



International Volunteer Day is celebrated on 5 December annually, as mandated by the United Nations General Assembly in 1985, to promote volunteering worldwide.

© UNV, 2022

Youth volunteer refugees in solidarity with the community

This is one of a series of six stories for International Volunteer Day (IVD) 2022. The theme for this IVD is solidarity through volunteering: Together, act now. On 5 December, throughout the world, the value of volunteers will be celebrated and recognized. While the world grapples with humanitarian and development challenges - amid wars and climate change, we need volunteers. In order to move forward people must act together for the common good.

One volunteer is Omar Basam Abu Hamad. At 22, Omar is a paramedic and a qualified teacher. He lives in Al-Fawwar refugee camp, south of Hebron in the West Bank, where there is only one health center to meet the needs of 9,500 people. Omar and other volunteers provide health services, including psychological support, to people living in refugee camps.

In the State of Palestine - young volunteers offer their time and skills to provide healthcare to people in danger, thanks to the training from [Médecins Sans Frontières](#) (MSF) and other non-governmental organizations.

MSF has trained community volunteers, like Omar, in first aid, trained hospital staff in dealing with mass casualty events, and donated drugs to major hospitals across the region.

Omar mainly assists a nurse during home visits. He is proud to serve refugees like himself, despite the risks to his own safety.

“ Now we know what to do and we are ready to act. We have learned how to triage patients. We also identified a place where injured people can be taken to receive medical aid safely in such circumstances. --Omar, a community volunteer with Médecins Sans Frontières in the State of Palestine

On IVD, we pay tribute to volunteers such as Omar and many like him. Their solidarity through volunteering is what the world needs. Their commitment and passion heal the suffering in communities.

Volunteers - the everyday champions of local action and global solidarity.

Read Omar's full story [here](#).

Be inspired by volunteers to #TogetherActNow and lend a helping hand by volunteering at a youth center or help refugees or others in need. Together we can all do our part.

 **Arab States**

• [International Volunteer Day](#) • [Volunteerism](#) • [refugees](#) • [IVD2022](#)

Sustainable Development Goal: [SDG 10: Reduced inequalities](#) [SDG 17: Partnerships for the goals](#)