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SPRING

WHAT IS SPRING?

Spring is an idea competition for young people aged 15-19.

In Spring Idea Competition, teams of young people develop ideas to change the world for the better. Ideas can be big or small. Teams can apply to Spring with their idea from September 2nd 2024 to January 31st 2025.

The shortlisted teams (12) will be able to turn their ideas into reality with the support of Finland's best sparring partners at the Idea weekend in Helsinki. Six teams will be selected from the Idea weekend to enter the next stage of the competition.

The Spring-winners are decided by popular vote. Every young person in Finland has the opportunity to vote for their favorite-idea, and the winners will be announced by 1.5.2025. The teams behind the winning ideas will be rewarded with a summer job and a study trip.

SPRING

BE
DO
TO
MOR
ROW



WHY SPRING?

Spring wants to give young people the opportunity to act and influence the issues that matter to them.

Research shows that young people's faith in the future of the world is being tested. At the same time, many young people feel that they do not have enough power to influence the future. Young people have the capacity to think in new ways, and everyone benefits from listening to them.



WHAT DO PARTICIPANTS GET FROM SPRING?

During Spring, you will learn to identify problems, brainstorm solutions and make them a reality together with a team, with the help of the best experts in Finland.

The winning teams will be rewarded with a four-week paid summer job (€1500 per person) to promote their idea. The summer job includes a study trip abroad in Europe.

