
6.	review	f.	increases
7.	establish	g.	levels
8.	willingness	h.	feeling
9.	separate	i.	helping out
10.	sense	j.	desire



## PHRASE

**MATCH:** (Sometimes more than one choice is possible.)

1. Volunteering can make you happier and	a. <b>on our health</b>
2. doing good	b. to volunteer
3. the effects of volunteerism	c. a hand
4. Australians lead the	d. review
5. 36% of the population lending	e. help you live longer
6. systematic	f. cultural factors
7. associated with improvements	g. deeds for others
8. biological and	h. sense of happiness
9. associated with a willingness	i. in mental health
10. it gives us a deep	j. way in volunteering



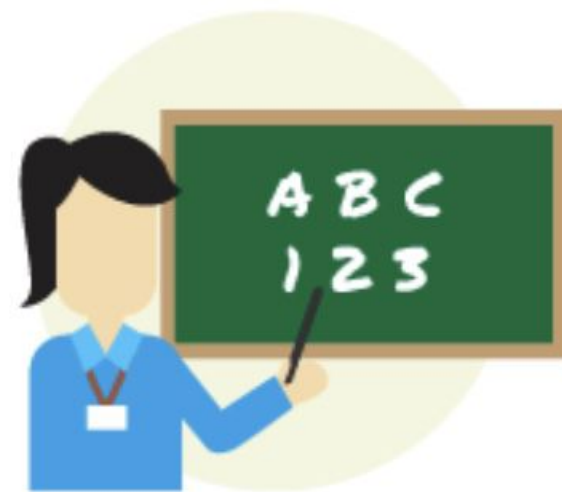
**The most frequently performed volunteer activities are:**



**11%**  
Food servicing



**10%**  
Fundraising



**9%**  
Teaching

# Five Benefits of Volunteering

With over 1.5 million registered nonprofits in the U.S., there are endless opportunities to make a positive impact in your community! So why volunteer? Based on the 62 million Americans that do so each year, here are five benefits of volunteering.

## 1 It's Good for the Community

Make a tangible impact while engaging and connecting with people in the community you might not meet otherwise.



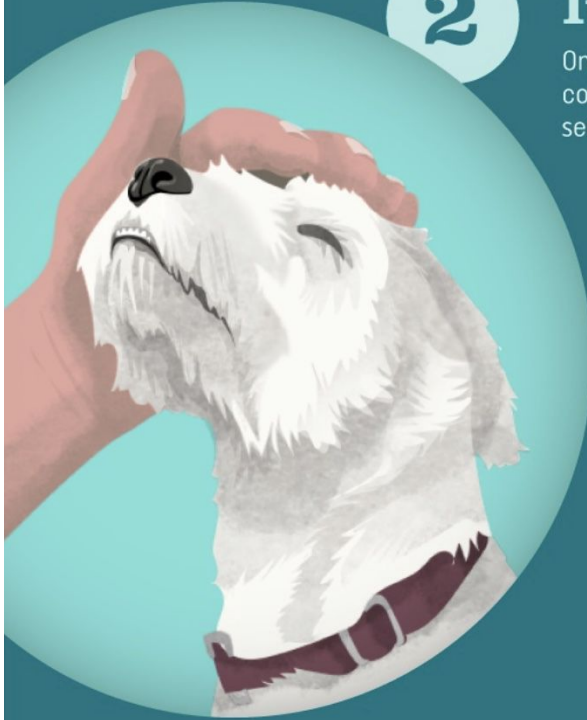
**95%**  
of volunteers feel that they're helping to make their community a better place.



2

## It Makes You Happy

One result of this positive impact on the community? People feel happier and a greater sense of purpose.



**94%**

of volunteers report that volunteering improves their mood.



**96%**

of volunteers report feeling a greater sense of purpose.

## It Reduces Stress



**76%**

of people say that  
volunteering lowers  
their stress levels!

Volunteers also report higher levels of self-esteem and richer interpersonal relationships than non-volunteers.

**3**





**4** **It Keeps You Healthy**  
Good Mood + Less Stress = Better Health



**76%**  
of people report feeling physically healthier after volunteering.



Volunteering can help those dealing with health issues. About 1 in 4 volunteers say that it helps them manage a chronic illness.

## It Develops Professional Skills

Volunteering can also improve skills needed to thrive professionally!

Among people who say that volunteering has helped their career:

5



**87%**  
reported that  
volunteering has  
enriched their people  
skills and teamwork skills.

**75%**  
felt that it  
improved their time  
management skills.






# EXPERIENCE AN OFFICE WIN-WIN

WHEN COMPANIES ORGANIZE VOLUNTEER INITIATIVES...






