

AWESOME PEOPLE



WELCOMES YOU TO THE TRAINING COURSE

PROJECTION

Boosting

competences

of

Youth Leaders

Part 1



Örebro, Sweden

September 2 – September 9

2016



Funded by the
Erasmus+ Programme
of the European Union

ABOUT PROJECTION

The project „PROJECTION: Boosting Competences of Youth Leaders“ is a chain of **two training courses** implemented in Sweden and Estonia during the period of September 2016 to January 2017. The project aims to **improve the quality of projects** submitted by young people to the Erasmus+ by providing environment and a training program for youth leaders to develop necessary competences and create strong international cooperation bonds.

The project will gather **28 young youth leaders from Sweden, Denmark, Spain, Estonia, Norway, Croatia, Romania and Turkey** to train them from starting cooperation and initiating their project ideas all the way to finalizing project applications and being ready to implement them. „PROJECTION“ plans to shape competent and fully ready project managers from young NGO members without practical experience in **project writing and project management**.

„PROJECTION“ is seen to achieve the desired result through 2 mobility. First stage of project writing and initial cooperations. Second stage of finalizing the applications & planning implementation.

PROFILE OF PARTICIPANTS

Participants of the training course are young member who are interested in developing their project management skills and writing. Participants should be committed to take part in both mobility's & implement their project ideas with the partner organization in reality. The participants will work on project ideas & application forms of Erasmus+ from 0 to hero!

- Younger members (preferably 18-25 years old)
- Gender balance
- Inclusion of people with fewer opportunities
- Strong desire to take active part in the training course
- Ability to take part in all the activities in the chain project



IMPORTANT INFORMATION

PROJECTION is a chain mobility where the first part of the training takes place in Örebro Sweden 2nd – 9th September 2016 and the second part takes part in Viljandimaa, Estonia 10th jan-17th jan 2017

Part 1: Örebro, Sweden

Arrival date: September 2, make sure you will **NOT arrive later than 7pm** to Örebro. Send your itinerary to projectiontc@gmail.com

Departure date: September 9 (Notice! Örebro Race Day with Formula 1 car race in the city centre takes place at September 9-10 if you want to check it out you can book a later flight home, find more information at <http://www.orebroraceday.se/start/>)

Deadline: The itinerary and participant form must be sent to projectiontc@gmail.com - No later than **July 25, 2016!**

Partner organisations:

Awesome People (Sweden)

Shokkin Group (Estonia)

Ticket2Europe (Spain)

Shokkin' Group Danmark (Denmark)

Shokkin Group Norway (Norway)

FuturEurope Youth (Turkey)

Asociatia "Un strop de fericire" (Romania)

LOKALNA AKCIJSKA GRUPA VALLIS COLAPIS (Croatia)

Language: Official language of the training course is English

Insurance: All participants should have [European Health Insurance Card](#). Also make sure you have travel insurance.

Location: Örebro is Sweden's 7th largest city based on residents living in the municipality. Örebro is located 2 hours west of Stockholm by car or train.

Money: The currency in Sweden is Swedish krona (SEK). All places in Sweden accept credit/debit cards.

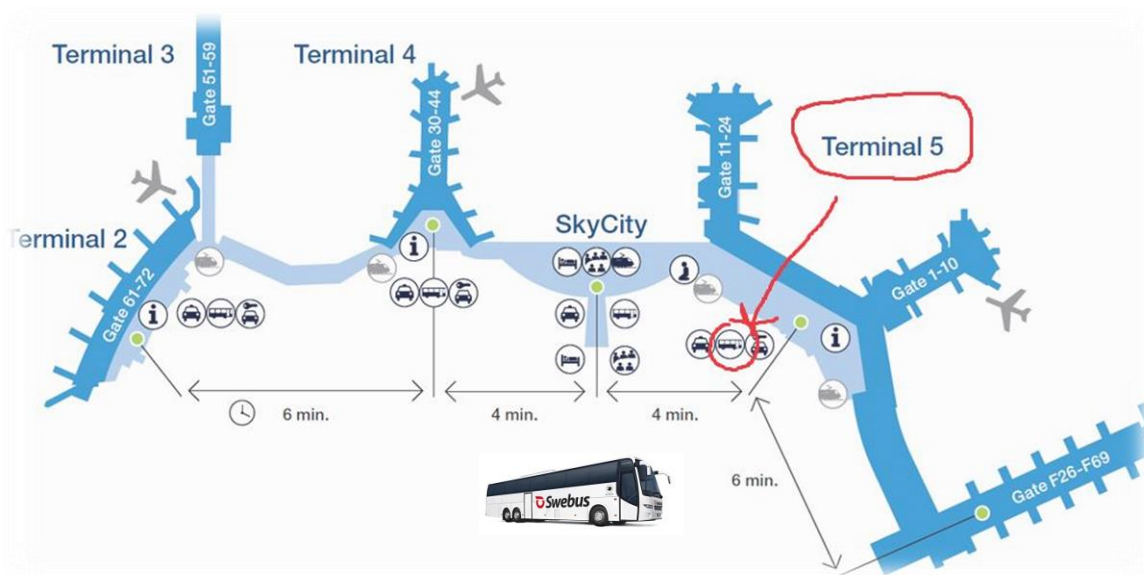
Weather: The weather in Sweden in September is around 12-15 degrees and there is risk of rain so pack accordingly.



