



# *Youth work for Women Empowerment*

**Malmö – Sweden**  
**15-23 January 2022**

**Ungdomsfronten**  
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## **Information for participants**

*Dear participants, we are looking forward to starting the cooperation with you in Sweden. On the following pages you will find some useful information about the Training course. Please read it carefully, as some of them are very important; everything written in this infopack, once you receive it, will be considered as fully understood and agreed.*

*As you might know from other Erasmus+ projects, we will use our time during the Training course for different activities that aim to motivate and make you eager to share your thoughts and experiences, delving into an experiential learning environment.*

*The group will consist of 26 participants (including trainers and organizing team), coming from Italy, Sweden, Norway, Bulgaria, Republic of North Macedonia, Denmark, Spain and Hungary. This will enable you to meet different people and even to find partner organizations for your further activities within the framework of Erasmus+ programme, but remember that such contacts are the bonuses of the project, not the main content*

### **• Project summary**

*Youth Work for Women Empowerment is a training course that will take place in Malmö - Sweden with the participation of 8 partner organizations from Bulgaria, Hungary, Spain, Republic of Macedonia, Norway, Italy, and Denmark. Each partner will send 3 participants, with respect to gender balance and inclusion of at least 1 person belonging to the categories of people with fewer opportunities. In a field where gender equality is more present than many other fields; we believe non-formal education and learning are exactly the contexts where it should be the starting point for women empowerment. Through our experience working with young people (including the youth workers and volunteers from our organization and our partner organisations) as well as in-depth research on gender equality, we have identified a lack of awareness and sensitivity to the confidence gap; the need for space where youth workers exchange best practices and analyze the role youth workers play in gender equality; and the absence of a network of European youth workers committed to women empowerment. We believe that by training the youth workers can have a multiplying effect and have an exponential impact on youngsters who (a) become empowered and (b) empower other women.*

### **The main objectives could be marked as follows:**

*- Training the Youth Workers to recognize gender based biases and to increase the sensitivity regarding such behaviors.*

- *Training the Youth Workers to be aware of the gender confidence gap and providing tools to effectively encourage young women*
- . - *Exchanging good practices between the partnering countries.*
- *Providing participants an open space to analyze solutions and finding ways to implement them*
- *Identifying and discuss further the role that youth and youth workers play in the advancement of gender equality*
  - *Understanding the importance of having male allies in the advancement of gender equality, and the role that mentorship plays in the empowerment of women*

*Through non-formal education methodologies, we aim to provide participants with the right tools to strengthen their learning process, creating an experiential and inclusive environment that will be completely focused on their needs. Everyone will be encouraged to share experiences and take initiatives and challenges, with the support of trainers and organizing team*

### **Methodology:**



- *Energizers and social games*
- *Discussions, analysis, debates and presentations*
- *Simulations and role plays*
- *Meetings with representatives of authorities and other NGOs*
- *Usage and practice of gained knowledge and skills on practical examples*
- *Evaluation of self assessment*
- *Daily reflection on individual and group level*
- *Planning of future cooperation*

## **HOW TO APPLY FOR PARTICIPATION?**

*Each partner organization will send 3 participants.*

*fill and submit application form which you can find on this link:  
<https://forms.gle/vKf83ZXhy25EwMqz8>*

*Deadline for applications is 25 December 2021. and after this date all applicants will be informed about selection results. Selection will be done in cooperation between all partner organizations taking into consideration universal criteria which can be found in this infopack.*

### **Eligibility criteria for the youth workers:**

- *3 participant per Country , aged 18+ with respect of gender balance*
  - *Youth workers, youth leaders and trainers actively involved in their sending organizations and experienced in NFE and Erasmus+ projects*
  - *Residing in one of the participating countries of the project;*
  - *Possess good command of English (ability to clearly understand and communicate with the group in English); with demonstrated personal commitment to youth, by involvement in work with NGOs, volunteering activities, etc.;*
  - *with at least 2 years of experience in working with organizations on programs/projects for youth and advanced knowledge in non-formal education. Nominees who have served in many roles with varied and extensive experiences are favored;*
  - *in position to transfer further knowledge to other youth trainers in their country.*
  - *You are willing to participate in all the project phases – (including DISSEMINATION)*
  - *Priority to will be given to people coming from rural or disadvantaged areas and those facing social and economic obstacles*
- All participants need to be vaccinated with 2 doses against Covid 19*



