

# FRYSHUSET

## A Vision in Reality

Fryshuset is often referred to as the largest youth center in the world - but it is actually much more than that. Above all it is a vision based on the conviction that encouragement, confidence, responsibility and understanding are necessary in order to enable young people to develop their innate abilities and find their way into society.

This is exactly what Fryshuset is trying to do and the place is therefore packed with all kinds of creative and constructive activities. Young people mix with grown-ups in order to participate, contribute and learn. Fryshuset is a meeting place where people share and develop passionate interests, social commitments, sports, entertainment, culture and innovative educational programs.

## History

Fryshuset was founded in 1984 as a result of joint efforts by the YMCA of Stockholm and a couple of unyielding enthusiasts, among them Fryshusets legendary founding father Anders Carlberg. Initially the centre was located in an old storage building (Fryshuset means cold store in Swedish), but after a couple of years it was transferred to larger premises (24 000 square metres) on the south side of Stockholm.

At the outset, sports and music were the sole activities, but social issues made their way into the agenda as a reflection of young people's wants and needs.

One such early example came in the summer of 1986 when violent riots occurred between differing teenaged groups in Stockholm. The Swedish government asked Fryshuset to step in and help relieve the situation. Fryshuset launched a campaign, touring around the country lecturing on constructive alternatives to violence. During the tour it became obvious that most teenagers deplored violence and had a lot of vital ideas on how to counteract it and how to build a better future.

# FRYSHUSET

## Today

Fryshuset is constantly changing and developing. It is now as famous for its social work as it is for education, skateboarding, basketball, music and other leisure time activities.

Today Fryshuset runs several schools and programs for vocational training, seminars and conferences, courses in theatre, music, and sport as well as hosting events, concerts, parties and discotheques. It even has its own church, the Fryshus-church.

Formally Fryshuset is a foundation headed by the YMCA of Stockholm. Public funding covers around 5 % of the activities, the rest is financed by a mixture of grants, endowments and fees for services such as educational and social programs (fees that are not paid by young people or individual clients but by our co-operational partners and government agencies). Some of our activities are also running in Göteborg and Malmö – Sweden's second and third largest cities. All in all Fryshuset employs around 500 people and receives around 40,000 visitors every month.

## Current Activities

The activities at Fryshuset are usually divided into three main areas:

Social projects

Education

Passionate interests

These three fields comprise of the following activities:



## **Social projects**

### **The Bridge Builders**

The purpose is to guide young boys into adulthood by providing them with good role models. Bridge building groups consists of boys and men who engage in a number of subjects and activities together, such as sports, camps, study visits, charity work and also studying and discussing such topics as morals, justice and ethics. The main component in the program is not the actual activities but the relationship and the support between the boys and their role models.

### **Chaplin**

The network Chaplin works with and for adult children of dysfunctional families. The goal is to make sure that all children of addictive or in other ways destructive families should receive the support they need. The name Chaplin was chosen because Charlie Chaplin is the world's most famous child of dysfunctional parents. His mother was mentally ill and his father was an alcoholic, a fact that makes him a role model for children living in difficult destructive conditions.

### **CIDES – Centre for information about destructive sub-cultures**

CIDES works with developing and disseminating effective approaches for combating the formation of destructive subcultures, reducing their recruitment and facilitate in defection. By destructive subcultures we mean all kinds of groups such as street gangs, the white power-movement, soccer-hooligans etc. CIDES main belief is that problems with destructive groups cannot be fixed by the police alone. That there are a lot of stakeholders in society who need to assume their responsibilities and work together, and that we all need to start listening to what the young people, who live where gangs and groups are formed, claim that they need in order to keep out of these groups.

# FRYSHUSET

CIDES therefore works directly with young people who are or have been involved in gangs as well as directly with politicians and other key stakeholders. The young are providing facts about what they need to avoid joining gangs. Their proposals will be passed on to politicians, scientists, police and social services, schools and recreational activities, correctional agencies and the third sector. The goal is to obtain feasible and effective solutions to the problem.

## **The Easy Street Project**

The Easy Street Project started in 1995 in order to counteract violence and vandalism within Stockholm's public transportation system. Unemployed young people between 20 to 30 years of age were recruited to work as hosts in order to prevent problems caused by delinquent young people 'hanging out' around subways and buses.

Since then Easy Street has become a comprehensive program of social integration and a way to get unemployed young people back into the employment market. The hosts have proven very effective in preventing violence, vandalism and crime among youngsters, due to the fact that they are more than just ordinary security guards; Easy Street forms close relations with young people and function as great role models. Their successful approach has led to hosts being hired by schools and local communities and to an increase of the whole project. Easy Street hosts have also started local junior Easy street groups where teenagers can enrol and be part of the program by helping their own local neighbourhood stay safe and clean.

