



## Volunteering in the heart of Norway

Ung i Midtdalen, Norvegia

**Lingue utilizzate**  
Norvegese Bokmål

**Inizio**  
Tra il 1 Agosto e il 30 Giugno 2026

**Tematiche**  
Istruzione e formazione, Creatività e cultura

**Durata del volontariato**  
4 - 9 months

### Descrizione dell'organizzazione

Ung i Midtdalen is owned by the municipalities of Ringebu kommune, Sør-Fron kommune and Nord-Fron kommune, which together makes a region in Gudbrandsdalen. The objective of Ung i Midtdalen is to support young people's life and make the region attractive for living. By offering events and places to meet where young people can develop and implement activities in their daily life the aim is to prevent bullying and early alcohol debut. The target group is young people from 13 to 20 years. Ung i Midtdalen cooperates with the youth houses in the region, the high-school and the youth councils. Ung i Midtdalen is also part of several cross professional teams focusing on preventive work among young people. UiM has several years of experience working with young people. This experience varies from event planning, implementing meeting and training, festivals, cooperation between sectors to prevent alcohol and drug related problems, financing, budgeting and international projects as youth exchanges and ESC projects.

<http://www.ungimiddalen.no>

### Descrizione dell'attività

Working as a volunteer in Ung i Midtdalen will include:

- working in the youth-activity houses in the afternoon 3-4 times a week
- be part of a project group planning youth festivals and events
- be free to create and work on own projects, events or workshops for youths
- learning about project management and budgeting
- working as a language assistant at the local schools (English, French and/or German)
- Free time on most weekends to explore Norway

**Ulteriori informazioni**

As a volunteer in Ung I Midtdalen, you will get an own apartment in the small city of Vinstra. Here you will have all the necessary householding equipment and the possibility to cook your own meals. Grocery shops are within walking distance. If there are two volunteers, this apartment will be shared, but with separate bedrooms. Vinstra is a small city, with everything you need within walking distance, however, some of the volunteer work will take place in the village of Ringebu. The local buses can take you to the youth club in Ringebu, and there is also the option of taking the train. The train goes from Trondheim to Oslo, and the other way, if a trip to the bigger cities for the weekend sounds appealing. In addition to traveling by public transport, we usually rent a car that will be of use for the volunteers to get around.

#### **Profilo ricercato del(la) volontario/a**

- Age 20 - 25
- B1 or B2 level of English
- French or German native speaking
- Motivated, creative, and independent
- Interested in being a good role model for youths.
- Drivers license (B) is a plus

#### **Contatto e-mail**

[ungimidtdalen@gmail.com](mailto:ungimidtdalen@gmail.com)