

Youth Exchange



28 AUGUST - 4 SEPTEMBER 2019

STOCKHOLM REGION, SWEDEN

LRN2 be Intercool2ral Youth Exchange – Infopack

About the project:

Something that is left for us to enjoy, and pass it down to our youth, are old traditional games. Unfortunately in today's world, there is not enough space left for them to be seen and practiced. The digitalised world has taken over our youth, and old ways of having fun are slowly decaying into oblivion.

Traditional games are a cultural heritage, born from old customs in the past, that somehow remained alive in modern civilization. When it comes to the intercultural learning in non-formal education today, these traditional games can be utilized as a tool for promotion of multiculturalism, and as a thread that binds all youngsters from different countries of Europe and different cultural backgrounds. These games could open new doors for cultivating the links among youngsters no matter where they are from. This is an opportunity that through fun, we learn from one another, adopt new things, and develop new knowledge about others, who are different, but maybe not as different as we thought.

Through cherishing and accepting the Diversity among us, we will increase the tolerance and promotion of peace in our society. The significance of multicultural education is that it gives individuals the opportunity to examine their own social and cultural stereotypes and prejudices, break those down, and change their perspective within their own setting.

Hosting organisation:

Translating from English, Framtidståget means “the Train of Future” which in line with our name, Framtidståget mission is to help people get on the right track for a better future. Framtidståget's motto is giving people a second and, when needed, a third chance. In our work we aim to contribute to building a more peaceful and inclusive society.

The main areas of work are:

- Working with young people in difficult situations through therapy methods,
- Working with families who struggle with violence in their families, to help them build more peaceful and fulfilling relationships,
- Integration work and working with foster families hosting minor unaccompanied newly arrived young people,
- International youth projects.

The main target groups are children and young people, especially, youth at risk and young people with fewer opportunities.

Arrival to Stockholm:

Upon your arrival to Stockholm, you will land at either Arlanda or Skavsta Airport.

From there, your journey includes 2 buses and one short metro ride.

First, just outside of the airport you will take the Airport Shuttle bus (45 mins from Arlanda and 80 from Skavsta) to Stockholm's central station (aka T-Centralen)

The name of the company is Flygbussarna and you can check the schedules on their website

<https://www.flygbussarna.se/en>.

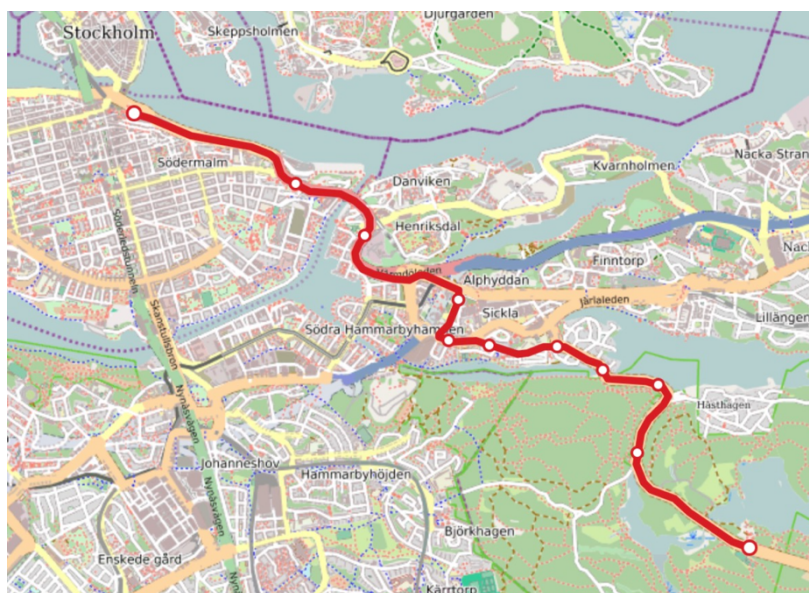
As for the tickets, we will send them to you on email and you can either print them, or just scan them from your phone once at the bus.



Once at bus station, you will find a representative from our organisation holding a sign with the project logo! He or She will help you to board the bus to Hellasgården where the rest of us will be waiting.

The bus will take 17 mins to reach Hellasgården.

Please remember to press the red stop button inside the bus once Hellasgården shows on the screen, otherwise the bus driver won't stop. In case you think you might have any difficulties, you may ask the bus driver to stop at Hellasgården earlier, they will speak English!



Venue, food and accommodation:

The project will take place in Hellesgården, which is a resort located on a lake within 20 minutes from Stockholm's centre. Participants will be accommodated in cottages where they will stay in rooms of 4 with people of the same gender. The venue offers possibilities for many activities such as swimming in the lake, as well as other activities like Sauna, Kayaking and hiking. (Some of which are free, some of which are not)



Please keep in mind that the cottages are rather small when packing, and travel light and avoid bringing big suitcases since it will be rather difficult to store them.



There are two shared bathrooms and showers facilities next to the rooms for the two genders. Please keep in mind that bathrooms are outside of your rooms and you will have to walk outside (bring flip-flops!) Our meals (breakfasts, lunches, dinners in addition to two coffee breaks) will be served in the common kitchen where your special needs and food diets will be fully respected. Wi-Fi is also available in the common area (kitchen).

You can find more information about Hellesgården in English on their website: <https://hellesgarden.se/en>.

Travel costs and reimbursement:

Travel costs will be reimbursed in accordance with the Erasmus+ rules.

The team leaders will be responsible for collecting the documents from their participants are submitting them to Anas during the activity.

As for the rest of the tickets (that could not be submitted in paper format during the activity), they have to be sent by post after the project to this following address:

Anas Haouat
Föreningen Framtidståget
Västberga Allé 1A, 9 tr.
12630 Hägersten
Sweden

Electronic tickets/boarding passes won't have to be printed, you only have to email them to:
anas.h@framtidstaget.se

One week after the project, the team leaders will receive a reimbursement form which will have to be shared and filled in by the participants with the travel itinerary and costs.

The reimbursement will be issued in a bank transfer between 4 and 6 weeks after the end of the project to the bank account of the sending organisation/or team leader, upon the submission of ALL required travel documents either in paper or electronic format.

***Insurance:***

European citizens are required to bring their blue EU health insurance card. Otherwise we recommend You to have a travel insurance valid in Sweden during the stay.

Please note that insurances are not covered by the project and they will be on your own cost.

Intercultural evening:

For the intercultural evening, please bring some typical food/snacks from your country which will be shared with other participants during intercultural night. We kindly ask you not to bring any alcoholic drinks for that evening since Föreningen Framtidståget has a strict non-alcohol policy.

What to bring:

- Flip flops
- Shampoo, soap, medicine and anything that you would need.
- Swimming wear,
- Towels for swimming (shower towels will be provided)
- Sport shoes
- Protection from mosquitoes and insects (cream or spray ..)

Contact:

- Anas Haouat: Project Manager -
anas.h@framtidstaget.se or Whatsapp at +46
722609291
- Stevan Malajmare: Facilitator -
kibitzkolektiv@gmail.com



Don't hesitate if you have any questions, and see you very soon 😊 !