

## **Abstract**

The aim of this MA thesis is to identify, describe and summarize the possibilities which seniors have to engage in volunteer activities in their place of residence, in the city district of Prague 8. We want to make it easier for seniors to choose volunteering and support them in their decision-making whether to consider volunteering at all. Information about suitable opportunities can influence their decision-making to start volunteering. The secondary goal is to find out the interests of seniors in participating in volunteer activities. Site preferences, areas of volunteering and communication channels. The purpose of this MA thesis is to make the results usable from a practical point of view. Another aim is to make recommendations for facilitating the involvement of senior volunteers, mainly with an emphasis on communication and publication of information on volunteering, seniors' ideas about volunteering for civil society organizations or directly for the city district.

## **Keywords**

Senior, volunteer, volunteering, volunteer program, civil society organization, possibilities of involvement, barriers of involvement