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Days on Safety, Health & Well-being for All

Expo & Intex - Osaka, Kansai, Japan

16 to 19 July 2025

**Global Crises, Youth and Education: Innovative
Approaches to Risk, Resilience and Resonance**



**Practices of Hope: Relational Resilience and Social Change in Education
and the Transition from School to Work through Part-time Jobs**

Arne Lindseth Bygdås, Research Professor, Oslo Metropolitan University

Relational Resilience and Social Change

- Hope as something we *do* together – not just feel
- Co-learning as a foundation for agency and belonging
- Practice-based research with youth in Nordic settings



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***'When you're included, you don't think about it.
Then you forget about it.
It's only when you're not included that you think about it.'***

Young co-researcher (20), Oslo, Norway



Photos: Dichino Nguyen & Sumaya Ali Isse
/ Ildfluene



Hope as Collective and Relational Action

- Hope grows through shared action and recognition
- Appears in communities, clubs, activism, informal spaces
- Participation must be meaningful – not tokenistic
- *“You can’t ask for input and then ignore it”*

From Participation to Co-agency

- Youth want to contribute and take responsibility
- Participation as a feedback loop: input – action – response
- Institutions must choose to listen
- *“Give us room to play – with safe guidance.”*

Relational Resilience and Resonance

- Resilience as connection: not bouncing back alone
- Co-learning strengthens confidence and capacity
- Resonance emerges in reciprocal relationships (Rosa, 2019)
- *“The most important thing: being heard and seen.”*

Transition to Work and Inclusive Jobs

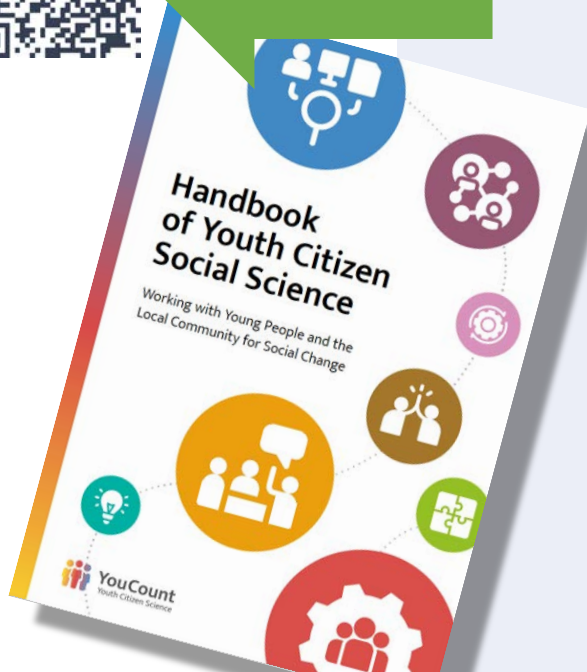
- Youth seek early, meaningful experiences
- Seven criteria for inclusive youth Jobs: learning, contribution, belonging
- Early work can prevent disengagement (NEET)
- *“Why shouldn’t we have a voice in working life too?”*

Conclusion: Practicing Hope Together

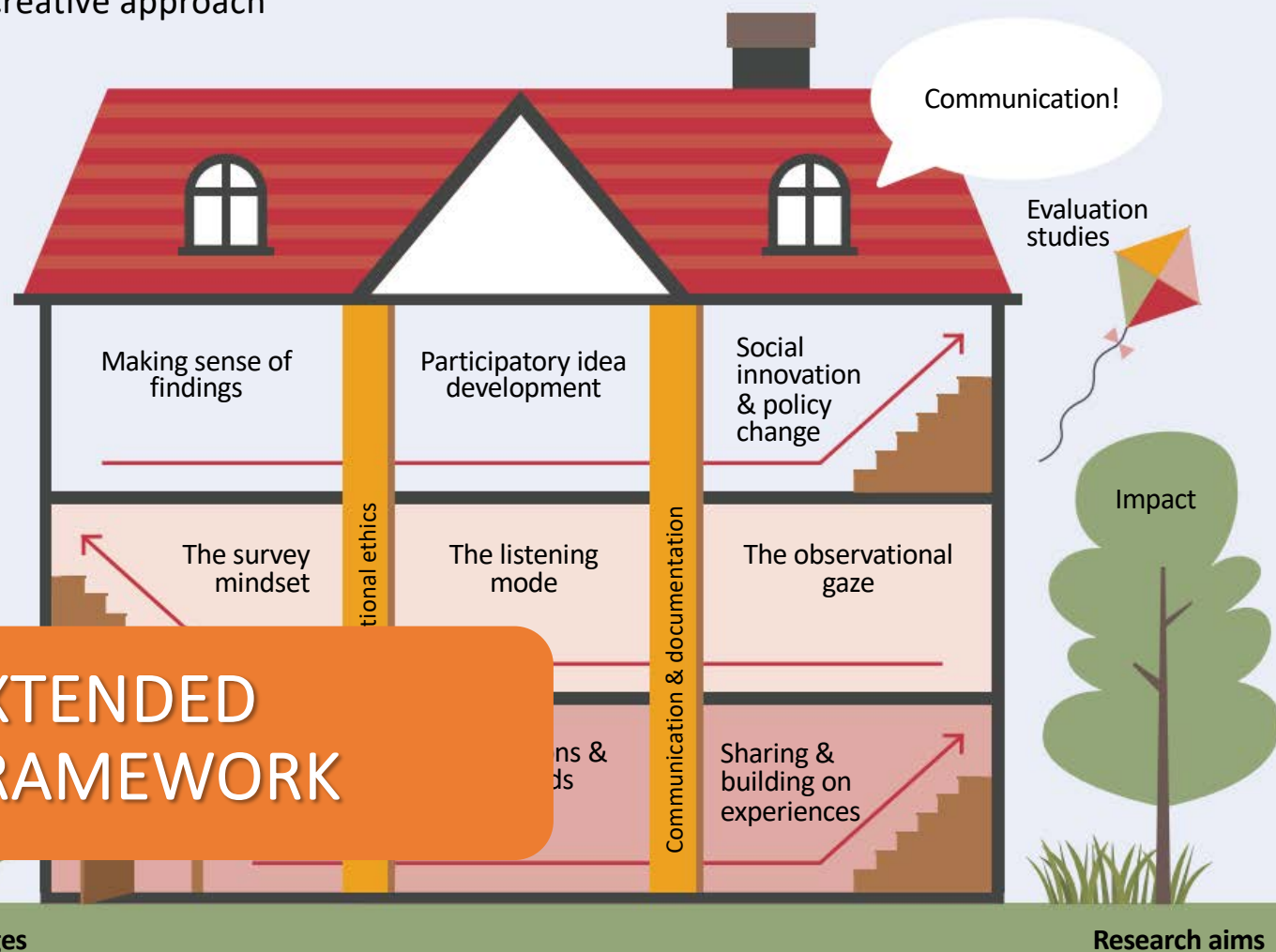
- Hope is not escape – it's rooted in shared meaning and action
- Youth are partners in transformation, not just recipients
- Design spaces that carry trust, co-agency, and dialogue
- *"Let's support youth in shaping a just and sustainable world."*



Check it out!



The House of Youth Citizen Social Science - a co-creative approach



WE DEVELOPED AN EXTENDED
METHODOLOGICAL FRAMEWORK



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