



Are you out yet?! - AYOY 2017

ERASMUS+ training course

Kronoberg, Sweden

November 2017



Hello dear AYOYer!

We in [Globala Kronoberg](#) are looking forward to meet you in November. In the meanwhile, we send you some information about the Training Course and list a couple of things that you need to prepare before you arrive to Sweden, in case you decide to apply for this project. /Globala Kronoberg's team

Themes

Outdoors, Public Space and Youth Participation

Dates

20 november - 1 december (travel days: 20 nov. and 1 dec. Activity days: 21 nov to 30 nov).

Venue

Kronobergshed, Alvesta, Sweden

Organisations involved

Projektor/Globala Kronoberg- Sweden (organizer) – 3 participants

International center for Intercultural Research, Learning and Dialogue- Armenia – 3 participants

The Starry Start of Talents Foundation – Bulgaria – 3 participants

FIVE – Hungary – 3 participants

Futuro Digitale – Italy – 3 participants

ADEGUA- Spain – 3 participants



Understanding the theme of Outdoors and public space

We organize this training in order to gather ideas, competences and perspectives from youth leaders of Europe. We are an organization that works with young people and international projects, and we work often with youngsters with fewer opportunities or that experience difficult life situations. As many organizations in Europe, we experience that the new technology and the digital world gives us the possibility to do everything from our home, either it is to explore a hobby, order dinner, sign a petition or talk to friends. We think that is great! :) But... we believe it is also important for young people to keep giving value to the outdoors space, to nature, to the public space of their cities and communities. And that is why we do this training!

Outdoors and public space are therefore the themes of this training, here meaning both the countryside and the city.

The goal of this project is to create a method book with instruments, ideas and perspectives on activities outdoors for young people.

What can you expect from this training?

The focus will be the use of outdoors and public space to promote youth participation. We will therefore:

- Learn and share methods to involve young people in activities outdoors
- Explore ways to encourage young people to express their opinions and thoughts and share them with their community
- Create a method book with the best activities and share it with the world! :)

During this training you can expect to:

- Develop your leaderships skills
- Learn and share methods for youth participation
- Get to know different cultures
- Make new friends
- Create a method book

Regarding the environment of this project, Kronobergshed, where the training will take place, is situated 8 km from Alvesta, the closest village to Kronobergshed. It is a beautiful and calm place, surrounded by nature, forest and lakes. So it is important for you to be aware that this training is NOT going to be in a city and for that reason, activities like shopping, city sightseeing and going out in the evenings are not going to be possible in the most part of the training and free time. So, if you are up to discover Swedish nature, go for nice walks in the forest and enjoy cozy evenings getting to know your amazing fellow participants, then Yay! This training is for you. :)

Topics and methods that we will use during this training:

Leadership, youth, culture, music, art, sports, nature, freedom of speech, human rights, diversity, integration.

Team building, presentations, games, competitions, workshops, role-playing, story-telling.

The detailed daily schedule will be sent to all participants in the middle of October!

What is the method book?

In 2015, during the first AYOY, Globala Kronoberg created the first edition of [AYOY method book](#), a collection of methods as well as perspectives and ideas from participants and advices about leadership. The book is for youth leaders and associations looking for inspiration and practical material to motivate young people to be involved with sports, activities in the nature or even competitions in the city environment. This year we want to continue this work and keep creating the contents of the method book together! You can see the first edition of the method book [here](#).



Who can apply for this training?

We do not have an age limit but we will give priority to participants between 18 and 35 years old. As a participant, you should be interested in working with young people and you should have a connection with the topics of the project.

It is very important that you are aware of the non-alcohol policy of this training (more information below), plus that it will take place in natural environment of Swedish countryside. Since we want all the participants to have a good time in Sweden, it is important that you like to spend time in the nature and outdoors as well as you are able to join (sometimes long) team-work days inside!

What do we expect from you before and during this training?

First we expect you to be active during the whole process, both in the preparation and also during the activity days in Sweden. We expect you to actively participate in the activities planned, to come with ideas and suggestions and to be a good team-member!

Don't forget to eat well and sleep well, so you can have plenty of energy! ;)

Of course we expect you to respect our rules and policy as well as all the participants and the team of Globala Kronoberg. Please come to Sweden with an open mind, motivation to be involved and willing to meet new people!

