

# ALLIR MEÐ

tölum saman um skólamenningu á Íslandi



## Children, leisure activities and leisure time

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# Department of Education and Youth of the City of Reykjavík



- Reykjavík is divided into 5 service areas.
  - Vesturbær, City Center and Hlíðar; Recreational Center Tjörnin [www.tjornin.is](http://www.tjornin.is)
  - Laugardalur, Háaleiti and Bústaðir: Recreational Center Kringlumýri [www.kringlumyri.is](http://www.kringlumyri.is)
  - Breiðholt: Recreational Center Miðberg [www.midberg.is](http://www.midberg.is)
  - Grafarvogur: Recreational Center Gufunesbær [www.gufunes.is](http://www.gufunes.is)
  - Árbær, Grafarholt and Úlfarásdalur: Recreational Center Ársel [www.arsel.is](http://www.arsel.is)
- Recreational centers operate the after school centers and youth centers on behalf of the City of Reykjavík





# After school centers (frístundaheimili)

- After school centers are for children 6-9 years old (1st-4th grade)
- Children find friends, strengthen their social skills, learn Icelandic and learn through play
- After school centers are open on organisational days and parent days but they are closed during winter holidays.
- After school centers offer summer leisure activities during summer holiday
- All details can be found at <http://reykjavik.is/fristundaheimili>



# Youth centers (félagsmiðstöð)



- Youth centers are for children 10 – 16 years old
  - It is open 1-2 days a week for children 10-12 years old
  - It is open 2-3 days a week in the evenings for children 13 -16 years old, in some places it is also open during the day
- The focus is on prevention work, building self-confidence and a constructive leisure time
- The activities take place in clubs, special group work, open activities and time-limited projects
- The ideology behind the work is youth democracy
- All detailed information is to be found at <http://reykjavik.is/felagsmidstodvar>



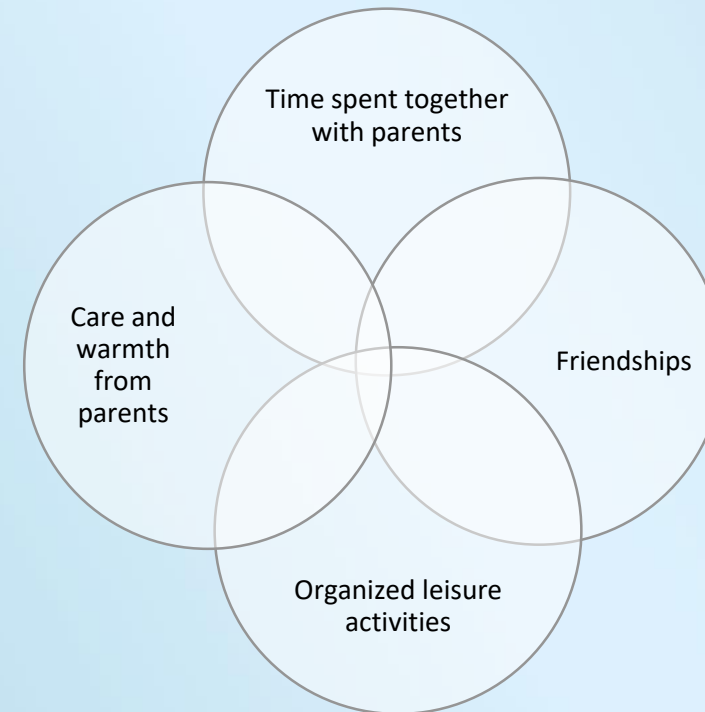
# The importance of prevention work



## The Icelandic model

- From the year 2000 rich focus was placed on work against undesirable development of risk behavior of youth, and alcohol consumption
- Common effort of parents, schools, professionals in youth centers and other parties who contribute to upbringing of children
- Rich focus of previous years to prevent risk behaviour with effective information flow, strengthening self-image of youth and common work of parents

## Protective factors of prevention





# Outdoor hours of children in Iceland



- Children 12 years old and younger may not be outside after 8pm unless accompanied by an adult, that is an individual 18 years old or older.
- Children 13-16 years old may not be outside after 10pm when they are not on the way home from a recognized school, sport or youth event
- In the period May 1 – September 1 the outdoor hours are prolonged by 2 hours.



# Leisure card



- Leisure website – [www.fristund.is](http://www.fristund.is)

## Leisure card in Reykjavík

- The goal and purpose of the leisure grant is that all children and youth can take part in constructive leisure activities independent of economical situation or social circumstances.
- The grant is 50.000 kr. per child for each child 6-18 years old with the legal address in Reykjavík.
- The grant is not a direct payment to guardians, but they have the right to use the allotted amount in the name of the child to pay for participation and sport practice.
- The leisure card is used through the platform Rafræn Reykjavík or through registration sites of societies and clubs

