



THE LIMINKA VIRTAPIIRI – PROVIDING WELL-BEING FOR YOUNG PEOPLE

In the autumn 2019, an activity called the Liminka Virtapiiri was commenced in the municipality of Liminka in order to activate young people and enhance their coping and managing in everyday life. The aim of Virtapiiri is to inspire young people whose life seems to be aimless to participate in common activities and hobbies.

Regular meetings, belonging to a group and meaningful activities provide young people with the ability to cope and manage everyday life and also with content to it. The aim is also to strengthen self-esteem in young people and to build a bridge between young people and their parents.

Virtapiiri invites young people of the lower secondary school to join its activities. Those who are involved in Virtapiiri's activities may have a lot of absences and poor academic and social skills. Life seems to be aimless. They have no friends or hobbies. Sedentary lifestyle, overweight, aggressiveness and cynicism are in the picture, as well as petty crime, possibly.

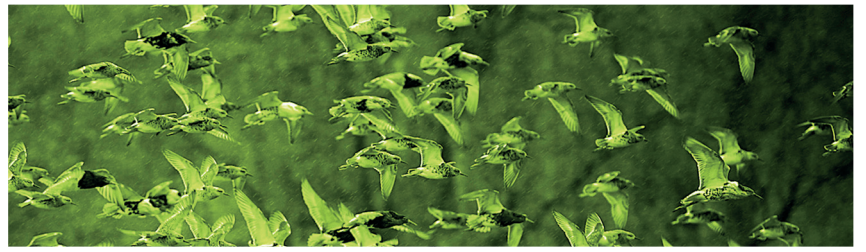
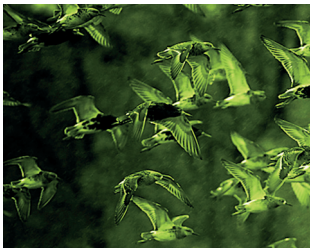
There are eight young people participating in Virtapiiri in the autumn 2019. They were recruited to the group during spring and autumn, through, inter alia, a story in the paper, a tip given by school nurses, school social workers and youth workers along with messages sent to parents. A youth worker and head of sports and fitness services visited schools in order to hold information sessions.

Virtapiiri's activities are implemented through networking based on cooperation. The team responsible as Virtapiiri's steering group consists of headteachers, a responsible youth counsellor, a head of sports and fitness services, a

school social worker, a special support coordinator, a health club entrepreneur and a head of education and culture. Those who work with young people are youth workers, a psychiatric nurse, school social workers, psychologists, social workers and a gym instructor.

The responsible person of Virtapiiri is the youth counsellor. A gym trainer serves as sports coach and a school psychiatric mental nurse as mental coach. A personal goal shall be set for every young person. The achievement of the goal is monitored by midterm and final assessments through Your fitness application that collects data on physical fitness, sleep, food, physical activities, stress management et cetera. The application includes gym programmes for young people. The group meets twice a week during the autumn. Counsellors plan timetables and diverse activities together with young people. The group has its own cozy meeting and gathering place at the Lakeustalo on the loft of the cafeteria and at the youth premises.





WK	Date	Activities/Morning	Date	Activities/Afternoon
34	19 August	Getting to know the gym at 8.15am–9.15am	22 August	Getting to know the gym at 2.30pm–3.30pm
35	26 August	A survey of your physical fitness/getting to know at 8.30am–9.30am	28 August	A review of your own nourishment (Janne) at 2pm–3pm
36	4 September	Rantakylä fat bike (Sami) at 8.30am–9.30am	6 September	Controlling and managing everyday life/daily rhythms (Karoliina) at 1pm–2pm
37	9 September	Relaxation/mindfulness (Sami) at 9.30am–10.30am	13 September	Controlling and managing everyday life/sleep (Karoliina) at 1pm–2pm
38	16 September	Gym (Sami) at 9.30am–10.30am	20 September	Controlling and managing everyday life/your own resources (Karoliina) at 1pm–2pm
39	27 September	Gym, a high-intensity exercise (Sami) at 8am–9am	25 September	A personal project (Antti and Karoliina) at 2pm–3pm
40	1 October	Indoor/outdoor mini games and activities (Sami) at 2pm–3pm	2 October	A personal project (Antti and Karoliina) at 2pm–3pm
41	7 October	Gym (Sami)		Controlling and managing everyday life/a refresher training (Karoliina)
42	14 October	A survey of your physical fitness (Sami)		A staging post/How to proceed?
43	AUTUMN HOLIDAY			

IKIGAI

A Japanese concept meaning 'a reason for being'

