Objectives
Young people in Sweden aged 16-24 have had worse health development than other age groups in recent decades. In addition, a large proportion of young people have neither attended school nor had employment during the same time period. Although young people who neither work nor study are a heterogeneous group facing both common and individual challenges connected to future health and well-being, they often find themselves in vulnerable situations. To improve the health of young people, their voices should be heard which can be accomplished with qualitative research based on the participants’ views.

Aim: Describe and understand experiences that promote or undermine health and well-being from the perspective of young people who neither work nor study.

Method
Design: Qualitative study.
Participants: 16 young people aged 16-20 who at the time for the interviews did not have employment, were not eligible for upper secondary school or had dropped out of school.
Data collection: A task-based interview technique was used to get an insight into the young people’s life and what is important to them, as well as simultaneously strengthen the empowerment of the participants.
Analysis: Qualitative content analysis.

Preliminary findings
The findings consisted of the three themes: Living a tough life, Tasting the good life and Life changing experiences which show a complex and diverse picture of experiences that promote or undermine health and well-being from the perspective of young people who neither work nor study. Our comprehensive understanding of the themes and subthemes are that the participating young people were dealing with hardship and struggle for a sense of belonging which also can be understood as a struggle between feelings of exclusion and inclusion.