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2.9.2024-31.1.2025

Application period:
Spring idea workshops and events

14.2.2025

The twelve teams chosen to the Idea Weekend
are published

11.-13.4.2025

Spring Idea Weekend
at the VALO Hotel, Helsinki

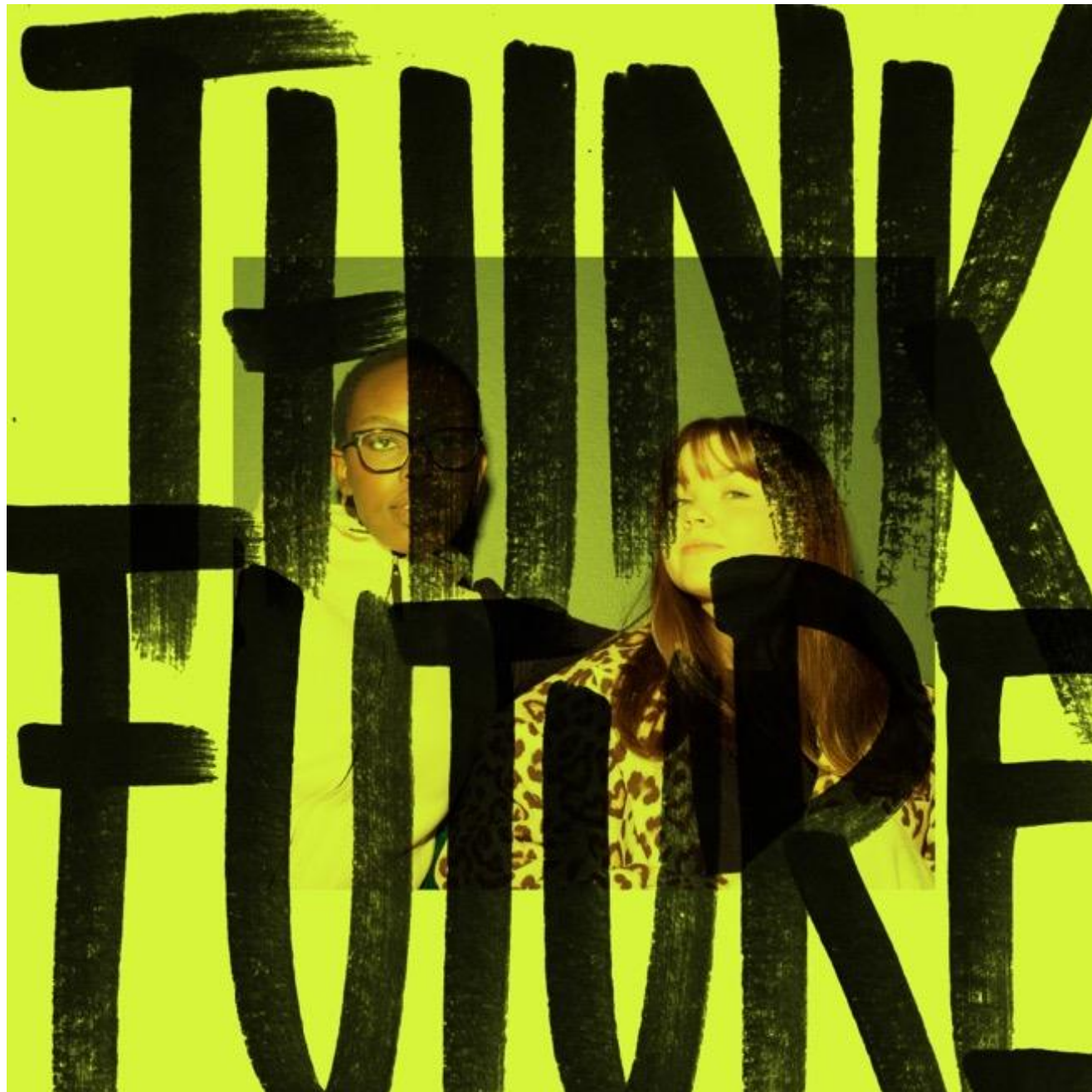
April-may 2025

3 winning teams are published

June 2025

The winning teams develop their ideas during the
summer job and study trip

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SPRING-SPRINT DURING THE SCHOOL DAY

In the Spring-sprint, you will learn to identify problems and come up with solutions. With your ideas, you can apply for the Spring Idea Competition.

You can find the necessary materials and further inspiration at: thisisspring.fi

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**EVERY BIG CHANGE
STARTS WITH A
SMALL IDEA.**

Although there are many challenges, there is also hope.

Never before has humanity been so well placed to solve problems and change the direction of the future. For example, insect hives have revived the bee population that is essential to all our lives, solar-powered light bulbs provide light in the event of power cuts, and the internet provides anonymous and free help for many situations.

Small ideas and insights can have a big positive impact on people's daily lives and even on the world. You could be the inventor of such an idea.

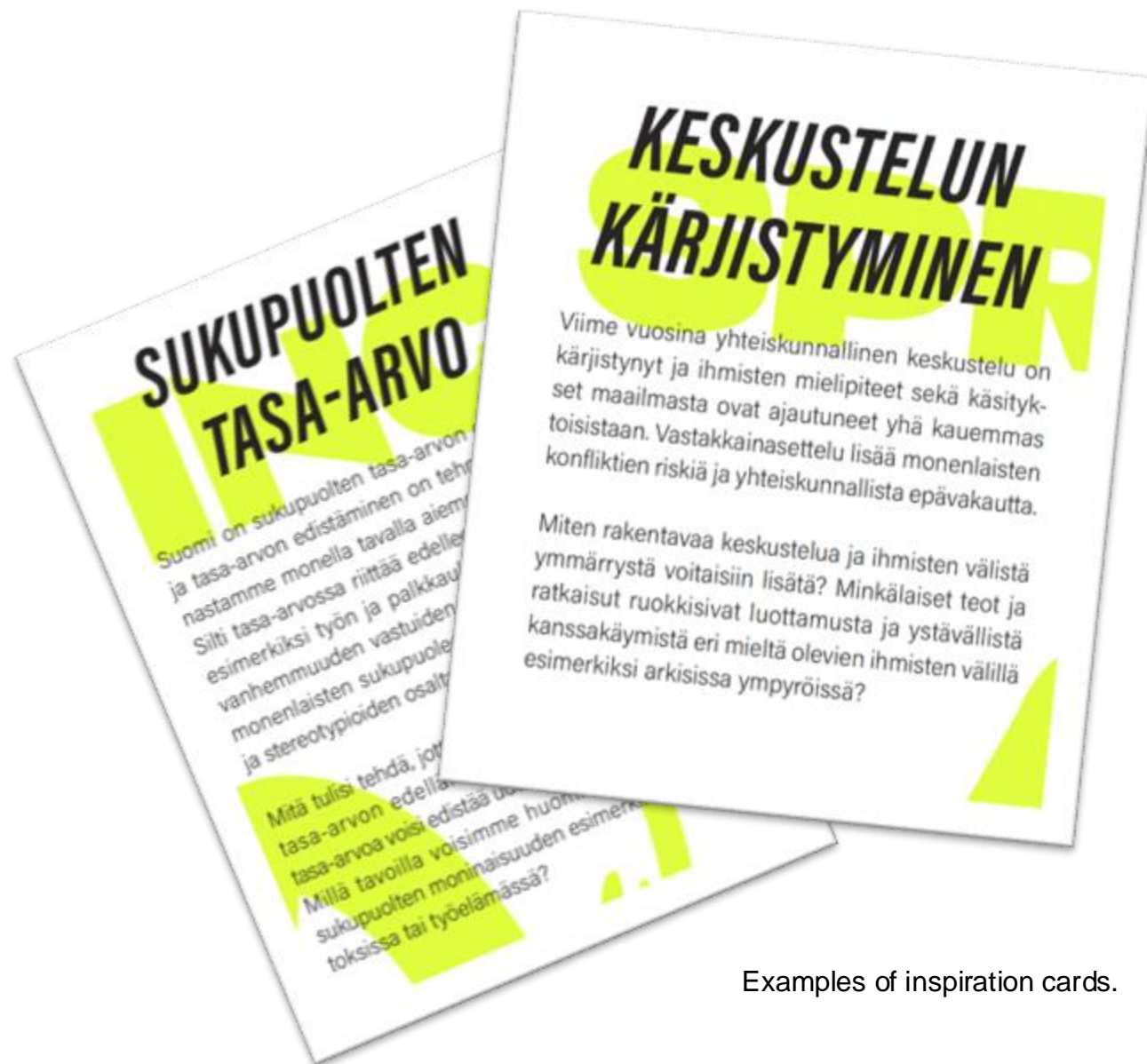
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*I wanna
Change
the
World!*



