

YOUTH GUIDE

To help the NEETs

The guide provides the NEETs with exemplary solutions that we worked out on the “We NEET to activate!” project. The solutions are set in the context of the countries participating in the project (Bulgaria, Scotland, Spain, Lithuania, Poland), but solutions the like could be found in all countries in Europe. Feel inspired and spread the word!

1. Psychology
2. Economy
3. Institutions
4. Society
5. Family

How to improve NEETs situation by solving and mitigating their *psychological problems?*

- Fitness
- Meditation
- Reading
- Spending time outside
- Starting a new hobby
- Sleeping properly
- Being on a healthy diet
- Spending time in the nature
- Believing in yourself
- Getting a pet



Where to look for help in your neighbourhood?

- ✓ Special Help Foundations
- ✓ Churches, Schools
- ✓ Universities
- ✓ Health centres
- ✓ Internet
- ✓ Mass Media
- ✓ Networking



USEFUL LINKS

Mental Helath Line anywhere in Europe -

<https://www.tnp.no/norway/panorama/1685-call-mental-helath-line-anywhere-in-europe>



European Federation of Psychologists' Associations - <http://www.efpa.eu/>

Polskie Towarzystwo Psychologiczne-

<http://www.ptp.org.pl/modules.php?name=News&file=article&sid=69>

Szukam terapeuty - <https://szukamterapeuty.pl/>

The art of freelance – solutions to *economy problems* affecting NEETs

The world is ever growing and so are the possibilities of work places, ways of working and methods. Before the arrival of the internet freelancers would go from place to place to offer their skills and knowledge, but nowadays you can do it from your home. The vast world wide web is a great place for you to learn how to become more accustomed to interacting with people and use your skills from your home. This will be your little guide on how its done.

First things first, see what your qualification is or what you like to do and master it. It can be a thing from all kind of areas because the market is big enough for everyone. See guides, online qualification courses for students who can't for some reason go in real life. Get all the information that you can get your hands on and process it. Second is learning how to introduce your self and write a CV, see the best way to explain your skills and experience and write it down. Go and create your own account in some of the largest freelance communities and start rocking.

Freelance sites:

Upwork

Freelancer.com

Peopleperhour

How to introduce yourself and highlight you skills:

Totaljobs.com

Gotresumebuilder.com

Guide how to be a successful freelancer:

Udemy.com

Careerfoundry.com

INSTITUTIONS IN SPAIN

In Spain there are three levels of government: national, regional and local. The three of them have programs who help Young people who are unemployed to get into the job market.

- The Spanish government has implemented a help of 430 euros a month for Young people who neither work nor study, this help comes with a formation course: they teach Young people a job, and they give them experience that will help them in order to get hired. It lasts 18 months. Link: <https://www.sepe.es/contenidos/comunicacion/noticias/ayudas-430-euros-jovenes-contrato-formacion-aprendizaje-160617.html>
- The INEM, the Employment Institute of Spain also has many courses also for unemployed people. Also the INEM works as a posting Jobs agency, where business can post their offers and the inem finds people who are willing to do the job. The only requirement is to sign up to the INEM and provide them with your resumé. <http://www.sepe.es/contenidos/intermedia.html>
- ENISA is a public Company that engages in loans for Young people in a very participative way, giving very facilities in order to get it back. <http://www.enisa.es/>
- The youth employment program from the regional government, which help of the towns governments, with courses and training in specific Jobs, creating different plans. <http://www.granada.org/inet/personal.nsf/wwwnov/19CB42A0D557F03FC12580610043A80A>
- The IAJ, The youth institute of Andalusia, which gives grants to people under 35 who are interested in creating their own business. <https://ws101.juntadeandalucia.es/innovactiva/>
- All universities in Spain give facilities to people older than 25, for them to get back to their studies. They do not have as much requirements as younger people do.
- The entrepreneurship school of Granada's town hall offers Young people different courses and teaches them the necessary skills to start their own business. It has up to 14 different specialties, depending on which kind of business they want to start. <http://empleo.granada.org/web/>

Societal Solutions to NEET in Scotland

Workshops/ Training

The Scottish and UK government in the last decade has begun to highlight and invest in a variety of training, courses and apprenticeships. For example, in 2016 the UK and Scottish government introduced funding policy to expand the role of modern apprenticeships in our society. They have set out to help improve and develop the skills of young people in the workplace. Anyone over the age of 12 can attend or participate.