## **Elektra & Sharaf heroes & Sharaf heroines**

Elektra works against honor related violence and oppression. Tens of thousands of young girls and boys in Sweden do not have access to ordinary human and democratic rights. They are oppressed and inhibited by their families and are not allowed to choose how to live their own lives, whom to love, what to do for a living or even how to socialize. Honor related violence and oppression is an archaic and cruel way to execute control over daughters (and sons) in order to preserve the family

# FRYSHUSET

honor. Elektra's goal is that nobody should live under honor oppression. Elektra's therefore works with;

- Providing support, counseling and in acute cases a protected get away.
- Prevention by changing attitudes among young people from honor affected cultures/backgrounds. This is done within the youth groups Sharaf heroes (for boys) and Sharaf heroines (for girls).
- Educating and giving advice to authorities, schools, social services, the police and other agencies.
- Lobbying in order to make the whole society aware of and committed to extinguishing honor oppression and violence.

## **The Emerich foundation**

"If I could pick another path in life, I would want to be a teacher to the battered boy Adolf Hitler". These are the words of Emerich Roth, who survived Auschwitz and four other concentration camps, but lost his parents, three little sisters and 40 additional family members in the Holocaust. Emerich came to Sweden after the war and worked as a social worker for 30 years. After his retirement he came to Fryshuset and started lecturing in schools about racism and hate and what to do about it. He also set up a foundation that rewards young people's efforts to improve humanity and tolerance. Emerich has also written a number of renowned books about his own life and about hate, humanity and reconciliation.

## **Exit**

Helps young people to leave Nazi, racist or other extremist movements. Due to the sectarian and militant nature of these movements it is very hard to leave them. Those who do are often persecuted by their former comrades and despised by ordinary citizens.

At Exit they get help both from professional social workers and from people who have left the Nazi movement themselves. This is an advantage because they are received by people who know exactly what they are going through and what they need. Exit

# FRYSHUSET

offers everything from just listening to their stories to helping them create a new life. This can include obtaining a secret identity, psychotherapy or treatment against alcoholism, forming new social contacts etc. As a result of its efficient, no-nonsense methods and real-life knowledge, Exit has been very successful. The organization also educates schools, authorities, police, the correctional system, social workers and parents in how to deal with Nazism/racism. Exit has also helped authorities in Germany to start a similar project.

## **Fenix**

Fire prevention in schools.

Arson fires in Swedish schools costs around 68 million USD per year which is equivalent to the costs of 1000 teachers. In recent years young people have started using fire as a tool to highlight their dissatisfaction with society and their social situation. So far the fires have only caused material damage but the risk that people will get hurt or even killed is of course imminent. Fenix works with giving young people a deeper and better understanding and awareness of the risks. The work is partly done by survivors from the discotheque fire in Gothenburg in 1998 (when 67 young people died) who lecture about the disaster in schools all over the country. Fenix is also helping schools recruit students who are willing to work to create a better social climate and increased security and fire safety at their school. Young people who want to become more involved can get training in both fire prevention and social issues with a focus on the mechanisms that may be underlying causes of arson. These students will function as ambassadors and prevent fires by reaching out to other young people and work with bullying, social exclusion, conflict resolution and student democracy.

## **Fryshuset Web Coaches**

The Web Coaches are out on the Internet in order to support, guide and listen to young persons (aged 12 to 20) and to help them become confident and strong.

# FRYSHUSET

Our web coaches have established their own spaces and chat rooms on established web communities for young people. Our goal is to give young people the support they need to handle the situation they are in. Another important task is to help young persons find their way in discussion forums. These often work as self help groups though in a quite unorganized way. The role of the coach is to ask relevant questions that can provide a perspective, without telling the person what to do. Our motto is “listen and speak as a friend – act as an adult.

## **Job coach**

Works with helping young unemployed people get jobs. Every client gets her/his own personal coach who focuses on their needs, interests, abilities, difficulties and dreams. The ultimate goal is to help them get a job, to strengthen their abilities and self-confidence. The project is run by the Swedish employment agency in co-operation with Fryshuset.

## **Mission Possible**

The original Mission Possible project was started in 2002 in Paris by Judge Claude Beau who after many years has seen how children and young people end up in court. As a result she started a project designed to prevent them from doing just that. The Swedish version is run by Fryshuset at Västerholms friskola and was launched by a joint initiative by Stockholm and Paris Rotary Clubs.

Mission Possible is centered on afternoon activities for school children between 9-12 years. The work encompasses the whole family but the child is the main focus. We work with a multi-disciplinary team of social workers, family therapists, teachers and specialist teachers, recreation leaders and volunteers, in other words, different professional skills working towards the same goal – that a child should function both in school and during leisure-time, and evolve without falling into destructive behavior patterns or environments.

