

ViKaSku – We Can Do It!

Proposal for a workshop to IFSW Conference in Iceland, 28th to 30th of May 2017.

Since 2010 two youth counsellors (social workers) at the Youth Center in Horsens, Denmark started the project “ViKaSku – We Can Do It!”.

In Denmark we have a special system, when you are 18 years old you are considered as an adult and you are no longer under your parents protection. Because of this youngsters have a hard time after the 18th year. To help the transition the project was developed. The project has been developed over time, looking at the needs of the youngsters and the society.

Since august 2015 we have worked with Danish youngsters and youngsters from Syria (unaccompanied refugees – some lives with their family and some are placed in our care).

The Danish youngsters are aged from 16 to 23 years. They are characterized by a lack of social competences, poor network, problematic upbringing and eventually placements and different diagnosis. The Syrian youngsters are the age of 16 to 18 years old. They are characterized by having been traumatised and have had a difficult life the last year, ex. war, death, lost family, dangerous escape from war and their home country.

To go to ViKaSku you have to have a file in the social system. The social worker connected to the youngster, will refer the youngster to the group, if they asses, that the youngster have the need.

ViKaSku is primarily a group where the youngster get counselling and enlightenment about the rules, the guidelines and the difficulties of growing into adulthood. The group sessions are once a week for 4 hours during a total of 8 weeks. Every week has a topic where the youngsters, in constant dialogue, teach each other about their experience about the topic. A very important part of ViKaSku is to make the youngsters feel safe. Every week we make good food with the youngsters and make sure, that they feel safe and secure in our company – thats the foundation of the group. Former youngsters come and tell the youngsters of the group about their life and what they have accomplished. They are called rolemodels and are used in every group. Some of the rolemodels are also used as substitutes and translators (Syrian) in the group, which works well.

Topics in ViKaSku:

- Dialogue together with the other youngsters on a professional and a social level
- A handy-book of all the topics, rules and guidelines are given to the youngsters and will be discussed in constant dialogue
- Networking with other youngsters
- Dealing with normal problems, ex. education, work, Easy ID, job search ect.
- Town City Walk (guided tour around the city where the youngsters are introduced to the most important offices in town)

Proposal for discussions:

- For example, the rolemodels importance in the dialogue with the youngsters

- For example, the issues/problems with mixing the Syrian youngsters with the vulnerable Danish youngsters in one group

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