Availability of opportunities is dependent on where you are in Scotland. Here is a list of the available workshops and training in **Orkney**:

- The connect project
- Employability Orkney
- Orkney college courses
- Learning link
- Blide trust

Scottish-wide Opportunities:

- Skills Development Scotland
< <https://www.skillsdevelopmentscotland.co.uk/what-we-do/our-products/foundation-apprenticeships/> >
- My World of Work
< <https://www.myworldofwork.co.uk> >
- Careers advisors within schools
- Youth parliament, British youth council and other youth forums
- Youth Achievement and Duke of Edinburgh

- Saltire Awards

European wide opportunities are usually offered as a progression from training and courses offered in Scotland or the UK. Here is a list of opportunities:

- ERASMUS
- Salto Youth
- European Voluntary Services
- Youth Exchanges
- European Youth Council

Internships

Internships are usually non-paid work, that aim to give young people some work experience which is related to a career that a young person is interested in pursuing.

Here is a list of some of the internships available in **Scotland**:

- Technology – Telephone companies, software companies
- Accounting and Finance
- Marketing and communications
- Engineering – renewable energy companies
- Data analysis
- Business development and project consulting
- Economics

Apprenticeships

There is a variety of apprenticeship and internship programmes that young people in Scotland, in different fields of work, that young people can take to avoid becoming NEETs.

Many apprenticeships work at different levels within an industry. A complete beginner may go through an entry-level agricultural apprenticeship, for instance, a farmhand may do an intermediate or advanced apprenticeship to equip himself with to become a farm supervisor.

Modern apprenticeships: Help employers to develop their workforce by training new staff, and upskilling existing employees. For individuals, an MA is a job which lets them earn a wage and gain industry-recognised qualifications.

Foundation apprenticeships: Are done by young people still in school or college designed to work alongside coursework or schoolwork. Part-time, maybe once a week.

Graduate-Level apprenticeships: Are done through university or college in conjunction with a company, with the majority giving you a degree.

<https://www.gov.uk/apply-apprenticeship>

In Orkney: Building and construction, bricklaying, joining, plumbing,

Scotland: Scottish Water, Civil Service,

<https://www.totaljobs.com/job/apprentice/royal-mail-job76794789?entryurl=%2fjobs%2fapprenticeships%2fin-orkney%2376794789>

<https://www.totaljobs.com/job/apprentice/royal-mail-job76794789?entryurl=%2fjobs%2fapprenticeships%2fin-orkney%2376794789>

<https://www.gov.uk/education/types-of-apprenticeships>

<http://www.btplc.com/Careercentre/earlycareers/apprentices/index.htm>

Father

And

Mother

I

Love

You

- **Support** – to be able achieve your goals, you need people around you who will believe in you. The best supporters in this case are the people you have the closest relationship with – your family members.
- **Understanding** – knowing that a child has his own life and wants to achieve his own goals by not being his parents' reflection or their unaccomplished dreams.
- **Encourage** – motivating your child to participate in as many fields as it's possible.
- **Help** – providing the needed funds and information for child's future.
- **Open communication** – having an honest relationship with your family and discussing every opportunity.

- Meditation courses: <http://www.sivananda.org/vilnius/joga-meditacijos-kursai.html>
- Family's psychologist: <http://www.seimospsichologas.com>
- Relational Care training: <https://ted.adventist.org/news/1028-relational-care-training-in-lithuania>
- What Should You Do When Your Friends and Family Don't Support You?: <https://youtu.be/478qT9hMIEk>