

# WE CAN DO IT!

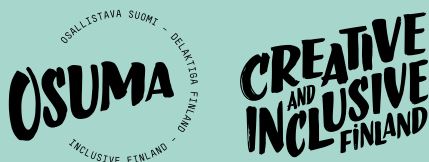
Exciting steps and new skills towards youth inclusion



# SKILLS FOR INCLUSION INITIATIVE

The **Osuma – Inclusive Finland** (2018-2020) and previously **Creative and Inclusive Finland** (2015-2017) coordination projects have supported the national implementation of Skills for Inclusion Initiative.

The aim of the initiative has been to prevent exclusion and the negative impacts segregation may have on youth, while promoting their inclusion and wellbeing in everyday life. Increased collaboration between professionals in the fields of arts, sports and youth work has been considered important in finding new ways to support skills and self-motivation of youth.



More information at  
[osuma.metropolia.fi/en](https://osuma.metropolia.fi/en)



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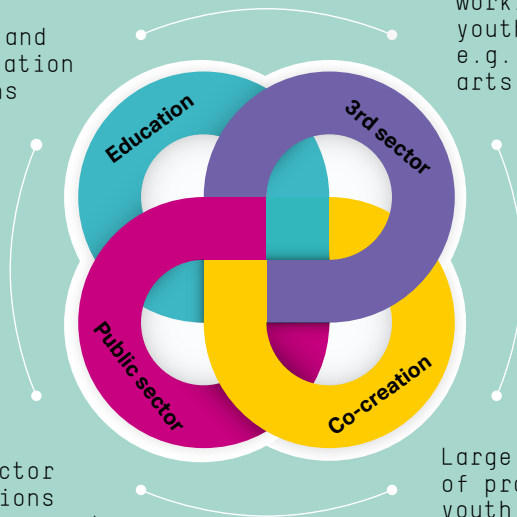
# JOINING FORCES TO TACKLE CHALLENGES

Tackling youth exclusion requires engagement of actors from different disciplines, types of organisations and geographical locations in Finland. We have a common target to diminish social inequality and exclusion of youth. The skills for Inclusion Initiative has brought together exceptional network of experts and enthusiasts to work for our common goal.

## OVER 100 ORGANISATIONS WORKING FOR YOUTH INCLUSION

Almost 30  
vocational and  
higher education  
institutions

Over 50 NGOs  
working with  
youth inclusion  
e.g. through  
arts and sports



About 10  
public sector  
organisations  
e.g. museums and  
public libraries

Large community  
of professionals,  
youth, companies,  
and 4th sector  
actors co-  
developing and  
piloting solutions

Vocational and higher educational institutions have taken part in the initiative to identify new competences that young people need for life long learning and to develop their education based on real-life project experiences. Often public sector has provided continuity and third sector innovative, agile perspectives to the development processes. Among all partners the aim has been to find practitioners from the fields of arts, sports and youth work to join a co-creation process to tackle challenges together.

# CHANGING THE WORLD THROUGH VOLUNTARY WORK

Many projects have successfully used voluntary work in teaching young people skills they will need in the future as well as helping them to recognize what they already know. In addition to personal gains, voluntary work has served as a platform for “doing good” to the society and strengthening active citizenship.

## EXAMPLES OF VOLUNTARY WORK AS A TOOL

- **Festival Exchange**  
Young people have served as volunteers on summer festivals after a short period of training. For many a desirable volunteering environment has given a strong motivation to learning.
- **Good company**  
Vocational students have volunteered in local sports associations. In addition to learning new skills, many have become increasingly interested in doing sports.
- **Learning by volunteering & Our project!**  
Students in vocational schools have prepared and implemented volunteering projects in the surrounding communities. Gained new perspectives have helped many young people to make decisions about their future career.

# INSPIRATIONAL PEER-TO-PEER LEARNING

Encouraging young people to take responsibility and to share what they know has proven to have delightfully empowering effects. Several organisations have applied peer-to-peer learning methodology among youth in their projects. It has been an efficient way for the young people to learn new and become aware of their existing skills. Co-development and collaborative pilot projects have also served as a platform for exchange of knowledge and skills among professionals.