Accommodation and activity place

We will be living in the [Hostel Kronobergshed](#), placed near Moheda, Alvesta.

Kronobergshed is a cozy accommodation with several 4-bed rooms, a living room with fireplace, dining room, sauna, game room with table tennis and billiard and a common kitchen.

The most part of the activities will be also hold in Kronobergshed, both in the nature surrounding the hostel and in the workshop-rooms of the premises.

Some days we will be in [Alvesta](#) and [Växjö](#), where we will go for study-visits, workshops with local organisations, events and activities.

Speakers, some computers, a projector and other material will be available in the accommodation/activity premises during the whole training. There is internet in Kronobergshed.

Food

All meals during activity days (from 21 november to 30 november) are provided by the project.

Breakfast will be prepared by the participants every morning, in the common kitchen of Kronobergshed. Lunch and dinner will be served in the [restaurant Alvesta Golfklubb](#).

We can provide food according to different kinds of food diets, allergies, etc, as long as we know it in advance. So don't forget to mention your requests when signing up in the google form.

We will also provide you with a light meal in the arrival day, the 20th november.

Alcohol policy

Alcohol is strictly forbidden in the accommodation/activity place and also during the whole time we have planned activities. The reason for this is that both the organisation that owns the hostel and Projektor/Globala Kronoberg, as many organisations in Sweden, have non-alcohol policies. We ask therefore to all the participants to respect this rule during the whole project, both for the well-being of all participants but also for the success of the project in general.

How do I sign up for AYOY 2017?

To sign up, please fill in the [application form](#). Then join our [Facebook Group](#).



How to get here?

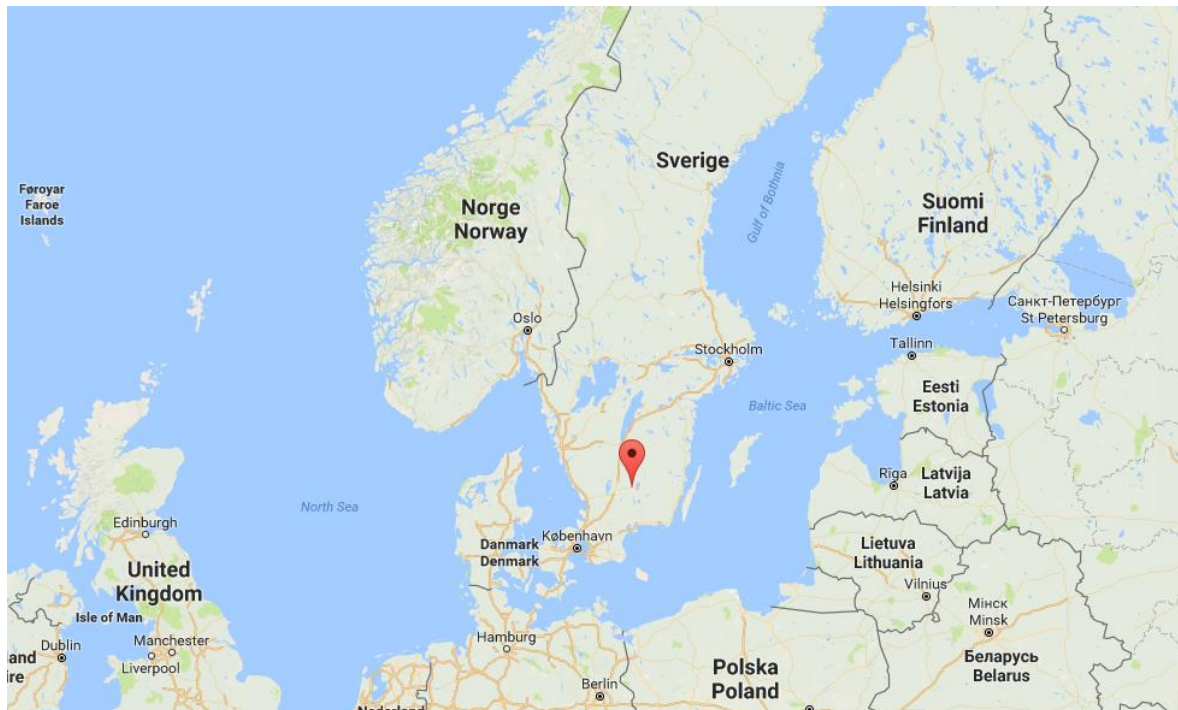
You should look for flights to **Copenhagen**. At the Copenhagen airport, there are trains to Sweden, so you should take the one to Alvesta. [Here](#) you can check the timetables for trains between Copenhagen Airport-Alvesta and buy your train tickets online. The train takes aprox. three hours and the ticket costs around 30 Euros.

