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## **“Make a difference - be a Best Buddy!”**

**6 months EVS project in Hornsjoe, Norway**

**15 May - 15 October 2017**



There is a growing amount of people in Europe, who are marginalized from the mainstream society.

This is not only a tragedy for the individual, but is also a serious challenge for each society and thereby the European community at large. Vulnerable young people, coming from difficult social backgrounds are particularly at risk in this respect.

In Scandinavia as well as in several other European countries, there are many different support systems in place for children and young people under the age of 16 or 18.

However after the age of 18 there is very little support and a young person who has spent several years of his/her life in an institution need special preparation to get a good start to enter into independent life successfully.



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The project is based on this need, and its purpose is to create an innovative 2 months training program, which would increase practical and overall life skills for young people aged 18-25, who come from difficult backgrounds. Many of these young people have experienced neglect, alcohol/drug abuse and other social difficulties.

The main idea is to engage the volunteer to work by what we call "Best Buddy" method. This means, that volunteer will be continuously working with 1 young person. The volunteer would mainly focus on this one youngster, making sure there is a well prepared schedule with various practical and educational activities to prepare this person

for independent living.

We plan to recruit a team of 4 EVS volunteers from different countries (1 from Italy through JUMP), which means, that they would all together work with 4 youngsters, using "Best Buddy" method.

#### **The objectives of the project are:**

- developing different kinds of life skills, especially practical, for the vulnerable young people
- raise their level of responsibility
- provide career guidance, by exploring the interests and strengths of the young person
- provide them with information about career opportunities
- introduce the youngsters to different cultures, increase their tolerance and open mindedness
- improve their English language skills
- develop healthy habits of the young person
- increase awareness, understanding and tolerance within local community about the youth we are working with

#### **The main activities and tasks of the volunteer:**

- spend time with young person, while organising and doing meaningful activities, such as practical work, outdoor and sports activities, educational workshops, etc.
- organise practical training and other activities to improve life skills of the youngsters
- cooperate with local community and include the youngsters in several activities and events
- encourage and assist them to carry out their own initiative
- show a good example and raise interest of these young people of such topics as environment, different cultures, European citizenship and participation, etc.
- share their contributions and learning outcomes through various social media

#### **Impact**

The expected impact is that the young people gain skills which will help them towards managing an independent adult life. This includes life skills training, such as learning a healthy life style, having interest / hobby, taking part in a community. It also includes trying out different job skills aiming at being clear about own strengths and interests and from this create a good CV and learn job seeking skills.

Having been through this project we expect that the young person will have a better foundation from which to start entering into independent living.

The participants in this project will have gained valuable experiences in working with vulnerable young people. Being a "Best Buddy" means gaining skills in listening, coaching, finding the



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strengths and be sensitive to the challenges the young person faces. Planning, mobilizing and organizing activities and learning to be flexible and open to adapt according to circumstances.

### Who can participate

- anyone aged 18-30
- preferably with interest in social work with vulnerable youth
- basic English skills (a knowledge of Scandinavian language could be useful)

### Host Organisation

STIFTELSEN DEN REISENDE HØGSKOLE - One World Institute Norway is a private foundation that offers educational programs, with focus on learning about the challenges and opportunities facing the contemporary world.

The idea behind the programs is to give people from all walks of life the opportunity to come together to study the world and actively participate in making changes for the better.

This takes place by studies and seminars at the school, by traveling, meeting people from other parts of the world and working as volunteers at development projects in Africa or India. The school has its roots in the Scandinavian folk high school tradition.

### Next steps

The candidates (can be several) selected by the Sending organisations should be ready to attend Skype interview by 14th of April, after which, the SO and HO will make the final decision.

JUMP candidates: please write to [associazionejump@gmail.com](mailto:associazionejump@gmail.com) sending

- a short presentation of yourself explaining the motivation
- previous experiences in this field
- personal contacts