

A photograph of four young people sitting on wooden stadium bleachers. From left to right: a woman with long blonde hair in a ponytail, a woman wearing a white baseball cap and a dark tank top, a man in a black t-shirt, and a woman in a light-colored t-shirt. They are all smiling and appear to be in conversation. The image has an orange tint and a white rectangular frame around the text.

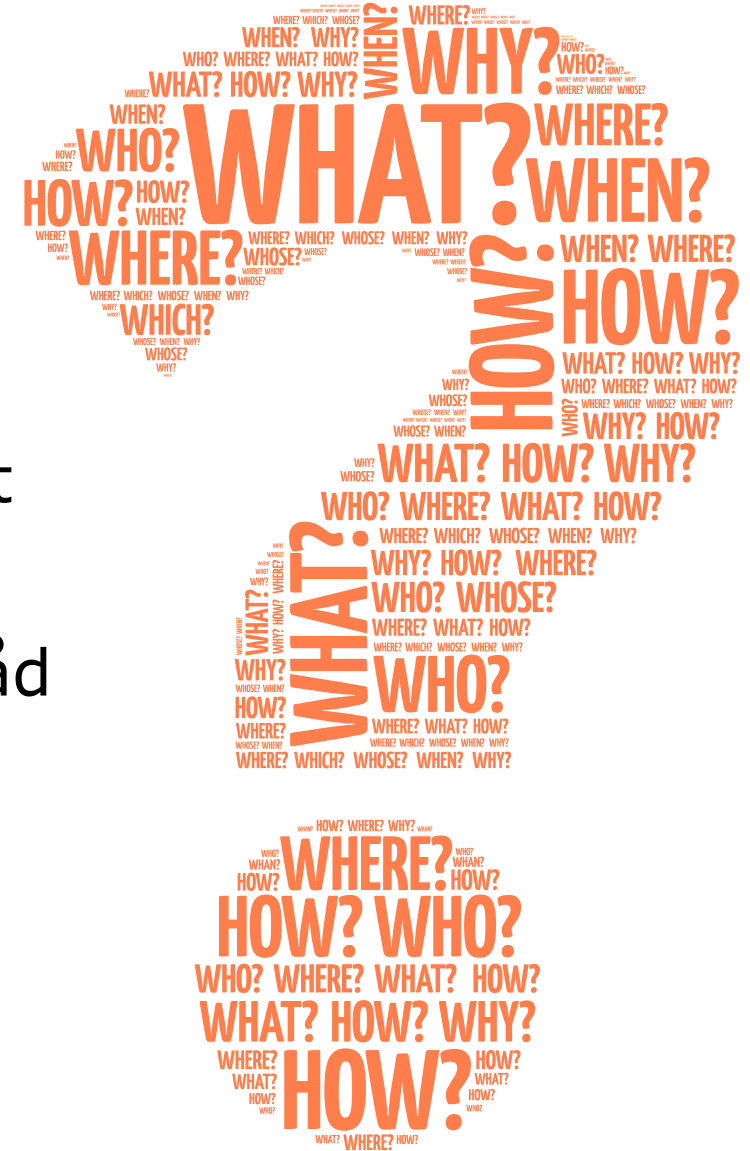
Få flere engagerede unge i din forening

Inspirationsoplæg og ungepanel til Forenings- og Fritidskonference i Næstved 2026

DGI

Program:

- Viden om unges frivillige engagement
- Panelsnak med unge fra forskellige foreninger v. DGI og Næstved Ungeråd
- Gode tips og tricks



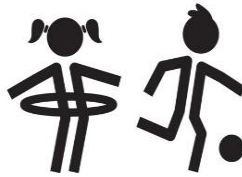
HVEM ER DE UNGE VI INVITERER IND I FORENINGERNES FÆLLESSKABER?