# FRYSHUSET

## **Passus**

Works with helping people who want to leave gangs and criminal organizations. Passus provides: mental and social rehabilitation in order to create a new life, and support to families of young people who are on their way to destructive gangs. Providing preventive measures among young people and courses and education for professionals such as school staff, the social service, the police, the prison and probation agency etc. Several coaches work at Passus (some of them with a background in criminal gangs), along with a counselor and a network of MI trainers, psychotherapists and psychiatrists. The support each client get is based on his or her individual needs, which may vary a lot but often means that you have to start from scratch and build a whole new life and a new identity. Passus has been launched as a sister project to Exit (see above) which since 1998 has worked with helping people leave the White Power movements and has developed a well-functioning method also used by Passus.

## **Sea-life**

A project aiming at kids who never had the opportunity to enjoy boating, sailing, the archipelago or other out-door activities. Sea-life organizes sailing courses, boat trips, camps and other sea-oriented diversions.

## **Single mothers & Children of single mothers**

Works with single mothers and children living in economically and socially exposed circumstances, deprived of their basic needs such as decent clothing and leisure time activities. To strengthen their social network and give them the possibility to do things that usually costs money, the project organises activities for the families, things like going to the zoo, to amusement parks or having parties. One of our goals is to give the mothers strength and tools to change their life situation, so we provide them with trained babysitters so that they get some time off.

# FRYSHUSET

## **United Sisters**

The purpose of United Sisters is to boost self-esteem and self-respect among young girls and guide them into adulthood. United Sisters provides the following activities; Girl Groups where girls aged between 15 - 19 years old get together with grown up role models to do things like going to lectures, discussions, exhibitions, study visits, the theatre or the movies or they just hang out.

Night Patrol - is the night patrolling section. Groups of young girls walk around in the city on weekend nights in order to lend a helping hand to other young girls.

Girl Coaches – a support service offered to girls who need an extra adult mentor. The coach is there to listen, encourage, strengthen and guide the girl. The coaches are volunteers from all sections of society and all walks of life.

## **Young-in**

The project helps young people (aged 16 to 24) who don't study nor have any contact with the Employment Service – but want a job! Young-in helps them discover what they want to do and how to do it, how to find jobs and how to apply for them.

Young-in is run by the Employment Service, Fryshuset, Friends and the authorities of Stockholm City with support from the European Social Fund.

## **Education**

### **The Entrepreneurial project**

Fryshuset's network for entrepreneurship and leadership. This is where leaders and innovative developers of society from all over Sweden meet to develop as a leader and (social) entrepreneurs. The project offers training in leadership and entrepreneurship, mentors, internships and trainee programs, digital communities, forums and networks, tips on literature, film, Internet-sites etc.

# FRYSHUSET

## **Forum for the Caring**

Fryshuset's annual conference for people working with young people. The purpose of the conference is to provide a meeting place where people can exchange ideas, skills and knowledge. Around 600 people from various organizations and authorities (policemen, social workers, teachers, correctional officers, volunteers and young people from schools and other organizations) participate in the conference every year in the beginning of October.

**The Fryshus spirit** - dissemination of preventive methods. The project is a blend of inspiration and training for youth workers throughout Sweden. Drawing on 26 years experience of working with and for young people - Fryshuset tours around the country (visiting 150 municipalities in 30 regions) educating and encouraging people to start new and develop existing projects and activities for young people. During the tour local projects and efforts are rewarded with the Vattenfall Energispridar award.

## **Fryshusets elementary school**

Fryshusets elementary school for 6 to 9 graders offers elementary education to students who want to combine their studies with basketball, dance, skate or music. The school offers a safe and creative environment where students can evolve and thrive.

## **Fryshuset high school**

Fryshuset's high school (or upper secondary school) is intended for young people who want to study at the same time as they develop different kinds of sports or cultural interests. The school offers training in basketball, skateboarding, writing, dance, theatre, music, image and design and gaming. The school has around 900 students.

# FRYSHUSET

## **Fryshusets Knowledge Centre (FKC)**

Fryshusets Knowledge Centre is working to disseminate Fryshusets skills and knowledge. Our areas of expertise include pedagogy and school organization, organizational development and youth culture. FKC offers courses, tutorials and lectures in pedagogy, leadership, governance and youth culture, for example Aggression-Replacement-Training (anger management), UGL (group interaction and leadership training), youth groups and youth cultures, and how to interact with them.

## **The Red Cross College**

Conducts courses related to democracy, human rights and respect. Theoretical knowledge, discussions, field work and trips as well as information work is included in all courses.

## **RML - the Rock Music education**

Is a one-year full-time education for rock musicians. RML is run by Birkagården College and Fryshuset. The program was started in 1989 and many former students have gone on to become very successful rock musicians.

