

Loneliness among Youth

- And how we work with it in Ventilen

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mindre ensom

Ventilen's local Venues



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Targetgroup

- 15-25 years / 15-30 years
- Loneliness is the main challenge
- Introductory "interview" first time
- We cannot help everyone in our venues (but we help them find another intervention if needed)



Our volunteers

- 17-35 years
- "Non-professionals"
- Obligatory training for all
- Motivated to make a difference
- Strong social skills



It works...

80,7 % of the young people feel less lonely after coming in one of Ventilen's venues

77,9 % of the young people has strengthened their self-esteem, since they started in Ventilen

66,4 % of the young people experience that they've been better at handling social situations, since they started in one of Ventilen's venues (73,3 % in 2020)



Metods and principles

- Youth-to-youth
- "Help to help yourself"
- A safe space for practicing social skills
- Activities as a method



Succes factors

- Accessibility in information and location
- Shared interest and experiences → Safe space
- High expectations to volunteers
- A targetgroup that is well defined
- Making the youth co-responsible for the group
- Onboarding and social hosting



Questions?



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