



# *Youth work for European values*

Mobility of youth workers, KA153-YOU

17-25 May 2023 in Stockholm, Sweden

Ungdomsfronten is hosting a Professional Development Activity, granted by MUCF and funded by the Erasmus+ programme, gathering 23 participants from 7 partner NGOs

## Information for participants

Dear participants, we are looking forward to starting the cooperation with you in Sweden. On the following pages you will find some **useful information** about the upcoming Training Course. Please read it carefully, as some of them are very important; everything written in this infopack, once you receive it, will be considered as **fully understood and agreed**.



The group will consist of **23 participants** (including trainers and organizing team), coming from Italy, Bulgaria, Spain, Poland, Portugal, Romania and Sweden. This will enable you to meet different people and find partner organizations for further activities within the framework of **Erasmus+ programme**, but remember that such contacts are the bonuses of the project, not the main content.

- **Project summary**

This project arises from the need to explore the sense of **European belonging** and **citizenship**, stimulating effective actions starting from the local context, leading to **social inclusion** and **fight against discrimination**. The aim is to transform the opportunities offered by the EU into concrete actions to shape Europe and its institutions based on the **real needs** of the population.

**Main objectives** of the project are:

- Explore sense of **personal identity** in relation to European identity
- Educate youth workers and partner NGOs to **promote European values** among young people
- Provide specific information and expertise on **EU documents and institutions**
- Develop knowledge and skills of **European citizenship** and **active participation**
- increase the **competences** of youth workers **to work with young people** in their local contexts
- strengthen **partners' base of competences** and **exchange of good practices**
- increase knowledge and opportunities deriving from **Erasmus+ programme**



Through **non-formal education methodologies**, we aim to provide participants with the right tools to support their learning process, creating an experiential and **inclusive environment** that will be completely focused on their needs. Everyone will be encouraged to share experiences and take initiatives and challenges, with the support of trainers and organizing team

- **Hosting & Partner Organizations**

The present Training Course is hosted by **Ungdomsfronten**.



**Ungdomsfronten** is a non-profit and non-governmental organization that works on youth initiatives development and realization of innovative projects. We are based in Stockholm, Sweden. Ungdomsfronten have been established by a group of youth that realized their needs to make a difference in the society. Our main goal is to open the youth eyes and show that together we can change and together we can build a better Europe. Our national activities are based on non-formal education. We are arranging workshops and some other activities to the youth in the local community. We are looking forward for international cooperation within Europe and the world. Our staff are experts in the youth field and some of them have a long history in the local and international work within the youth area. Ungdomsfronten mainly focuses on youth, especially those young people with fewer opportunities; we realize that a lot of these young people have difficulties and we recognize that youngsters coming from minority cultures (having different cultural background), have such problems really often. We are always open for everyone who needs help and support.

## **Our partners**

### **SDRUZHENIE PROFESIONALEN FORUM ZA OBRAZOVANIETO**



Email: [O forum@abv.bg](mailto:forum@abv.bg)

### **Paolab**



[paolab2006@gmail.com](mailto:paolab2006@gmail.com)

### **Just do it!**



Email: [justdoitpoland@gmail.com](mailto:justdoitpoland@gmail.com)

## CXJV Conexão Jovem Associação



Email: [conexaojovem.geral@gmail.com](mailto:conexaojovem.geral@gmail.com)

## ASOCIATIA PENTRU DEZVOLTARE ACTIVA



Email: [Dezvoltare.activa@gmail.com](mailto:Dezvoltare.activa@gmail.com)

## Asociación Xuvenil Arousa Moza



[arousamoza@gmail.com](mailto:arousamoza@gmail.com)

- **Participants' profile**

- 3 people per Country respecting **gender balance**
- Leaders and volunteers **actively involved** in their sending organizations
- Youth workers with some **experience in international projects** and/or already working with people with fewer opportunities in their communities, **motivated** to share and increase their knowledge about the topic of the project, in particular as concerning **European values, active citizenship** and **social inclusion**
- Priority to **people with fewer opportunities**, especially NEET (Not in Employment, Education and Training) people, youth workers coming from rural areas and those subject to discrimination because of gender, ethnicity, religion or sexual orientation



- **How to get here ?**

To reach the venue you must head to the train station called “**Västerhaninga**”. From there you will need to take a bus 845 to Skälåker. To start your trip, you can land either at **Arlanda** international airport. Below there are some **useful information** to organize your trip:

**N.B.** It is very important **before buying** your flight tickets to **check the timetables of the trains** (follow the instructions of this infopack), because options can be limited and it is crucial that the train timetables are **matching with the flights' landing/departure hours!** If you have any problem to find good options, contact

us and we will give you all the necessary support to find the best solutions

Check the. Trains and bus from [www.sl.se](http://www.sl.se)

- **Logistics, Preparation & Activities**



**Check-in** at the place is possible only from **5 pm** on the **17<sup>th</sup> of May** therefore, plan your trip to Skälåker bus station accordingly. On the arrival day we will only have dinner and a first **informal meeting** with basic information to familiarize with the place and its facilities, no further activity is planned.