## **HOSTING & PARTNER ORGANIZATIONS**

*The present Training Course is hosted by Ungdomsfronten*

*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. 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.*

## **PARTNERS**

<b>Organisation's name</b>	<b>Country</b>
<u>Asociación Xuvenil Arousa Moza</u>	Spain
<u>CET PLATFORM ITALY</u>	Italy
<u>CET PLATFORMA SKOPJE</u>	N.macadonia
<u>International Foundation for Y-PEER Development</u>	Ukraine
<u>Ways</u>	Denmark
<u>Compass Európai Ifjúsági Közösségért Egyesület</u>	Hungry
<u>Youth for Diversity, Agder</u>	Norway

### **● SAFETY: COVID-19 & Health Insurance**

*In order to reduce as much as possible the risk of COVID-19 infection, and to minimize the chance of people getting sick before the Seminar, we will try to create a bubble for our group and reduce to the minimum external interactions. All the spaces of the accommodation will be cleaned and sanitized before your arrival according to the latest anti-COVID latest hygiene provisions, hand sanitizer will be always available, and all the people from the trainers, organizing team and volunteers will be vaccinated.*

***In case situation will change, we will apply indications provided by the EU Commission.***

*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.*



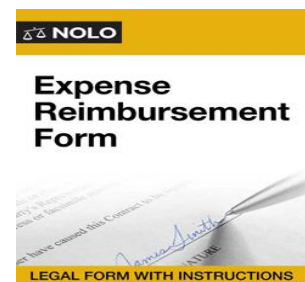
*You can buy it while booking your flights, since companies usually give it as an option, or searching for an insurance online to cover the days of the training.*

*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.*

*Health insurance is not provided by the organisers*

## **TRAVEL AND REIMBURSEMENT**



*Participants are expected to arrive after 17:00 on the 15th of January 2022 to the venue (see below) and to leave on the morning of the 23<sup>rd</sup> January 2022. 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 7<sup>th</sup> until breakfast of the 15<sup>th</sup>.*

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

- 20€ – Sweden – Denmark
- 275€ – Italy , Hungary , Bulgaria , Spain and North Macedonia
- 180€ Norway

**100% of accommodation and food costs will be covered**

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 participated in all project phases – (including **DISSEMINATION**)
- 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*



**Venue :**



Participants will be located in Swedish style cabin houses 20 min from Malmö city.

You will be accommodated in same gender shared room with people from other nationalities. In the cabin there is a combined living room and kitchen with dining area. The kitchen area is furnished with fridge, cooker, oven and micro. The house will accommodate four people in the form of two bunk beds. Blankets and pillows are available for all the beds. But Please bring your own bed sheets and towels.



*. Participants should consider that the main concept of the accommodation follows the spirit of living in a hostel, therefore bathrooms, rooms and the kitchen will be shared. However, space for private objects is included from shelves in the kitchen and fridge, closets and lockers.*







*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 the airport.*

### **Weather**

*The project is happening almost during winter 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*

### **CONTACTS & FB GROUP**

*For any question you have don't hesitate to contact us. Ungdomsfronten Facebook page:*

*<https://www.facebook.com/UF2013/>*

*Alaa Muneer –Project Manager*

*Email: [alaa.muneer@uf2013.com](mailto:alaa.muneer@uf2013.com)*

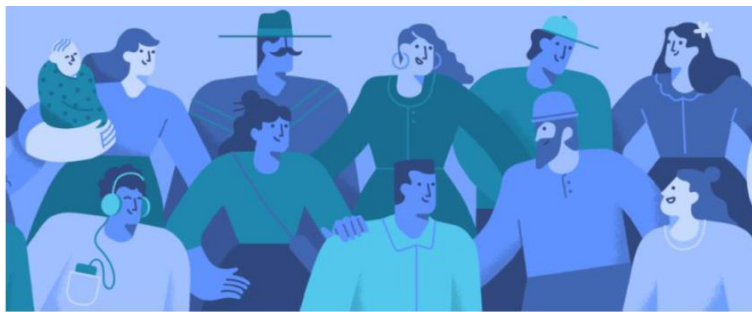
*Phone: +46763063975*

*Hashem kasken – Logistical coordinator*

*Phone: +46704958295*

*Ungdomsfronten mail: [ungdomsfronten@gmail.com](mailto: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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