

Transcript: Is there no room for interference in civil and disaster protection?

Birgit: If someone wants to get involved in voluntary work, there is a task here for everyone.

Luna: You are welcome here. If you can help, you can help.

Samuel: You have to have fun and enjoy life and also help others.

Birgit: We have a very diverse range of volunteers. All the people who work with us are not asked first: What limitations do you have? or Do you have disabilities? Instead, they are asked what they can do and what they want. And that is crucial.

Luna: The good thing is that in disaster relief you have a very, very broad spectrum of possible missions, with something for everyone. No matter what your personal strengths or weaknesses are.

Samuel: My message to anyone who is unsure whether volunteering is right for them would be to simply come along to a service evening and just be there. Or you can just accompany the medical service and get a taste of what it's like.

Birgit: Then there is a solution for everything. We will then look individually at what conditions can be created so that the person can take action.

Samuel: I have different tasks in my voluntary work. The primary task, for example, is when you have large medical services, there are accident assistance centers where I then accept patients, carry out initial examinations with the patients and also provide some care.

Birgit: The others actually call me a whirlwind, which means that I am responsible for new ideas, for planning, for coordination, for everything that has to do with training.

Luna: In Oldenburg alone, the Johanniters are very broadly positioned, as we have a rescue dog team. We have psychosocial emergency care, we have a logistics group, we have a team for operations management. So you don't have to be able to stand the sight of blood and you don't have to be active in the medical service yourself.

Samuel: I started volunteering around 2013. Back then, I was just a normal pedestrian until I was diagnosed with cancer in 2017 and then got my handicap, a paraplegic. And after that, despite my paraplegia, I stayed with the Johanniters.

Birgit: Yes, the subject of ADHD is close to my heart because people my age in particular have often masked it very well. And when I talk openly about it, I often experience in training that young people come to me and say: "I think it's so great that you said that" and "I feel accepted because you told me what it means to you in everyday life." That is a really, really great experience for me.

Luna: I have various limitations, for example depression or a borderline personality disorder. These are also things that I dealt with very clearly and openly in my voluntary work from the beginning. But that wasn't a big problem because when you have illnesses, regardless of whether they are physical or psychological, the most important thing is to be able to assess what you can and cannot do.

Birgit: I am also very grateful that there is a time today when I can say: I have ADHD, I have dyslexia. My emails or my press releases are not always error-free. Nevertheless, I feel accepted in what I do.

Samuel: I don't see any problem for people with physical disabilities in volunteering. I was also very happy to be welcomed back despite my handicap. Solutions were found relatively quickly. For

example, when I wanted to go on medical duty or other events, they bought the car here. Everything in the new office is completely barrier-free.

I was also very happy to be welcomed back despite my handicap. Solutions were found relatively quickly. For example, when I wanted to go on medical duty or other events, they bought the car here. Everything in the new office is completely barrier-free.

Luna: I definitely had concerns at the beginning because I knew, of course, that these are serious illnesses and they are chronic. And I was very worried. Okay, how will people react to this? I was just lucky that I was always welcomed by people, especially in voluntary work. Over time, for example, I worked a lot on my self-esteem and learned a lot because I kept having the experience: Okay, I could now help other people.

Birgit: The reason why I invest so much energy in my voluntary work here is because of the people who are so passionate about these things.

Samuel: What I can take away with me is simply the feeling of having become part of a big family. You get to know a lot of people, make friends and have this strong community spirit that you have when you volunteer. I experienced that as a nice thing, or I still experience it.