## Passionate interests

### **Basketball - 08 Stockholm Human Rights**

is a basketball club that combines social work among young people with elite teams for men and women. 08 Stockholm Human Rights considers basketball to be not just a ballgame, but also a useful tool for educating and influencing young people. In addition, basketball attracts young people from all parts of society and from all ethnic groups, from upper-class areas to the marginalized suburbs. Therefore it has a unique capacity for enhancing integration.

### **Southern Basket**

This youth basketball society consists of around 100 teams based at Fryshuset.

# FRYSHUSET



Young players (between 10 – 16 years old) from all parts of Stockholm get involved in sports and social interaction. Basketball has a large movement among young people from all parts of society. It is not only a game – it is a way to learn tolerance and fairness.

## **F.U.S.E**

F.U.S.E is both a record company and a project for young musicians between 15-25 years. F.U.S.E is an abbreviation of the Swedish words for; publishing company, education, support and commitment – which is what F.U.S.E is all about. Young musicians, performers and bands get all the guidance, feedback, advice, tips and information they need in order to create their place in the music industry. F.U.S.E Music also produces and releases records.

## **The Gym**

The sports club at Fryshuset is a well-equipped fitness centre for everybody from beginners to skilled athletes. Our goal is to create an open and pleasant atmosphere, where all kinds of people feel welcome. We believe that we offer the most affordable gym in Stockholm. You must be at least 16 years of age to get admission.

## **Lovely Days**

Providing sports and cultural activities during school holidays. Every school holiday Fryshuset arranges a wide variety of activities for young people. The venue offers everything from street basketball, floor ball, dance- and music classes, excursions, movies, discos, music and games to contests and concerts. Lovely Days has become the meeting place for teenagers from all over Stockholm.

## **The Music Department**

is home to around 600 musicians and 100 bands rehearsing in 39 music studios. The Music department also has courses in playing the guitar, keyboards and drums, in

# FRYSHUSET

singing and DJ-mixing. Fryshuset has two concert halls; the smaller The Club and the bigger The Arena, arrange concerts with many of the world's most renowned bands and performers.

## **Night Courses**

Fryshuset offers a variety of evening courses in music, dance and theatre, including electric guitar, electric bass, drums, keyboards, DJ mixing, DJ-courses for girls and music production.

## **Stockholm Skate Park**

This is the only indoor arena for skateboarding, inline skating and BMX biking in all of Stockholm. The hall covers 1600 square meters and is open all year round. It is also the home ground for student skating training at Fryshuset gymnasium.

## **Theatre Fryshuset**

Writes, produces and sets up plays about contemporary social issues such as "Burn the ghetto" or "Top Boys - a hooligan's story".

## **The Wave**

For many years, Fryshuset has hosted various kinds of youth parties. The current one, The Wave, is Sweden's only permanent disco for people aged 15-20 years. It is also one of the biggest discos in Scandinavia with three floors and capacity to host 3 000 guest. Thousands of young people from all over Stockholm dance, hang out and love being alive at the Wave. The hottest DJ's in the business work the music and our guests are constantly showered with various happenings, competitions and surprises altering the scene. The Wave is constantly changing – the only thing that stays the same is that it is an alcohol- and drug-free environment.



## Also at Fryshuset

### **Fryshuset at Almedalen**

Every summer Fryshuset participates in Sweden's biggest and most influential annual political get-together Almedalsveckan. One week in July, politicians, lobby-groups, organisations, business and the media gathers on an island in the Baltic sea to debate economics, politic-, social-, environmental- and other issues concerning Sweden's future. Fryshuset participates in order to emphasize on young people's situation and their opportunities to develop and lead full and meaningful lives.

### **Fryshuset Christmas Market**

Every Christmas Fryshuset organizes a Christmas market with around 70 market stalls at Sergels Torg, the main square in central Stockholm.

### **Fryshuset Church**

The church was established in cooperation with the Salvation Army, the National Ecumenical Council and the Diocese of Stockholm. The purpose is to encourage and support contemplation about major issues such as the meaning of life, good and evil, etc.

### **Fryshuset Kitchen**

The restaurant at Fryshuset, often referred to as "the café", has been the heart of the house for many years. Its real name is Fryshuset Cuisine and it has developed into a modern restaurant with an international menu. For several years the local business community has honoured Fryshuset Cuisine with the distinction of best restaurant in the area.



### **The Kärsö Estate**

Fryshuset and the YMCA run Kärsö estate, situated by Drottningholm on Lake Mälaren. The estate consists of a beautiful detached wooden house built in 1860, and conference facilities. Guests can water-ski and swim, play Frisbee, golf, beach volleyball, basketball etc. A wide variety of activities take place at Kärsön: for example; courses, camps, educational programs, basketball training and scouting.