Baby



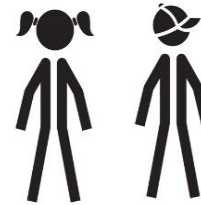
Tumling



Børnehavealder



Tidlig skolealder



Tweens



Teens



Identitet



Etablering



Familie med små børn



Familie med skolebørn



Familie med teens



Selvrealisering



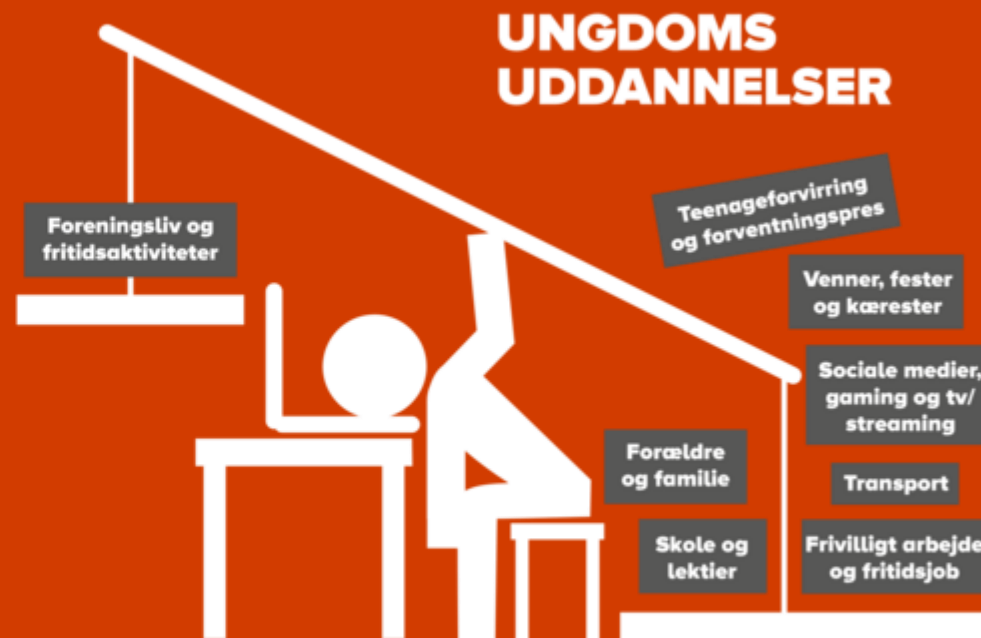
Ny senior



Rutine senior

Unge hverdagsliv

Unge mister ca. 11 timers fritid om ugen fra folkeskole til ungdomsuddannelse



Typiske fordele for foreningen

- **Ambassadører**, der kan få flere unge med
- **Få besat træner- og hjælpetrænerposter**
- **Få løst ny type opgaver** kommunikation, digitalisering, bæredygtighed
- **Nye aktiviteter og events**
- **Udvikling og nye perspektiver** et udefra-ind perspektiv på egen forening

