Nordic Youth Organisation presents:
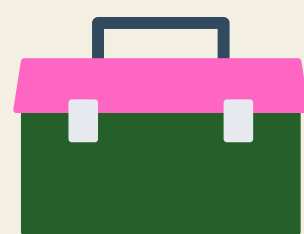
A BEGINNER'S TOOLBOX FOR ADULTING

a collection of educational materials

From young people to young people **to figure out how to enter adulthood**

Educational material created by young people for young people to support the transition from youth into adulthood, tackling topics such as:

How to navigate education & career?

How to set and achieve goals?

How to settle into independent living?

How to... adult, really?

Feel empowered & informed

A BEGINNER'S TOOLBOX FOR ADULTING: MODULES

Educational material created by young people for young people to support the transition from youth to adulthood in an empowered & informed way

Education

Career

Homelife

Well-being

Relations

Democracy

Coaching for NGO's

Guide for youth workers

External links & materials

Erasmus+

EYF european youth foundation fonds européen pour la jeunesse

N

NORDIC Council of Ministers

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MODULE 2: Active citizenship

What is active citizenship? 🤔

Simply said, active citizenship involves participating in your community or society with the goal of improving it. This can range from voting in elections, participating in local initiatives, to advocating for change on a larger scale. It's about taking responsibility and playing your part in creating a better future.

Why is it important to be an active citizen?
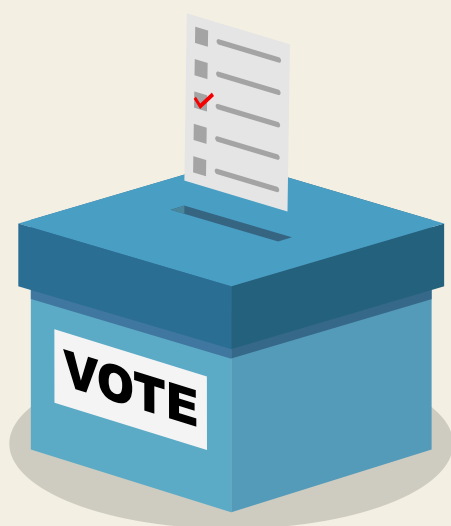
It's your chance to influence future 🗳️

- Shape policies: your vote and voice matter. Participating in elections influences policies that affect education, employment, and healthcare, all of which directly impact your future.
- Example: in countries like Finland and Sweden, youth councils provide platforms for young people to directly influence municipal decisions.

Being an active citizen strengthens communities 🤝

- Build social connections: engaging in local activities offers a sense of belonging and community. You have a chance to meet like-minded people!
- Enhance resilience: active communities are better equipped to tackle challenges such as climate change or economic shifts. There is power in togetherness.

It offers possibilities for personal growth and opportunities 🌱

- Skill development: volunteering or participating in civic activities develops skills like leadership, communication, and problem-solving.
- Career boost: employers value community involvement as it often shows them that you have practised your team skills and that you can take initiative.

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MODULE 2: Active citizenship

Become the change you wish to see

Active citizenship is not just about political engagement, but also about community involvement and personal responsibility. Nowadays world is rapidly changing, and new challenges and new causes emerge on a weekly basis. Young people need to be a part of the discussions around the future we are creating now, as they will be living in it.

Would you like to be more active, but don't know how to get more involved? Here are some ideas:

Simply stay informed 📚
- Follow local and world news: educate yourself but remember to stay updated through reliable sources!
- Social media: engage with platforms that discuss civic issues and follow organizations that align with your values.

Engage in local initiatives 🌿
- Volunteer: join local NGOs, charities, or community projects. It could be anything from environmental clean-ups to tutoring.
- Participate in workshops/events: attend workshops on civic education or local government events to understand how systems work.

Use your voice 📣
- Advocate for change: start or sign petitions, write to your local representatives, or use social media to raise awareness on issues you care about.
- Join youth councils/parliaments: many Nordic countries have youth councils where you can directly contribute to policy-making.

Actionable and easy steps to start with:
- **Register to vote:** if you aren't already, ensure you're registered to vote in local and national elections.
- **Research causes:** identify issues you're passionate about and learn more about them.
- **Network:** connect with like-minded individuals or groups through local events or online platforms.

Remember, empowering yourself as an active citizen is a journey that benefits not just you, but society as a whole. By taking small steps, you can make a significant difference.