

Adapting for Young Adults

Relationships are key to a successful young adult event. If you are bringing young adults together for the first time, you will want to integrate meaningful community building opportunities into your schedule. Keep in mind that young adults also benefit from free time. Be intentional about including time for sabbath and breaks that will allow young adults to engage in informal conversations and organically build relationships.

Young Adults are open to more in-depth learning and diving into specific topics, so do not be afraid to provide this as part of your programming. Many young adults also enjoy practicing what they learn. Offering opportunities for service and experiential learning at your event is a great way to facilitate this.

A young adult mission or service component can be a wonderful option to thoughtfully integrate into your event. This could include volunteering at a local food bank, community garden, or shelter, or doing a project onsite. For example, creating care packages for a ministry such as Sacred Sparks, an outreach of Nashville Presbytery of the Cumberland Presbyterian Church, or for a campus ministry serving students at a local college or university.

Keep in mind that there are different demographics within the category of young adult that are important to consider when planning your event. For example, some young adults are in school, some are just entering the workforce, and some are a little more established in their careers. Some are married, some have young children, and some are single. Many young adults will fit into multiple categories. If there is a mix of young adults in different life stages at your event, consider creating group study or seminar options relevant to specific life stages that allow them to gather for exploration and conversation around a relevant topic.

Another thing to consider for a young adult gathering is if there will be a need for childcare. This could be on-site supervision during the planned activities, or even a separate program designed for children. Ideas for intergenerational or family gatherings are included in the next section. Additional schedule-specific adaptations for hosting young adult groups are included along with each itinerary.