



uNGOvernable?

Limmared 26th of May – 03 Juni 2019

Ungdomsfronten

Orgnr. 802475-4965, Bankgiro: 514-8085

Övre Torekällgatan 30B, 151 33, Södertälje,

Sweden

Tel; +46 73 268 40 08, website www.uf2013.com

PARICIPANTS' PROFILE

- 3 participant per Country (4 from Italy and Sweden), with respect of gender balance
- Youth workers, youth leaders and trainers actively involved in their sending organizations and experienced in NFE and Erasmus+ projects
- Social workers and volunteers with motivation and strong interest but not necessarily rich international experience
- Priority to will be given to people coming from rural or disadvantaged areas and those facing social and economic obstacles



HOSTING ORGANIZATION



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.

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INSURANCE

Please make sure that coming to the project you have a valid health insurance! For those who have European Health Insurance Card, bring it with you or request it if you're EU resident and you still don't have it, while for those who haven't, you can buy a travel insurance covering potential medical needs.

You can buy it while booking your flights, since companies usually give it as an option, or searching for an insurance online to cover the days of the training.

Your health insurance should make it eligible to have medical treatments abroad.

This is absolutely a must to join the project

Costs regarding Health Insurance can be reimbursed **ONLY** to the Countries not having EU Card and **ONLY** if it's bought together with the flight ticket.



TRAVEL AND REIMBURSEMENT

Participants are expected to arrive on 7th of March to the venue (see below) and to leave on 15th. There is possibility to arrive and leave up to 2 days before and after the official dates of the Training, but food and accommodation for the extra days are not covered from the project. Therefore, food and accommodation are provided starting from the dinner of the 7th until breakfast of the 15th.

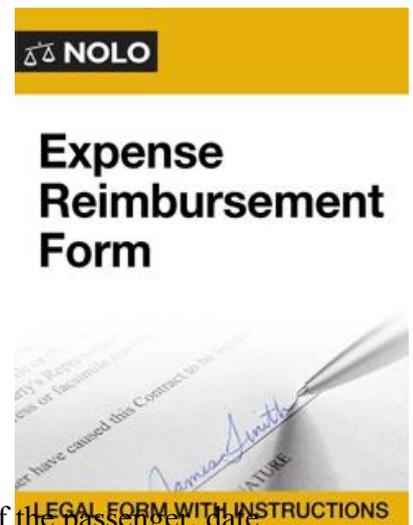
You can check your itineraries keeping in mind the following limits:

- 20€ – Sweden
- 275€ – Romania , Czech republic , Italy , Croatia . Poland and Macedonia
- 360€ – Greece

- 100% of accommodation and food costs will be covered
- There is a participation fee of 30€ that will be deducted from your travel costs

Travel costs will be reimbursed only if these 3 conditions are fulfilled:

- You gave all the ORIGINAL tickets to our organization. It's fundamental to keep and bring the invoices or the travel confirmations as well; On all documents that you provide the following elements must be clearly indicated: price, currency, name of the passenger, date of purchase and travel itinerary;



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- You attended the full duration of the training course;
- You submitted any report that our organization or EU requested;

In case the amount is written in your local currency, we will use the European commission calculator currency according to the exchange rates from official European Commission website for the month of ticket purchase:

<http://ec.europa.eu/budget/inforeuro/index.cfm?Language=en>

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 (for instance, if you can make electronic tickets and online check in).

N.B. Do not take taxi. In such case we will not be able to reimburse these costs

IMPORTANT! Do not buy tickets before you get confirmation of your itinerary from the hosting or the sending organization! Send your ticket proposal to ungdomsfronten@gmail.com or to the sending NGO from your Country



VENUE, ACCOMODATION AND FOOD

TBA

The Venue is going to be defined in the next weeks, but it will be reachable from both airports in Stockholm and Goteborg, so you can already check your itineraries according to the cheapest options.

The possible airports are:
Göteborg Landvetter (GOT)
Stockholm Arlanda (ARN) or Stockholm Skavsta (NYO)

Participants will be divided in different rooms with same gender and mixed nationalities.

Three meals per day and coffee breaks during the morning and afternoon sessions will be provided during the training course.

If you have any special needs e.g. mobility, health care, allergies, dietary needs, etc., please start informing your sending NGO or the hosting organization.



Selected participants will be invited to fill in a google form that will be shared later on, where all relevant information from participants will be asked (personal, travel & logistic, health)

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WHAT TO BRING & TO KNOW

- Materials to make a presentation about: your work, your organization, your interests or what you do
- 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, to share with others and to stimulate the senses



In particular: bring some food and non-food items from your country but be aware that no kitchen facilities will be available (don't bring food that requires cooking). 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 = 0.09721 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 Stockholm

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 5°, and it can go below during the afternoon/evenings

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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

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!

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