

INFO-PACK

SPECTRUM OF INCLUSION

Erasmus+ Youth Exchange

Project ID: 2022-1-SE02-KA152-YOU-000069067

23rd September 2022 - 1st October 2022

Brittebo, Jönköping, Sweden



INTRODUCTION OF THE ORGANIZER



The **Culture and Leisure Department (KFF) of Jönköpings Kommun** offers free activities and services to children between 9-12 years and youth between 13-25 years. There are nine recreational/youth centers spread around the Municipality. The goal is to focus on three dimensions - social, cultural, and recreational. Common activities at the youth centers aim to improve knowledge of social issues and to create a stronger community feeling. Jönköpings Kommun recognizes the importance of building a society where everybody feels included. Their approach embraces equality, culture, diversity and cooperation, and their ambition is to further develop the significance of culture at a local, regional, and international level, and to increase the attractiveness of Jönköping.



In 2018, the Municipality decided on a new International Strategy which offers a frame for the different departments to develop their own internationalization activities. After obtaining the Quality Label, Jönköpings Kommun started hosting international volunteers through the ESC in 2020, and in 2021 they started participating in more Erasmus+ projects, with "Spectrum of Inclusion" being the first youth exchange! :)

PROJECT AIM AND OBJECTIVES

Our Erasmus+ Youth Exchange “Spectrum of Inclusion” aims to create more inclusive opportunities for young people with migrant/refugee backgrounds in their communities. By working together we are one step further on the path to reaching our aim: a more inclusive environment. With that in mind, we decided to set the following objectives:

1. To develop key competencies for lifelong learning, mainly **intercultural competence**. This will raise self-awareness in relation to prejudices, stereotypes, and discrimination
2. To create **meaningful contacts** among young people from different EU countries and socio-economic-cultural backgrounds, in a non-formal and informal learning setting
3. To improve the **resilience skills** of youth by fostering self-awareness and self-confidence, and by learning strategies to cope with the challenges of inclusion
4. To explore the question of **inclusion in Europe** by learning from partner organizations



PARTNER ORGANIZATIONS AND CONTACTS

Europäische Janusz Korczak Akademie e.V.

Country: Germany

City: München

Contact: daniela.schreib@ejka.org



Udruga P.O.I.N.T.

Country: Croatia

City: Križevci

Contact: ivan.muslek@udruga-point.hr



Cremona
COMUNE DI CREMONA

Sport Evolution Alliance

Country: Portugal

City: Oeiras

Contact: marco.arriaga@sportevolutionalliance.com

Comune Di Cremona

Country: Italy

City: Cremona

Contact: daniele.gigni@comune.cremona.it

PARTICIPANTS' PROFILE

The partner organizations should be represented like this:

- *Sweden - 7 young people (16-25 years old) + 1 group leader**
- *Germany - 5 young people (16-25 years old) + 1 group leader**
- *Portugal - 5 young people (16-25 years old) + 1 group leader**
- *Italy - 4 young people (16-25 years old) + 1 group leader**
- *Croatia - 4 young people (16-25 years old) + 1 group leader**

Group leaders are 18+ years old, with no upper age limit.

With that in mind, “Spectrum of Inclusion” project will include 25 young people and 5 group leaders coming from 5 countries: Sweden, Germany, Portugal, Italy, and Croatia. Each partner should pay attention to gender balance during the selection procedure, and include at least two participants with fewer opportunities (e.g. facing social, health, economic or geographical obstacles) in their national groups.

PARTICIPANTS' PROFILE

We expect the following profile of participants:

- young people interested in creating inclusive environments and willing to learn more about it;
- motivated to contribute and fully take part in all stages of youth exchange project (including period before and after activity in Sweden);
- aged 16-25, with no upper limit for the group leader;
- be able to express themselves in basic English – in case someone is not confident about their English skills, group leaders and key staff of participating organizations will assist them during the project;
- advantage will be given to young people who still haven't taken part in international mobility projects.