The **25<sup>th</sup> of MAY** is departure day, and **check-out** is due by **11 am**. Be sure to keep in mind the hours and duration of the train journey (checking from [sl.se](http://sl.se) website), according to the departure times of your flights, and book the tickets accordingly. We will take you to the train station based on your travel plans.

**Preparatory tasks** for every **national group** and more detailed **timetable of activities** will be provided to the selected participants before the Training Course

- **Venue, Food and Accommodation**

**You will be accommodated in same gender rooms. In a shared house. With other participants Each. Room will be shared by 2 people (according to availability and group composition), with participants from other nationalities. If you want to give us a preference about a possible roommate, please let us know in advance.**

You will be provided with **three meals per day**, plus **2 coffee breaks** in between the morning and the afternoon sessions.

You can check the website of the venue at the following link <https://en.galohavsbad.se/>

Moreover, the venue has a **wide external space** that can be used for our activities, or just to enjoy and relax during the informal and free time

- **For the Reimbursement:**

To ensure the reimbursement of your travel costs, you are requested to arrange your journey by the **most economical route** and to make use, wherever possible, of any available reduced tariff (student fares, discount for young people, etc.).

**Mind that you need to be in Sweden on the 17<sup>th</sup>**

**of May and to leave on the 25<sup>th</sup>.** You are allowed to stay for a total of **2 extra days** (before, after, or a combination of both), but keep in mind that the project **budget doesn't cover** food and accommodation outside of the official dates.

The travel costs within the budget limit of your Country (see below) will be reimbursed only if these

**4 conditions** are fulfilled by **EACH MEMBER OF YOUR GROUP**:

1. You gave all the **ORIGINAL** tickets to our organization. It is fundamental to bring the invoices or the travel confirmations where it is clearly shown:
  - a) **the name & surname of the traveler;**
  - b) **the cost incurred/price paid;**
  - c) **the date and itinerary of the travel;**
  - d) **the date of the purchase;**
2. You attended the **full duration** of the Training. Absence to any activity is only allowed for justified and proven reasons, communicated beforehand to the trainers;
3. You submitted every **survey** and **report** that our organization or EU requested;
4. You did your planned **dissemination and follow-up activity**, with evidence of implementation;

Return tickets must all be provided by postal service once you come back home, unless you have the chance to provide them to us during the training itself.

**N.B. We highly recommend this option, as in this case you won't spend the**



money (not refundable) of the postal service, the reimbursement will be faster because we won't need to wait for your tickets to arrive and there will be no risk to lose the postage. Therefore, we strongly suggest you to make electronic tickets and online check in, whenever possible



following:

The budget limit per each participant is the

**Bulgaria, Poland, Portugal, Romania: 275€**

**Italy and Spain: 360€**

**There is a participation fee of 20€ that will be deducted from your travel costs**

In case the amount of your ticket is not written in euro, we will use the **European commission currency converter** with the exchange rate of the day of your purchase.

The above budget includes all the means of transportation for the **round trip** as specified in this section of the infopack. If you exceed the above budget, it will be **up to you to cover the extra expenses**, so try to buy your tickets as soon as possible, in order to avoid the increasing prices (of the flights mostly).

**TAXI, car sharing services and other similar private transportations are not refundable** (e.g. Uber, MyTaxi, Blablacar, etc.), so do not consider them as options while planning your trip



- **Health Insurance**

Before coming to Sweden please make sure that you have a **valid health insurance!**



For those who have **European Health Insurance Card (EHIC)**, bring it with you or request it if you're EU resident and you still don't have it, while for those who are not eligible for it, you can buy a travel insurance.

You can buy it **while booking your flights**, since every company give it as option. Such insurance must cover **medical treatments** and **expenses** incurred abroad.

This is absolutely a must to join the project.

Costs regarding Health Insurance can be reimbursed **ONLY** to the participants not eligible for EHIC and **ONLY** if insurance is bought together with the flight ticket in the same invoice/confirmation. Any other scenario will not be taken into consideration.

Keep in mind that it will always be your **full responsibility** to comply with all the safety rules and regulations while participating to the training.

