

Volunteer Guide

Be the reason someone breathes easier

For: Volunteers and prospective volunteers

With your energy and care for people's health, you can become a key part of a smoker's journey to quitting, and help spread the culture of smoke-free places in your community.

Steps to join and get trained

- 1. Register your details** — Submit a volunteer application through the Pink Lung platform.
- 2. Attend the orientation training** — A 2-hour introductory session on the harms of smoking and the platform's goals.
- 3. Support skills training** — A hands-on workshop on active listening and non-judgmental motivation.
- 4. Get your volunteer card** — After completing training, receive an official ID card from the platform.
- 5. Start field activities** — Join the nearest awareness campaign or activity in your area.

Skills for supporting smokers

- ◆ Listen more than you talk — let the smoker express their reasons and fears.
- ◆ Don't lecture or preach — be a companion, not a judge.
- ◆ Ask open questions like: 'What's the hardest part of quitting for you?'
- ◆ Encourage any attempt to quit, however small, and praise progress.
- ◆ For complex cases (heavy dependence, mental health issues), refer to a specialized health worker.

Your role in creating smoke-free places

- 1. Field awareness** — Distribute awareness materials and explain smoke-free spaces to shop and facility owners.

- 2. Help facilities register** — Assist business owners in applying for smoke-free certification.
 - 3. Follow up on signage and compliance** — Make sure signs are visible and the policy is actually enforced.
 - 4. Organize awareness events** — Help organize awareness days at schools, clubs, and public squares.
-

Start your volunteer journey now

- ◆ Register as a volunteer through the Pink Lung platform.
- ◆ Book your spot in the next training batch.
- ◆ Join the volunteers' group on the platform to follow tasks and events.
- ◆ Be a change ambassador in your neighborhood or organization.

Your effort, however small, can change many lives — join us today.

<https://pinklung.egypthealth.net/>

مبادرة رئة وردية