



# *uNGOvernable?*

*Limmared 26<sup>th</sup> 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](http://www.uf2013.com)

[illegible]

- Train management and organization skills, also developing a specific toolbox
- Inform and guide youth workers in the development of a professional career in the third sector
- Improve competence in PR, fundraising and marketing
- Improve the level of key competences and skills of participants (mostly with fewer opportunities) and introduction to the practices of self-evaluation of the 8 Key competences
- Increase networking and collaborations among partner organizations
- Inform about the opportunities and the benefits of the Erasmus+ Programme, especially for NGOs and youth workers

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## 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 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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## PARTNERS



Organisation's name	Country
SFERA ITALY	Italy
PLATFORMA GIA TIN EKPAIDEUSI KAI KATARTISI POUTON - ELLAS	Greece
Stowarzyszenie Suerte Limón	Ploand
Association SlasT s.Zivalevo Kratovo	The Republic of North Macedonia
Asociatia pentru Tineret Mind Tools	Romania
DEVELOPMENT INITIATIVES FOR A COMMON EUROPE, Z. S.	Czech Republic
Udruga za lokalni razvoj "Turbina promjena"	Croatia

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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.



## VENUE, ACCOMODATION AND FOOD

The Training Course will take place in Limmared, a village located around 1 hour and half away from Gotenborg.

Participants are expected to arrive on 26th of May to Limmared train station, which will be the meeting point with the organizers. The nearest major airport is Gothenburg City Airport (GSE / ESGP). Another major airport is Göteborg Landvetter Airport (GOT / ESGG).

As concerning the possible airports of arrival/departure you can also check Stockholm – Arlanda (ARN) or Skavsta (NYO) – Malmo, Oslo and Copenhagen and take the bus (e.g. Flixbus) or train to Limmared. Link to the Swedish train website is the following: [www.sj.se](http://www.sj.se)

You can check your itineraries according to the cheapest options, knowing that Gothenburg airport is of course the closest.

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.

In particular, 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)



## TRAVEL AND REIMBURSEMENT

Participants are expected to arrive on 26th of May to Limmared station and to leave on 03th of June 2019. 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 26<sup>th</sup> until breakfast of the 03<sup>th</sup>.

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;
- 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](mailto:ungdomsfronten@gmail.com) or to the sending NGO from your Country**



## 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 10°, 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/>



**Alaa Muneer** – President of Ungdomsfronten and Project Manager

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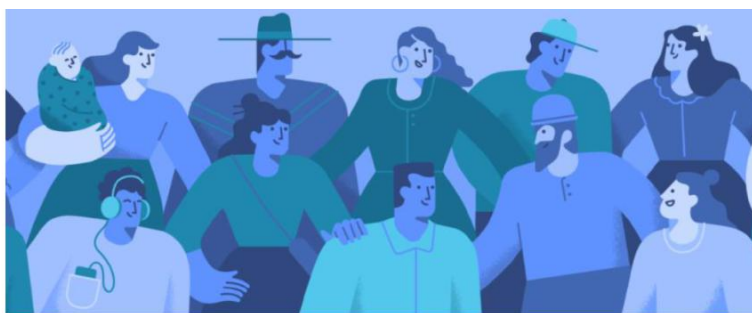
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**Facebook group** We will create an official facebook group of the project later on. On that virtual space we can start getting to know each other, familiarize with the topic and objectives of the exchange, and ask all the information you might need



LOOKING FORWARD  
TO MEETING YOU IN  
SWEDEN!

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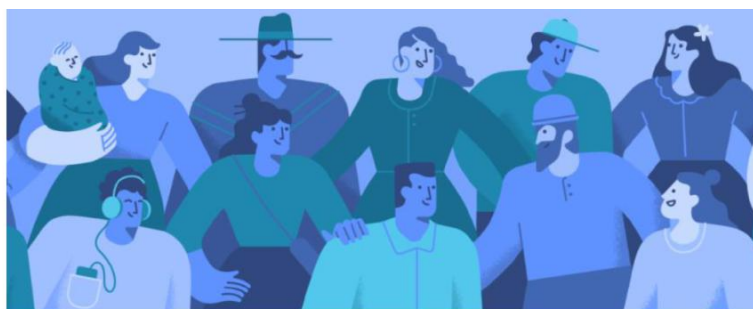
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LOOKING FORWARD



