

Why is participation in a leisure activity important?

When you take part in a leisure activity, you get to know other people, and they get to know you. This gives you a sense of belonging and fellowship. In addition, you extend your circle of acquaintances, you get to practice Norwegian, and you get to know more about how everyday life in Norway works. This will come in useful when applying for work.



Would you like to attend an information meeting?

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Sola kommune



New to Norway or Sola municipality?



Would you or your child like to take part in an interesting activity in your free time?

The Norwegian word Fritid (free time) represents the time you have for yourself, when you yourself choose what to do.

Participation in leisure activities or voluntary clubs or organizations is a good way to get to know others and become a part of the local community. In Sola there are a number of leisure activities – some examples are sports clubs such as football or gymnastics, chess, learning an instrument, playing in a band, joining the scouts, or the Red Cross.

Based on the Supported Leisure method, we help children and young people from the ages of 6 to 18 to take part in leisure activities in Sola municipality. The service is FREE!

Supported Leisure

Supported Leisure is a method to socially include children and young people in a leisure activity of their own choice. When you're socially included, you have found a leisure activity you master, enjoy, and have a sense of belonging to. The method comprises 6 steps:

1. Information meeting

The information meeting is where we meet for the first time. This is where we want to get to know you and provide information on the Supported Leisure method. The meeting is non-committal, and after the meeting you may decide whether Supported Leisure is something you would like to accept or decline.

2. Assessment of interests, desires, and dreams

It's important that the leisure activity is something you or your child really wants to do. This meeting allows us to identify which leisure activities that may be relevant to take part in. It may be difficult to find leisure activities where you live or to know which ones that are available. We will therefore present and explain various leisure activities.

3. Review of leisure activities

Where does the activity take place? Is the activity for both girls and boys? When does the activity start and finish? How do I get there? Who do I contact? How do I make contact? Together we'll find answers to these questions!

4. Choice of leisure activity

You or your child choose the leisure activity that is best suited. If you're unsure of what to choose, we can try out the leisure activity before making a final decision.

5. Facilitator

The facilitator is a person who has extra responsibility for you and your child at the leisure activity. We all get together before starting up in order to get to know each other. This person is an assurance for you and your child at the activity, and may assist in the event of various challenges. Communication between parents and coaches at the leisure activities usually takes place via e-mail. If you're in the process of learning Norwegian, it may be difficult to understand everything. If this is the case, you may call the facilitator for assistance and guidance. You yourself choose whether you would like a facilitator.

6. Plan for participation, follow-up and evaluation

Together we create a plan for participation in the activity. We meet up regularly and discuss how the activity is going. We also discuss social codes– differences and similarities between conduct in different cultures. This makes it easier to understand society and the culture you're living in. How often we get together depends on your needs and opportunities.