## **Stockholm , Sweden**

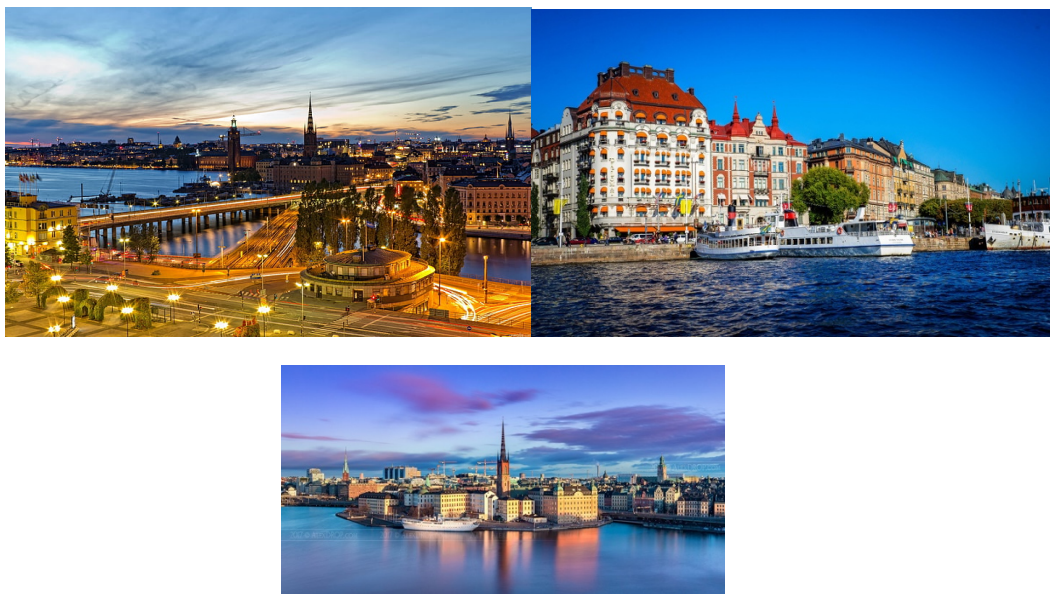
Stockholm is the capital city of Sweden and its largest city. It is located on Sweden's east coast, where Lake Mälaren meets the Baltic Sea. Stockholm is a major cultural, economic, and political center of Sweden, and is home to many important institutions, including the Swedish government, the Royal Palace, and the Nobel Prize ceremonies.

The city is spread across 14 islands and is connected by over 50 bridges, giving it a unique charm and character. Stockholm is known for its stunning architecture, beautiful parks and waterways, and its rich history and cultural heritage.

Some of the popular tourist attractions in Stockholm include the Vasa Museum, which houses the 17th-century warship Vasa, the Skansen open-air museum, the Royal Palace, and the Old Town, or Gamla Stan, which is home to many historic buildings and narrow cobbled streets.

Stockholm is also known for its vibrant food and drink scene, with many trendy restaurants and cafes offering a range of cuisines and local specialties. The city is also home to several high-profile events and festivals, including the Stockholm Film Festival, the Stockholm Pride Parade, and the Stockholm Marathon.





## WHAT TO BRING & TO KNOW

- Materials to make a presentation about: your work, your organization, your interests or what you do
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- Standard equipment: alarm clock, any dictionaries you might require, warm and comfortable clothes/shoes, etc.
- Fresh ideas for future projects and cooperation
- Something from your country, (Drinks , food etc ) to share with others and to stimulate the senses



In particular: bring some food and non-food items from your country. In order to share and present your Country/culture/community to other participants there will be intercultural evenings. On these evenings you are expected to create interactive and creative presentations where you can use traditional food, drinks, music, dresses, flags, brochures, etc. You can also make quiz, dances, performances and/or theatre sketches and on that way present tradition, habits, language and people from your country, just be active and creative!!!

## Currency:

Despite being a part of the EU, Sweden does not use the euro. There was a referendum back in 2003 and at that time, Swedes decided not to adopt the single currency

1 SEK = 0.08721 Euro

It is more usual here for people to use cards for transactions but if you need cash there are ATMs almost everywhere, or you can exchange from EUR to SEK in the airport.

### Weather

As you all know Sweden is a nordic country and the weather can be very unpredictable, so we recommend you to take warm clothes, even if the project is happening almost during spring time.

The average temperature in the region in that time of the year is around 15°, and it can go below during the afternoon/evenings

### CONTACTS & FB GROUP

For any question you have don't hesitate to contact us. Ungdomsfronten Facebook page:

<https://www.facebook.com/UF2013/>

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**Ungdomsfronten mail:** [ungdomsfronten@gmail.com](mailto:ungdomsfronten@gmail.com)

**Facebook group** We will create an official facebook group of the project later on. On that virtual space we can start getting to know each other, familiarize with the topic and objectives of the exchange, and ask all the information you might need



LOOKING FORWARD  
TO MEETING YOU IN  
SWEDEN!