OVERVIEW OF ACTIVITIES

The planned workshops and activities are designed to empower young people with basic knowledge, skills, and attitudes needed for acting and behaving inclusively and fighting discrimination and segregation. These are some of the main activities from the schedule: *Exploring and discussing the local realities; Politics - EU vs local; Poetry slam; Intercultural nights; Stereotypes, prejudices, discrimination, and racism; Art making; Movie night; Inclusion festival; Reflection and evaluation.*

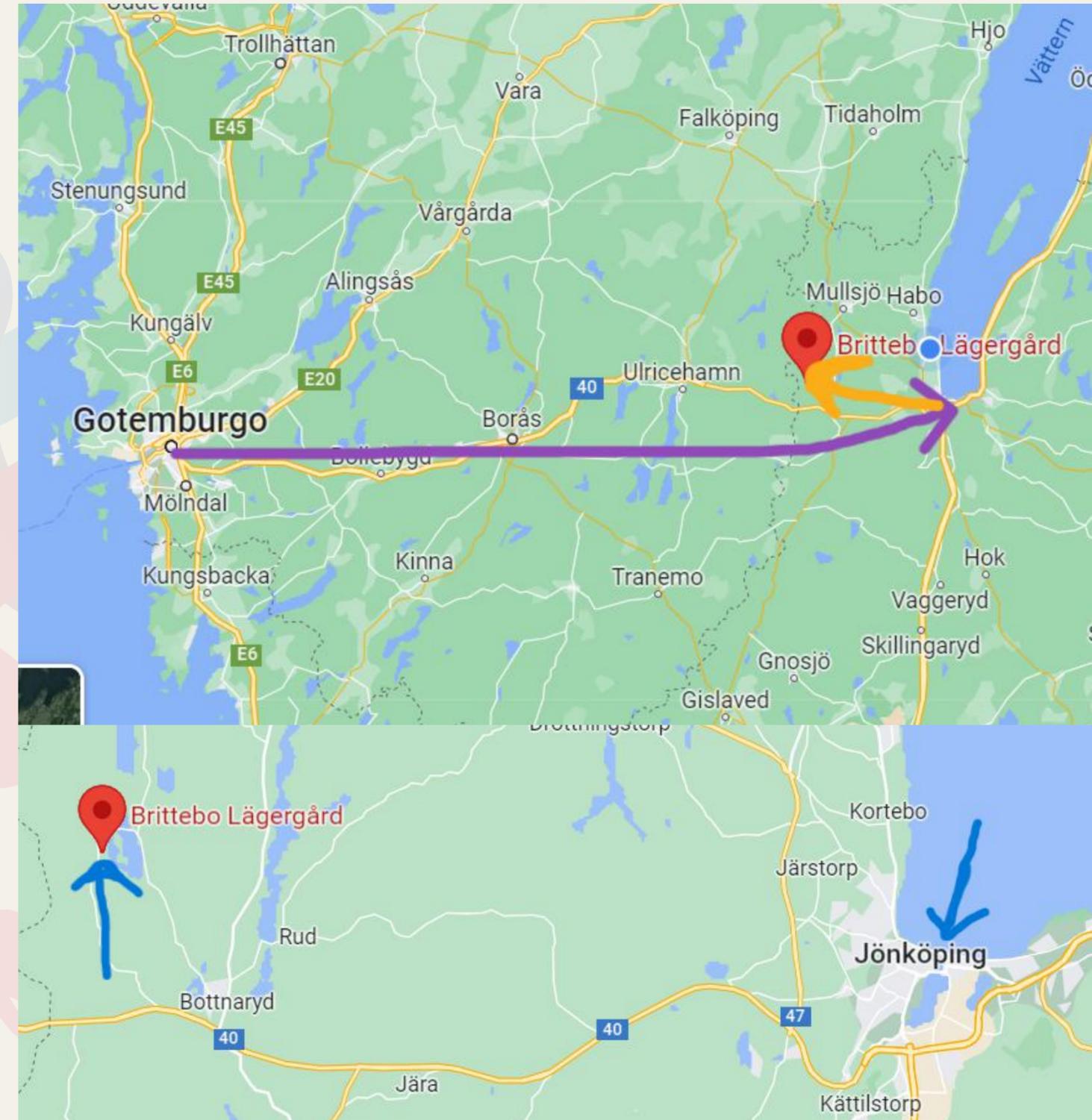
The activities will be based on the non-formal education methodology, and we expect to run 4 activities per day (each lasting for approximately 75-90 minutes). Each national group will be responsible for delivering some of the activities, which will be agreed on during the Preparatory Visit in August.



