



# YOUnite

# Pilot in Helsinki

by ACR



Co-funded by  
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# Basics

**When?** 5 days, end of July- Daily from 10 am till 3 pm

**Where?** Helsinki City Center  
Rented facility with kitchen

**Structure:**

- 2 Trainers
- Combination of workshops along with self-reflective and action based activities
- Each day focusing on one module

**Participants :**

- 16- 24 years
- 2x male & 4x female ( 2 dropped out)
- Different backgrounds and body types



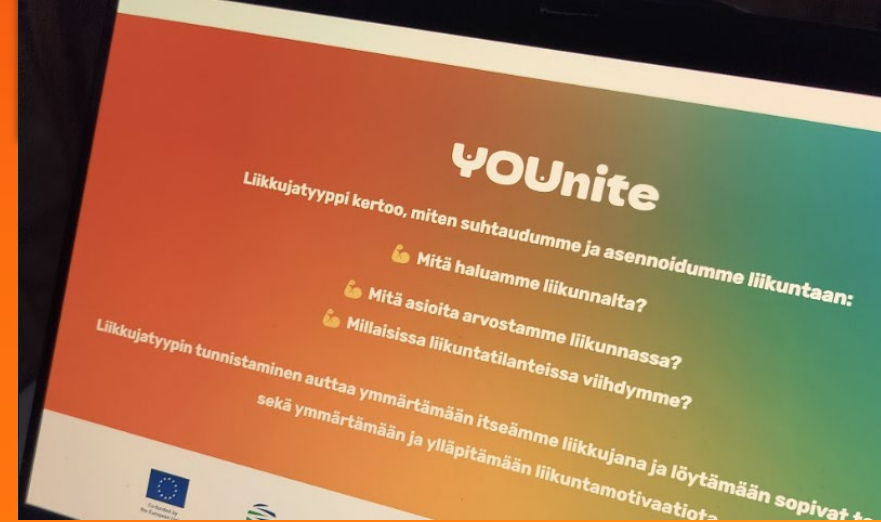
# Challenges

- Recruitment
- Not finalized module documents → lots of planning beforehand
- How to address the issue with overweight and obesity
- Not ideal time management → rushing through activities
- Challenging to make young people open up and talk → could be culture bound ?

# Lessons learned

- Team building takes time → stay patient
- Keep the programme interesting → different type of activities daily
- Have the same trainers for the whole programme or only little changes → trust building
- Challenge the participants → better learning outcome
- Don't strive for perfection → the programme will vary with its participants





# Thank you!



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