



AKTIVITETSGUIDEN



The Activity Guide (in Norwegian Aktivitetsguiden) is a free programme that helps children and young people between the ages of 6 and 18 and their families to find their way into a sports club.

Nordre Follo idrettsråd



Organisasjonsledd i
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IDRETTSFORBUND

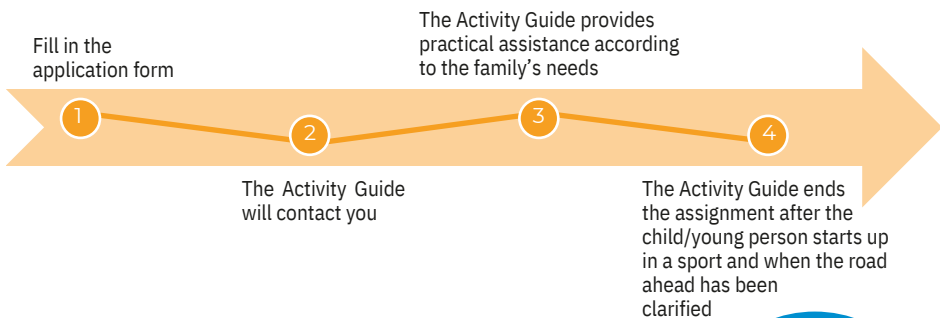
SPORTS FOR EVERYONE!

Many children and young people are not taking part in organized sports. For some it is because the activity is too expensive, while others lack information on what types of programmes and sports are available or how they can join a sport or sports club. Oslo Sports District wants all children and young people who would like to start with a sport to have the opportunity to do so. This is why we have started the Activity Guide programme! Activity Guide is a link between the family and the sports club, often working on the initiative of a city district administration or school.

What can an Activity Guide help you with? The guide can

- Provide information about the sports available where you live
- Find a suitable programme/sport for children and young people – also children with disabilities
- Help to ensure a good first encounter with a sports club
- Accompany the child/young person to training during the start-up phase, and also together with parents/guardians
- Help to find solutions if the family has payment challenges

The Activity Guide – step by step



If you want more information send an e-mail to aktivitetsguide@nordrefolloir.no

You will find the application form at www.nordre.follo.idrettsråd and under “Aktivitetsguiden”.