HOW TO REACH BRITTEBO, JÖNKÖPING, SWEDEN

The closest airport to Jönköping is Gothenburg Landvetter, and there are direct buses from there to Jönköping (consider Bus4You or Flixbus - takes approx. 2h). Other airports include Stockholm and Copenhagen, but it takes several hours to reach Jönköping by bus/train. If participants decide to arrive by train, the central train station is Jönköping Resacentrum. For both bus and train, they can buy tickets online. Participants should book the cheapest tickets, e.g. economy class flights. The costs should be considered as part of travel reimbursement limits as well. No tickets should be purchased before the approval of coordinators from the Jönköpings kommun.

Participants should arrive to Jönköping on Friday, September 23rd 2022 (by 5 pm latest) and depart on Saturday, October 1st 2022 in the morning. From Jönköping, “KFF” will organize transportation to Brittebo lägergård (project venue). Participants cannot arrive after September 23rd and cannot leave before October 1st.



VENUE AND PRACTICAL INFO

Participants will be accommodated in “Brittebo lägergård”. The campsite is located in the forest by Svansjön, 7 km from Bottnaryd. There is the main house, several detached cottages, and great opportunities for outdoor life since the venue is surrounded by trees and a nice lake, where you can swim. Just as one can expect from Sweden, the venue has a sauna by the lake. The main building is surrounded by a large grassy area where most of the activities will take place.

The main house has 3 bedrooms with beds where the participants can sleep, a cozy dining/meeting room with enough space for everyone, a kitchen, and many bathrooms and toilets. As we want to foster intercultural tolerance and friendship development, there will be rooms for the participants of the same gender with representatives of different countries.

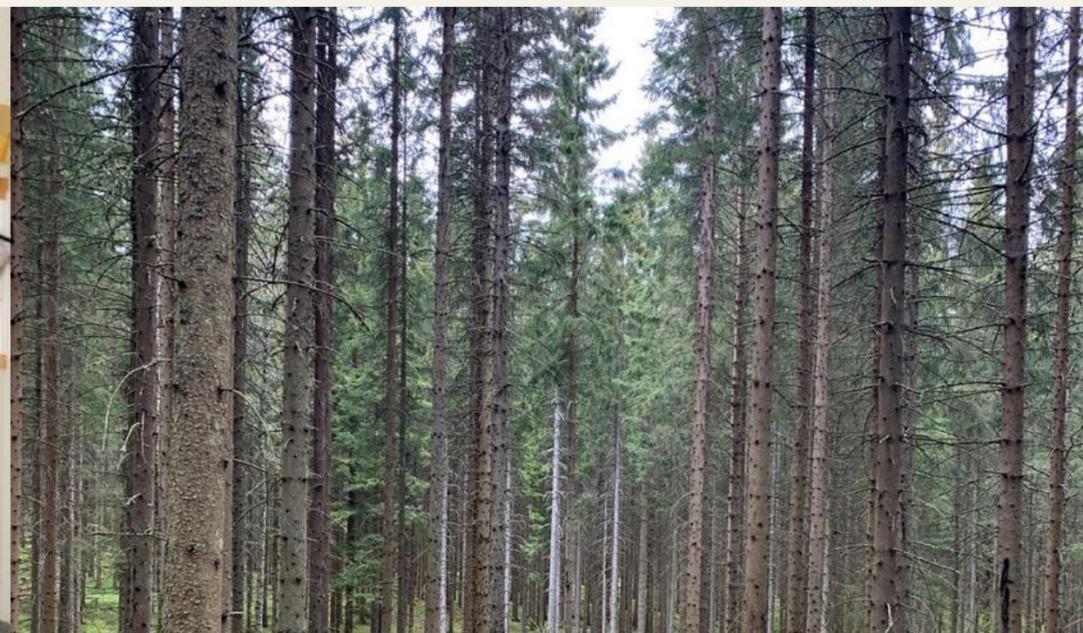


VENUE AND PRACTICAL INFO

Food will be served in accommodation - it will include 3 meals every day (with food preferences and dietary requirements taken into account) and 2 coffee breaks (the popular *fika* in Sweden) between the workshops. Internet connection will be available during most of the project activities.