**PART 1:
IDENTIFY
PROBLEMS**

PART 1: PRESENTATION AND SELECTION OF INSPIRATION CARDS



Examples of inspiration cards.

Inspiration cards present phenomena that occur in the world. Their purpose is to stimulate and concretise thinking, and provide inspiration for things that could be changed in the world.

The themes are broad, but they can provide students with everyday perspectives and solutions. An idea can be a solution to an everyday challenge or a major international issue.

PART 1: PRESENTATION AND SELECTION OF INSPIRATION CARDS

TASK 1:

1. Divide into teams of 3-5 people.
2. In a class, everyone should go through the titles of the inspiration cards (next page).
3. Each team chooses the title that interests them most.
4. Each team will have a closer look at the inspiration card (in print or at thisisspring.fi).

PART 1: PRESENTATION AND SELECTION OF INSPIRATION CARDS

TASK 1:

Themes and titles of the inspiration cards:

WELL-BEING AND HEALTH

- Loneliness
- Mental health
- Exclusion
- Pressures and coping among young people
- Caring for older people
- Bullying
- Loss of concentration

CLIMATE AND ENVIRONMENT

- Fast fashion vs. slow fashion
- Transport emissions
- Food waste
- Pollution of seas and water bodies
- Nature crisis and species extinction
- Water shortage
- The energy crisis

WORK AND FINANCE

- Changing working life
- Economic difficulties
- Skills shortages

INCLUSION AND SOCIETY

- Escalation of the discussions
- Increased access to influence
- The rise of populism
- Lack of trust in institutions
- International conflicts
- Fake news

EVERYDAY LIFE AND LIFESTYLES

- Online shopping
- Responsible consumption
- From owning to sharing
- Vegetarian diet
- Passive lifestyles
- Free time activities

DIGITAL LIFE

- Social life on the web
- The digitalisation of life
- Harnessing artificial intelligence
- Virtual reality and augmented reality

EQUALITY AND EQUITY

- Gender equality
- Youth exclusion
- Equality
- Immigration
- Increasing skills gaps

PART 1: PRESENTATION AND SELECTION OF INSPIRATION CARDS

TASK 2:

1. Once you have selected and explored your inspiration card, it is time to think about the problems or challenges associated with that phenomenon.
2. In your team, come up with at least 10 problems or challenges related to your chosen inspiration card. Write them down on a piece of paper or, for example, in a note on your phone.

You have 5 minutes to complete the task.