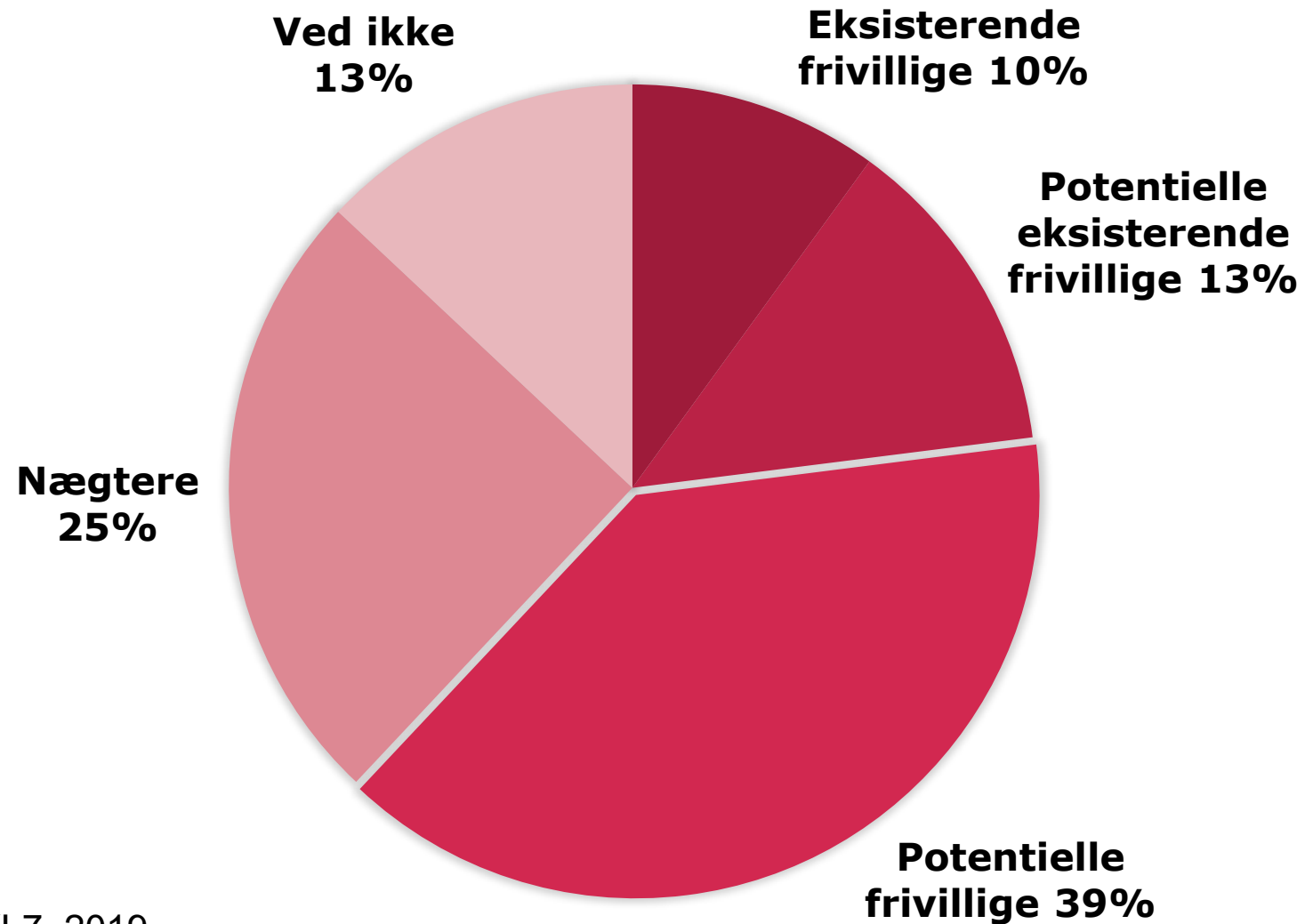


Typiske fordele for unge

- Spændende og sjove opgaver
- Venner og netværk
- Læring og udvikling – en øvebane
- En meningsfuld rolle - sagen i fokus
- Mulighed for at realisere sig selv. Fortællingen om "mig"
- Kompetencer og CV



Danske unge 15-24 år, Epinion



Kilde:KL7, 2019

Hvad vil du gerne arbejde med?

1. Bæredygtighed og klima: 38%
2. Besøgsven og mentor: 37%
3. Leg og bevægelse: 32%
4. Cafe og væresteder: 32%
5. Lektiehjælp: 30%
6. Træning og idræt: 24%
7. Flygtninge og integration: 21%
8. Praktisk arbejde: 17%
9. Bestyrelse og strategi: 16%

A photograph of four young adults (two men and two women) exercising on outdoor gym equipment in a park. They are all smiling and appear to be in good physical shape. The man on the far left is wearing a dark t-shirt and shorts, with a backpack. The man next to him is wearing a light-colored t-shirt and shorts. The woman next to him is wearing a light-colored t-shirt and leggings, holding a volleyball. The woman on the far right is wearing a dark t-shirt and shorts, with a large tote bag. The background shows trees and a paved area. The entire image has a warm, orange-toned overlay.

