This bachelor thesis deals with the theme of volunteering in the lives of seniors. The main aim of the thesis is to clarify, how the volunteer himself can interpret his experience with seniors, which themes are important to him and what is the role of these experiences in his life. The text is divided into theoretical and practical parts. The first chapter of the theoretical part summarizes the current knowledge about aging, firstly in general and then specifically in the Czech Republic. The second chapter summarizes the current knowledge about volunteering and volunteer programs aimed at seniors in the Czech Republic. The practical part deals with the goals of research, used methodology and the process of the analysis. The most important part is the analysis itself and partial conclusions of each findings. Finally, I found four basic themes, which are important for volunteer experience. There are motivation of volunteers and reasons for volunteering, the reconstruction of volunteer experience with seniors, particular factors that volunteer considers as important during interpretation and consequences of volunteering activity in their personal lifes. The thesis is concluded by conclusion and summarization of key findings.