Once arriving in Alvesta you take the bus number 113 until the bus stop called Grännaforssa. [Here](#) you can check the timetables for the bus 113. Your departure is **Alvesta Resecentrum** and your destination is **Grännaforssa**.

! In case your train arrives after 17.15 in Alvesta, we will pick you up in the train station, since there are no buses to Kronobergshed after that time.

Remember that you can not pay the bus ticket with cash, so you should have a bank/credit card with you.

The date of your arrival should be the 20th of November. The date of your departure should be the 1st of December.



Costs and travel reimbursements

As a participant in AYOY you get accommodation, food, transport and activities during all the activity days (21 november-30 november).

Globala Kronoberg will reimburse each participant's travel costs from their home country to Sweden and back, up to a certain sum (see below the limit for each country), as long as the participants provide all the tickets, boarding passes and receipts of the travels.

Each participant will be reimbursed for the travel costs up to:

Armenia: 360 Euros per participant

Bulgaria: 275 Euros per participant

Hungary: 275 Euros per participant

Italy: 275 Euros per participant

Spain: 360 Euros per participant

Sweden: 10 Euros per participant

Note that whatever your travel costs are, and even they are higher than the limit mentioned above, you will have to give us all the documents for the whole travel, in order to be reimbursed. As soon as you book your travels you can send us the details of your journey and the respective receipts/tickets.

Preparations. What do you have to do now?

Travels: As soon as you booked your flight, please let us know and send us documents of your travel.

After knowing what time you will be arriving in Grännafors, write it in the Facebook group, so we can start making the list of the picking ups in the bus stop.

Communication: From now on we will use [AYOY 2017 Facebook group](#) to communicate with each other. So please join us and write your questions and wonderings there (avoid sending e-mails with questions that might regard the whole group, then it is easy to leave an answer that everyone needs!

Cultural evenings: We would be more than happy to organize a cultural evening with performances, music and snacks from the different countries. So you are more than welcome to prepare something that represents your culture(s) in some way. Please avoid films, pictures and powerpoints and try to organize something creative and interactive, such as performances, dances, theater play, etc. If you need a specific equipment or material, please let us know.

You can also bring some snacks from your country, preferably something that does not need to be cooked or prepared in the kitchen.

Post picture "View from my room": We also want to ask you to post a PICTURE of the view from your room window and post it on our Facebook group together with a short presentation about yourself. This will make it easier for all to get to know each other a bit better before we all meet! :)

The weather!

Oh, the weather in Sweden... ;) You need to be prepared for cold and rainy weather. In this region the winters are very different each year. Sometimes we have -5 and other we have -20. Expect temperatures between -5 and +10, rainy and cloudy.



Things to bring!

Rain clothes/Winter clothes- The chances of having snow in the end of November are low, but it can happen! The temperatures will be low and we will be often outdoors. So it is mandatory to bring warm clothes, good shoes and rain clothes! Don't spare on the clothes, you need to be warm to enjoy!

- ✓ Proper clothes and shoes for outdoors
- ✓ Bedsheets (only for participants from Sweden)
- ✓ Towels
- ✓ Slippers / house shoes

- ✓ Games (cards, board games, traditional games)
- ✓ Hygiene products
- ✓ Water bottles (that you can have during the whole training and fill in with tap water)

Who are we in Globala Kronoberg?

Globala Kronoberg is an international center in Kronoberg, Sweden where we work with young people and mobility projects. We work with EVS, Youth exchanges, trainings and other European initiatives.

Joana, Sara, Debora, Maria and Daniel are the people behind Globala Kronoberg, and we are looking forward to meet you all!



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