



FINNISH
YOUTH CENTRES

Nuotta

**Nuotta coaching for
social empowerment**

Support for youth workshops and
outreach youth work free of charge

What is Nuotta?



Nuotta is a coaching camp for all young people aged 14–29 who are in need of social empowerment.

Nuotta coaching strengthens the social and life management skills and healthy living habits of young people.

Free of charge for young people within outreach youth work and youth workshops.

Activity-based and experiential methods in a small group.

Group and individual support.

Typically lasting from 2 to 4 days.

Organised in nine national youth centres all around Finland.

Nuotta coaching is part of the social empowerment service package offered by the Ministry of Education and Culture:



Outreach youth work



Nuotta coaching



Workshop activities

The Ministry of Education and Culture supports the participation of workshop groups and outreach youth work in Nuotta. The sending party covers the travel costs.



“At its best, a couple nights of Nuotta coaching corresponds to six months of working with a young person.”

– Outreach youth worker

“Nuotta gave me the feeling that I can actually make something out of myself one day. I made friends and formed relationships. I realised that I can make a difference regarding my future, and I have started to appreciate myself more.”

– Nuotta participant



Nuotta coaching provides resources for challenging life situations:

Nuotta coaching has a significant impact on the life management skills, self-confidence and stronger social skills of young people.

Those who have participated in Nuotta often describe how they have gained self-confidence and courage to take part in group activities. Nuotta aims to offer young people experiences of success that will encourage them later on at school or searching for a job.



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Find out more and book
up for Nuotta coaching
www.snk.fi

