



TRH CROWN PRINCE HAAKON  
AND CROWN PRINCESS  
METTE-MARIT'S FOUNDATION



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Being young has always been challenging. It is all about being unique – but not different. Young people today live in a world where everything is visible, where you can socialize 24 hours a day without actually meeting anyone's eyes.

TRH Crown Prince Haakon and Crown Princess Mette-Marit's Foundation wants to focus on youth and follow up young people who, for various reasons, risk being left on the outside of the community. Some lack social contact and adults to rely on. Others lack the essential motivation and drop out of school. Many youngsters fall on the outside because they don't have a sense of belonging. As a youngster, it is not necessarily about the need for someone to hang out with, but about finding kindred spirits. The feeling of being noticed is a foundation for daring to be visible. Young people need – like everyone else – to be seen, to be recognized for their resources and to experience being part of something. Young people should get the support required to identify everything they are good at, define a dream for the future and build their own life.

We want a Norway consisting of people who are confident that they are good enough as they are

– people with the courage to lift up others, because they once experienced themselves to be seen. Youth is the most important resource we have. We need their courage, creativity and hope for the future, in order to solve the large complex challenges the world is facing. Our task is to facilitate so that each young individual can learn and build on their potential.

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The Foundation contributes towards selected projects, with an ambition to provide youngsters with new arenas to succeed in. By providing a sense of belonging, these initiatives bring forward the dreams, talents and sparkle in each individual. The Foundation is an active and long-term partner. Through collaboration with dedicated partners, the goal is to support the initiatives. We will contribute so that the work they do becomes even more visible in public – so that more people can see the value of the initiatives, be inspired and even make an effort.

«I HAVE LEARNED TO SEE THE WORLD FROM A DIFFERENT VIEW  
– PUTTING TOGETHER THE VIEW TO A PICTURE THAT IS NEVER FINISHED. WHERE  
EVERYONE ARE INVOLVED. WHERE ALL PEOPLE HAVE SOMETHING GOOD IN  
THEM – EVEN THOSE WHO HAVE HURT OTHERS. GOODNESS CANNOT APPEAR FROM  
NOTHING, SO EVIL WILL ALWAYS BE THERE – JUST AS LIGHT FOLLOWS DARK.»

*Tine Anette, Arbeidsinstituttet*



## ARBEIDSINSTITUTTET

Arbeidsinstituttet in Buskerud is a practical alternative for young people who need a different offer than what the ordinary secondary education can provide. Here, young people define their dream and get the motivation to realize it. AIB is an institution with focus on new and more effective ways to prevent «dropout» from school. 150-200 children get the chance to take part in their project each year, with a goal of creating a positive learning experience «for everyone» in school.

The education is practically oriented, with a systematic approach to focus on positive experiences, resources and strengths of students, teachers and administrators. Young people are supported to become aware of their own potential and formulate their goals. The experience of this happening in a community of supportive «learning colleagues» provides the youngsters with a greater confidence that they will achieve their goals.





## PØBELPROSJEKTET

Pøbelprosjektet aims to support young people – who for some reason are standing outside the established system of education and employment – find a job or start with further education. Here, a «pøbel» (rabble) is not a word of insult, but rather the expression of a valuable resource.

Throughout a six-week course and long-term follow-up, Pøbelprosjektet encourages and motivates each individual to dream, discover and apply their inherent resources. – This is the key to education, work and

constructive participation in society, says Eddi Eidsvåg, founder of Pøbelprosjektet. – We do this in a way and in a language that young people understand and respect.

Results are created by skilled, highly motivated and committed employees, cooperation with businesses and public instances that understand the challenges and want solutions. The results speak for themselves. – We lead over 90 percent of our participants back to school or on to a job, says Eddi. – Our motto is «I’m good enough!»

«I USED TO THINK I WAS STUCK.  
NOW I LOOK FORWARD.»

*Kim, Pøbelprosjektet*







«I AM RECOGNIZED AND ACCEPTED THE WAY I AM. WHAT MAKES THE BIGGEST DIFFERENCE IS THAT I HAVE CREATED MY OWN PLAN WHERE I GET TO USE THE WHOLE OF ME.»

*Emanuel, GatekunstAkademiet*

## GATEKUNSTAKADEMIET

GatekunstAkademiet works to ensure that young people learn and use their talents and resources. Through personal development – in conjunction with practical and creative learning – we give young people the opportunity to find their original version.

In today's society expectations are high in terms of what to achieve in life. Maybe you are told that what you want to do is not «good enough». Or maybe you feel lonely in the choices you make. For many youngsters, this pressure of expectations causes stress and a feeling of inadequacy.

– We know that everyone has something they are good at and something they burn for - their own unique potential, says Camilo Heredia, founder of GatekunstAkademiet. – It may be creating art, become a nurse or start their own business.

GatekunstAkademiet is based on a mentoring arrangement where young people take active part in jobs and projects. In this way, they are provided with relevant work experience in a safe environment while they also acquire relevant knowledge, experience and networks.





## KJØR FOR LIVET

Kjør for livet is a different offer of leisure activities for children and young people. Through motor and motor sport, they get an experience of being part of a team, a sense of mastering and improved social skills. Kjør for livet is for everyone who does not quite fit in, or who do not get a good enough benefit from traditional spare time activities. Here youngsters get the chance to take part in something genuine and real – everyone gets tasks, everyone must contribute and everyone are equal members of the team. On a club night, everyone wears the same team suit, overalls and caps. This represents visible evidence that everyone works in the same team

– standing up for each other, helping each other and performing «the little extra». Being part of this team provides fellowship and confidence, but also rules and obligations concerning good attitude, team spirit, cooperation and behavior.

Working closely with parents, school and child care, the goal of Kjør for livet is to give young people the inspiration, motivation and courage to believe in themselves and give them the opportunity to create their own future.

«KJØR FOR LIVET HAS GIVEN ME THE OPPORTUNITY TO PARTICIPATE IN MOTORCROSS. THIS HAS GIVEN ME CONFIDENCE AND HAS ALSO MOTIVATED ME IN OTHER AREAS.»

*Alex, Kjør for livet*





*Thank you to our partners:*



**SELVAAG**

*Wiersholm*



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*Photo: Pål Laukli, TinAgent.*