## EXAMPLES OF PEER-TO-PEER LEARNING

- **ERNOD**  
University students have tutored younger students with their homework through an online connection while being on the premises of a public library. This has given young people an opportunity both to learn more and to find new role models.
- **Höntsä**  
After a short training young people have been able to serve as role models, inspirators and trainers to other youth in both cultural and sports related activities. The aim has been for example to promote fun, easy access physical activities and to strengthen counselling skills of the participants.
- **Osuma & Creative and Inclusive Finland**  
The national coordinators have made conscious efforts to enhance collaboration, mutual learning and sharing of networks, good practices and inspiration.

## MAKING THE BEST OF DIGITAL TOOLS

Digital tools have been developed for both professionals and youth. They can be used in many ways, such as enhancing accessibility of services, increasing dialogue and learning, supporting self-expression as well as for evaluation purposes.

### EXAMPLES OF DIGITAL TOOLS

- **Combo**  
An app has been created to strengthen the working life competences and working ability of students. It deals with skills related to work safety and wellbeing.
- **Digivoimaa**  
A digital evaluation tool has been developed for assessing and fostering an individual's digital wellbeing, accompanied by an eLearning programme.
- **Duuni**  
An e-training has been developed for professionals in order to support their methodological skills, multidisciplinary networks and abilities to identify the skills of young parents.
- **Liana**  
A digital framework has been co-designed by a wide network of professionals so that any organisation can assess and develop their services to better serve the needs of young people.
- **Näkymättömät**  
A pedagogical tool has been developed for young people and their teachers to combine elements e.g. video, rap, cartoon making and creative writing in order to create one's own digital.

## ARTS AND SPORTS BOOSTING INCLUSION

We all have our very own preferences when it comes to what inspires and motivates us. Projects have developed a wide selection of arts and sports based methods to be used by professionals in order to provide inspiring alternatives and new perspectives to youth.

### EXAMPLES OF VARYING METHODS

- **Sporty theater**  
Young people have prepared their own theatre performances, using physical exercises in the process.
- **Museum Innovation Platforms**  
Students from the field of cultural management have created innovations by building bridges between the past and the future in a museum environment.
- **My thing – Our future & Luode**  
Youth groups have participated for example in adventure education and workshops on recycling design, graffiti, short films and improvisation.
- **På samma linje**  
Sports instructor students have actively participated in trainings, which make use of gender-sensitive, norm-challenging and socially inclusive methods.
- **Wings to fly**  
Young people from the migrant communities have learned Finnish while doing social circus.

# PREVENTING EXCLUSION THROUGH ARTS, SPORTS AND YOUTH WORK

Over 20 nationwide projects of the Skills for Inclusion initiative have been funded in Finland in 2014-2020. Typically they utilise methods from different fields and support everyday life of young people, as indicated by these colour symbols:

- Sports as a tool
- Arts as a tool
- Focus on preventing early school leaving
- Focus on supporting transition to the labour market

## THE SKILLS FOR INCLUSION INITIATIVE INCLUDES THE FOLLOWING PROJECTS:

- Combo
- Creative and Inclusive Finland
- DIGIVOIMAA – Digital wellbeing belongs to everyone!
- DUUNI – Parenting skills to the use of work life
- ERNOD – Youth with special needs and supporting participation in digital era
- Good Company – getting youth involved in clubs
- Festival Exchange – Voluntary work for socially excluded young people
- Höntsä – Bridge Forward!
- Learning by volunteering
- Liana – Smooth surfing in the jungle of youth
- LUODE – Nature and the arts as a learning environment for skills young people need in working life
- Museum Innovation Platforms
- My Thing – Our Future
- Näkymättömät – Digital Stories of the Invisible Youth
- Osuma – Inclusive Finland
- Our project! Integrating volunteer projects in education
- På samma linje
- Sporty theater inviting everyone to participate
- Wings to fly – Social circus empowers young immigrants to find their place in society