



Volunteer guideline of the Montreal Vegetarian Association

Thank you for your commitment. It is thanks to volunteers that the Montreal Vegetarian Association (MVA) is gaining more attention and influence. By participating in our events, you become the face and the voice of the Association. This is why your attitude and abilities are important. This document is to serve as a reminder in order to ensure that our MVA activities are enjoyable and compelling.

- Pride //** Our cause is close to our hearts. Vegetarianism offers, more than ever, a logical, ethical, and responsible solution to our complex world problems. You are among the precursors of this healthy, responsible lifestyle. Share your pride with a positive, pleasant attitude.
- Responsibility //** During your volunteer work, you will be responsible for material that belongs to the MVA. Be careful with it. Never leave the cash box or the merchandise unsupervised.
- Competence //** The fact that you have decided to become a volunteer shows your motivation for our cause. Follow your instinct and use your good judgement in your arguments. Before stating facts of which you are not positive and before launching into hypotheses, make sure you verify the facts.
- Rationality //** Most conversations that centre around meat consumption can quickly become emotional. Do not let yourself be guided by your emotions. Bring the conversation back to an exchange of concrete facts, which will solidify your argument and your credibility.
- Punctuality and Diligence //** We are all volunteers and we all have busy schedules. We must be able to rely on the punctuality and diligence of each person. It is important that you attend the meetings and show up on time.
- Politeness //** Even if opinions diverge during a conversation, remain polite for our noble cause.
- Honesty //** Honesty is the best policy! The truth will protect and guide you in all your activities as a volunteer.
- Prosperity //** The MVA lives from its members. Every new member allows us not only to increase our influence, but also to solidify our financial resources. Actively promote the MVA and help us to recruit new members.

Thank you for your participation!