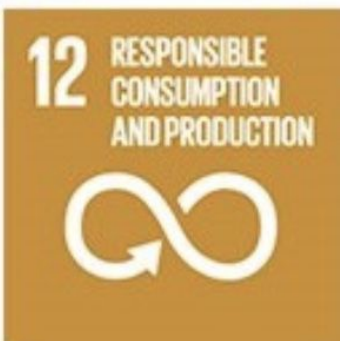
## Employees can expect to:

-  See a reduction in stress
-  Build teamwork and time-management skills
-  Develop positive feelings toward their employer



## Employers can expect to:

-  Lower healthcare costs
-  See a boost in employee productivity
-  Build stronger colleague relationships





# Why be a Volunteer?

It's not for money, it's not for fame.  
It's not for any personal gain.  
It's just for love of fellowman.  
It's just to send a helping hand.  
It's just to give a tithe of self.  
That's something you can't buy with wealth.  
It's not medals won with pride.  
It's for that feeling deep inside.  
It's that reward down in your heart.  
It's that feeling that you've been a part.  
Of helping others far and near,  
that makes you be a Volunteer!

Author Unknown

# Education Internship

- If you're currently studying education, secondary education, or a related field at your college or university, you are invited to take part in Maximo Nivel's [education internship abroad](#). Through this placement, you'll work alongside professional teachers to gain insight into teaching in classrooms for early childhood, elementary, middle school, and high school students. ESL-specific placements also are available.
- You're invited to stay for a minimum of four weeks and can expect to work four to six hours per day Monday through Friday each week. As an intern, you'll have the wonderful opportunity to observe classroom instruction and management, help with planning and conducting lessons, learn about Latin American culture, and develop your teaching and leadership skills.



# Kenya Medical Program

- If you have completed at least one year of medical school, or are a qualified nurse or doctor, you can work with Agape Volunteers on [the Kenya medical program](#). This is a great opportunity to use and develop your medical training, while saving lives with healthcare teams in the clinics and hospitals of Kenya. Your duties vary depending upon your experience level. Shadow professionals during your first few days, then perform basic procedures under supervision, including distributing medicines, dressing wounds, and assisting with births. Outside of volunteering, enjoy side trips such as safaris, beach weekends, mountain climbing, cultural city tours, and more. Fees start at £590 for one week.





# Forests, Wildlife and Wildlife Conservation

## Wildlife Conservation in South Africa

- Share your love for animals and help to support endangered species on a [wildlife conservation program in South Africa](#). This memorable experience invites you to contribute to the protection of lions, rhinos, elephants, leopards, cheetahs, buffalos, and hyenas at Marakele National Park. You will monitor the movements and behaviors of animals, and take part in anti-poaching activities, such as looking for suspicious tracks, reporting low-flying aircraft, joining sleep-outs, and even flying on a microlight to check the reserve. Other tasks include invasive plant removal, road restoration, trash removal, fire control, game capture, and bush clearing. Stay two weeks or longer on this program starting at £1,530.

# Volunteer Adventure

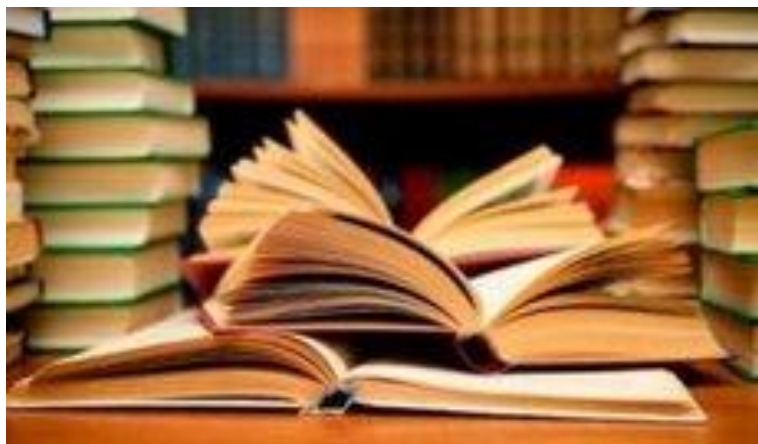
- On this two-week [volunteer adventure](#), you'll spend five days volunteering, and six days traveling in Costa Rica, Guatemala, or Peru. A few volunteer work projects you can take on include working with kids, teaching English, construction, conservation, animal care, or medical / healthcare.
- For the tour portion of your trip, you'll go zip lining, touring on a catamaran, hiking through a national park, visiting waterfalls and volcanoes, and much more, depending on which country you decide to visit. This is an excellent opportunity to combine international community service, learning, and adventure.





•**Tasks:**

- Slide 2 Rank the activities
- Slide 3 Complete the table
- Slide 4 Put the words onto categories
- Slides 5-8 Read the text and complete the tasks
- Slides 9-16 Read about the benefits of volunteering
- Slide 17 Enjoy the poem!
- Slides 18-21 Read about different programs. What program would you like to take part in and why?



**Использованная литература**

**Google.com** картинки для составления презентации «Волонтерское движение»

<https://www.volunteerworld.com/>

<https://www.unv.org/>

<https://www.gooverseas.com/volunteer-abroad/russia>

<https://www.goodnet.org/articles/397>