Viden fra de unge selv

Næstved Ungeråd og DGI's Ungeboard

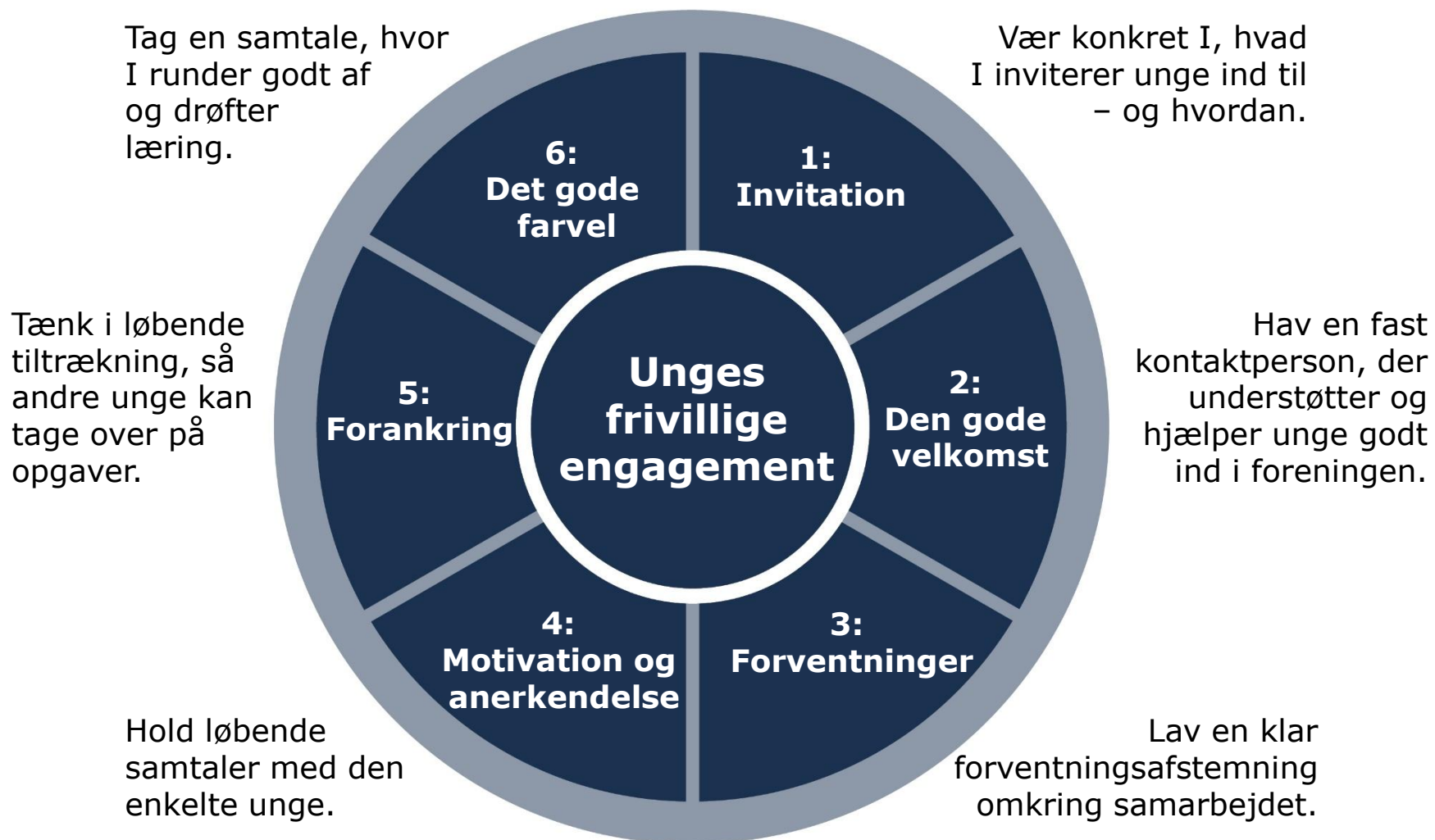


A photograph of four young adults (two men and two women) exercising on outdoor gym equipment in a park. They are all smiling and appear to be in good physical shape. The man on the far left is wearing a dark t-shirt and shorts, carrying a bag. The man next to him is wearing a light-colored t-shirt and shorts, holding a basketball. The woman next to him is wearing a light-colored t-shirt and leggings. The woman on the far right is wearing a dark t-shirt and shorts, carrying a large bag. They are all standing on a wooden platform. The background shows trees and a fence. The entire image has a warm, orange-toned overlay.

Tips og tricks

Engagements-hjulet

6 trin til at booste unges frivillige engagement



3 gode råd til at fastholde unge

1: Gør løbende status i bestyrelsen om arbejdet

2: Overvej i god tid om aktiviteten skal fortsætte og læg en plan

3: Brug de unge selv til at tiltrække nye

Tak for nu 😊