



Co-funded by
the European Union



TOGETHER FOR YOUTH WELL-BEING
MENHELP VYTE

Pixi edition – MenHelp VYTE

Local mentors help vulnerable young people move towards education and employment

(Erasmus+ KA210-VET, 2024–2025)

What was the project about?

MenHelp VYTE was implemented in Denmark and Romania to support young people who are not in employment, education or training (the NEET group). Many of these young people struggle with psychological and social barriers and need stable, relational support – not yet another effort from 'the system', but from people who want to help because they are passionate about it.

Therefore, the project trained local volunteer mentors, who were equipped through a joint European training course in:

- communication and relationship building
- motivational conversations
- personal support and planning
- psychological first aid

The model was based on match days, individual plans, structured one-to-one programmes and close cooperation between the municipality, housing organisations, educational institutions and NGOs.

The work was continuously improved through questionnaires, interviews, mid-term evaluations and joint learning between the two countries.

Results – the most important effects

1. Trained mentors and strong local capacity

- 14 mentors were trained (7 in each country)
- The mentors experienced increased competence, better understanding of vulnerable young people and increased self-confidence in their role
- In Denmark, the initiative resulted in a significant increase in the competence of property managers, who now want to work with even more vulnerable groups

2. Concrete results for young people – strong effects in both countries

Romania – significant and rapid progress

- 14 young people matched with mentors
- 13 out of 14 have started vocational training courses (including pastry chef and commercial training)



Co-funded by
the European Union



TOGETHER FOR YOUTH WELL-BEING
MENHELP VYTE

- The last one has registered for the next course
- High motivation, high attendance and strong relationship with mentors

The effect: The mentoring model created exactly the security, clarity and support that the young people lacked.

Denmark – young people far from the labour market made surprisingly great progress

- 12 young people matched (the original target was adjusted due to one mentor dropping out)
- 1 has started an education programme
- 1 has tried and is planning a new start
- 2 are in employment
- Several young people have created stability in their everyday lives and greater clarity about paths to education

The effect: When recruitment was based on relationships and trust, it was possible to engage an otherwise very difficult target group.

3. Mentor–mentee relationships created change

- The young people describe the mentors as "real people who genuinely want the best for me"
- The mentors experienced a high degree of commitment and a desire to make a difference
- The conversations sparked reflection, courage and hope – and clear steps towards education and

employment. Relational mentoring proved to be 'what works' for this target group.

4. New local cooperation structures

The project led to:

- closer cooperation between the municipality, housing organisations and educational institutions
- clear procedures for coordination and follow-up
- a common understanding of how best to support the most vulnerable

young people In Romania, mentoring was integrated into FEG's future efforts.

In Denmark, cooperation between the municipality and housing organisations has been significantly strengthened.

5. A tested and validated mentoring model

MenHelp VYTE shows that the model works in two very different systems – both in a strong, integrated welfare system such as Denmark and in a more fragmented support reality such as Romania.



Co-funded by
the European Union



TOGETHER FOR YOUTH WELL-BEING
MENHELP VYTE

This supports the model's scalability and European relevance.

What have we learned?

- Recruiting vulnerable young people requires relationships and outreach work – not system channels
- The mentor role works best when it is based on authenticity, trust and life experience
- Joint training and sharing of methods ensures high quality – even across countries
- Project management with clear roles, frequent meetings and shared tools creates solid momentum
- The model supports EU priorities on inclusion, youth employment and learning opportunities

What happens now?

Both partners are continuing their work:

- Methods, training materials and templates will continue to be used locally
- The mentoring scheme will become part of FEG's standard practice
- Vejle is using the experience gained in new initiatives for vulnerable young people and in its collaboration with housing organisations
- The partners are now developing a KA2 application together with Spain and Finland to expand the model and create an even stronger European project

Brief summary

MenHelp VYTE has trained 14 mentors and supported 26 young people in Denmark and Romania.

Romania achieved almost full completion of education: 13 out of 14 young people started vocational training. In Denmark, where the target group was significantly more vulnerable, young people are on their way to jobs and education.

The mentor relationships created motivation, hope and clear plans for the future. The model has proven to be simple, strong and scalable.

Cross-border cooperation resulted in in-depth learning and high quality in the initiative. Local actors are now collaborating much more closely than before.

The partners are building on this with a new EU application.