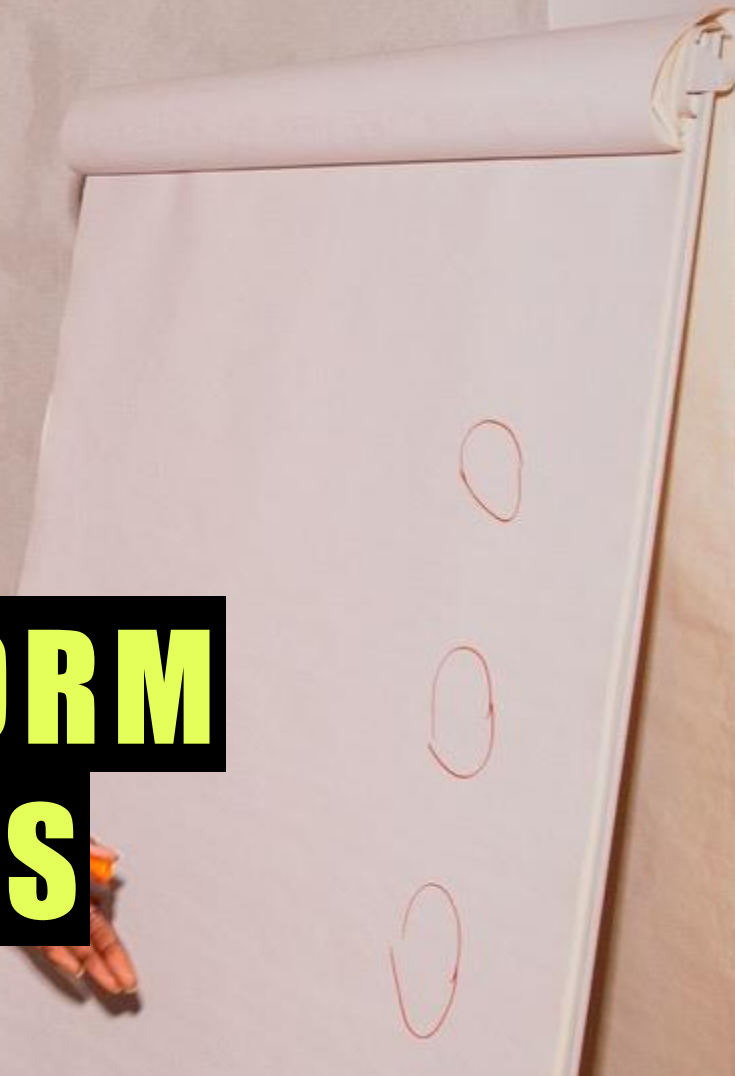
Start your sentence with the words:

I think there is a problem that...

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Be
the
change

**PART 2:
LET'S
BRAINSTORM
SOLUTIONS**



PART 2: GOING THROUGH THE PROBLEMS AND MAKING CHOICES

TASK 1:

What problems did you identify?

1. Each team presents the inspiration card they chose to the whole class and explains why they chose it.
2. Please also indicate which ten (or more) problems you identified with the card.
3. Give each other feedback and tell us which problem you think is the most important.

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PART 2: GOING THROUGH THE PROBLEMS AND MAKING CHOICES

TASK 2:

Choosing the problem

From your ideas, choose one problem that your team wants to come up with a solution to.



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Something
good

**IDEATION
AND HOW TO FILL IN THE
APPLICATION**





Once the teams have chosen the challenges that interest them, it's time to come up with an idea to solve them. The idea is developed according to the questions in the Spring Idea Competition application form.

Each team fills in its own application at: thisisspring.fi

You can only submit your application online. It should be completed during the lesson.

However, if you want to draft an application on paper, you can print out the application form at the end of this material.

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HOW TO APPLY

STEP 1:

TELL US ABOUT YOUR IDEA

Idea name

- At this point, "job name" will also do, you can change the name later.

Your idea in one sentence

- Condense your ideas into a single sentence that tells what you are doing and who you are doing it for.
- Example: 'A mobile app that connects lonely elderly people and volunteers.'

A more detailed description of your idea

- Describe your idea and tell us in more detail what you are doing, why you are doing it, who you are doing it for and how your idea will work in practice.

STEP 2:

THE PROBLEM YOU ARE SOLVING

What problem does your idea solve?

- Ideas are usually solutions to problems. Please tell us here what problem your idea is primarily trying to solve. If you have identified an untapped opportunity, describe it here.

Who has this problem?

- Tell us here whose lives your idea would make easier or better.

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STEP 3:

THE TEAM BEHIND THE IDEA

Why do you want to promote this idea?

- Tell us why this idea is important to you.

What makes your team great at making this idea a reality?

- Tell us about the knowledge and skills of your team members. What are your strengths that you can use to implement the idea? What kind of help do you need to implement the idea?

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STEP 4:

CONTACT

Team members

- Spring is attended by a team of 3-5 people. Please list the first and last names, ages and places of residence of the team members.

Contact person

- Please nominate a person to act as the team's liaison with the Spring organisers.

Contact email address

- Please provide the email address of the contact person here, so that you can be contacted. The email can belong to one of the team members.

Contact telephone number

- To ensure contact, we need the phone number of the contact person.

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SEND YOUR APPLICATION

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