Participants do not need to bring their own bed sheets or towel, but they are more than welcome to bring them if there is space in their luggage. What is expected is that participants bring their hygiene items, and the necessary medication, if needed. As the project venue is surrounded by forest, it is suggested to bring comfortable clothes and sneakers that are appropriate for outdoor activities. If you want to check more what the project venue looks like, click here:

<https://www.facebook.com/Brittebo-Lägergård-1081614438651692/>



COSTS AND REIMBURSEMENT

Below, you can find the maximum travel cost that can be reimbursed for the project activity per participant to reach Jönköping, based on the European Commission's Erasmus+ distance calculator:



Croatia - 275 Euros
Italy - 275 Euros
Portugal - 360 Euros
Germany - 275* Euros

Participants must provide the original travel tickets, invoices, and boarding passes (if applicable). Once all the needed original travel documents are sent to “KFF” and dissemination activities have been implemented by the participants, “KFF” will start with the reimbursement process. Reimbursement will be paid through the official partner organizations bank account (not individual participants). No participation fee will be charged by “KFF”.

Participants are allowed to stay in Sweden in total of 3 days out of the youth exchange dates. If participants decide to arrive earlier or leave later, they are responsible to cover their costs of staying.

*320 Euros in case of "green travel", e.g. travelling by train instead of the airplane

PRACTICAL INFORMATION

All project participants should have a valid ID card or passport (depending on legal requirements) and make sure to have a European Health Insurance Card with them. It is highly recommended that participants purchase medical/travel insurance, but that cost cannot be covered by the hosting organization.

Some important numbers include:

- Call 112 for emergencies
- Call 1177 for health care advice
- Call 11 414 for non-emergency incidents (Swedish police)

In addition to travel costs, we also have a budget for costs related to covid-19 or other pandemic, such as testing. This cost can be reimbursed up to 100 Euro per person.

If you have questions, doubts or concerns, feel free to contact the partner organization from your country or “KFF” contact person: luka.tunjic2@jonkoping.se



ABOUT SWEDEN...



Sweden is the largest country in Northern Europe, the third-largest country in the European Union. Sweden has a total population of 10.4 million, the largest of the Nordic countries. The capital and largest city is Stockholm, Gothenburg and Malmö are other main cities in the country.

Sweden has been a member of the European Union since 1995. The krona (SEK or kr) is the official currency of Sweden (approximately 1 EUR = 10.65 SEK). Most of the people pay by card, so cash is not common.

When it comes to weather, during our youth exchange activity in September the temperature typically ranges from 8°C to 13°C in Jönköping. There is always a chance for rain, but it will not stop us from our activities. In Sweden there is a saying: "Det finns inget dåligt väder, bara dåliga kläder" which translates to "There's no such thing as bad weather, only bad clothes".

ABOUT SWEDEN...

These are some basic Swedish words/phrases that you can start learning to impress the Swedish group:

Hej - Hi

Hejdå - Goodbye

Ja - Yes

Nej - No

Förlåt - Sorry

Ursäkta - Excuse me

Tack! - Thank you!

Tack så mycket! - Thanks a lot!

Varsågod! - You're welcome!

Jag heter ... - My name is ...

Vad heter du? - What is your name?

Hur mår du? - How are you? (formal)

Hur är läget? - What's up? (informal)

Jag mår bra, tack! - I'm fine, thanks!

Jag pratar inte svenska - I don't speak Swedish





More information will be given to the selected group of young people after the Preparatory Visit in August. We are looking forward to seeing you in Sweden!