HOW TO GET TO ÖREBRO



Arriving at Arlanda Airport Your bus will start on the timetable from terminal 5 and then move on to 4 and 3,2, your bus is Swebus and the destination is Örebro Resecentrum. The bus ride will take **3 hours** with a change of bus in either Västerås or Stockholm Cityterminalen depending on which bus you will take. The information on where to change is on the busticket. Ask your bus driver if you're not sure.



You can also reach Örebro by train, bus (Swebus or bus4you from Oslo) and plane (via Copenhagen). If you fly to Skavsta Airport by Ryanair, remember that this airport is 1,5 hour from Stockholm and 2,5 hour from Örebro and you need to go by different trains to reach Örebro so be sure you will arrive in time!

Check train departures at www.sj.se

To book your ticket for the bus visit

www.swebus.se

Step 1 – Choose Arlanda - Örebro resecentrum

Step 2 – Choose time for departure

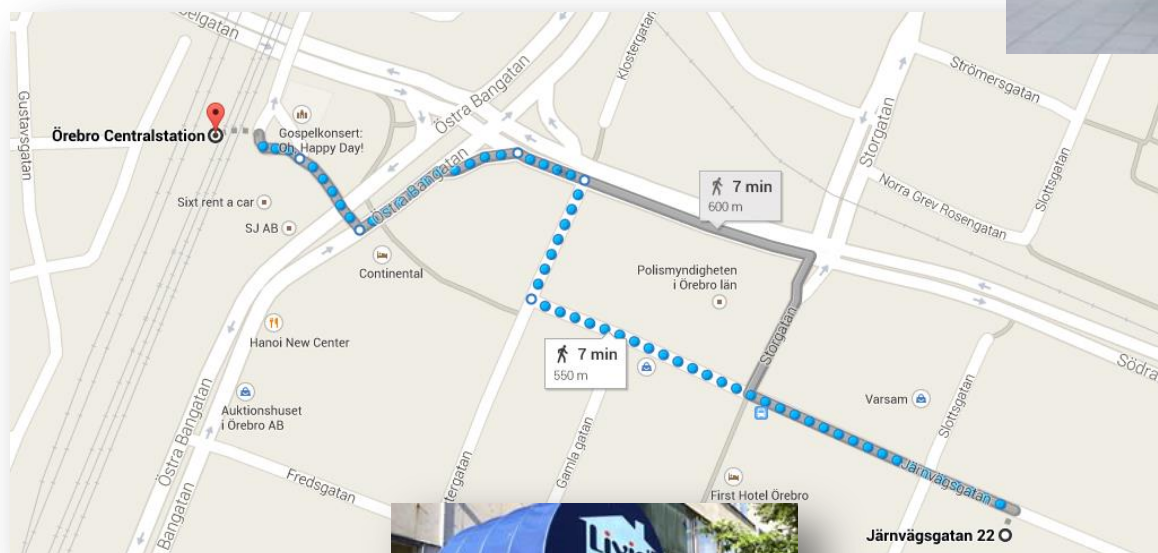
Step 3 – Choose payment

The bus ride costs around 180 SEK one way (18 Euro). If you have problem booking your bus ticket or don't have the credit card needed. Contact us and we will help you! If you don't book your bus ticket in advance you will have to pay 50 SEK extra!



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HOW TO GET TO THE HOSTEL AND TRAINING VENUE



Just follow the map to the hostel or give a call to Fredrik (+46702693850) and we will pick you up (if you are not confident with where to walk).



You will stay in Livin' Hostel in double bedrooms. Livin' Hostel is centrally located in Örebro only 500 m from Örebro central station (Resecentrum). It's just a few minutes walk to the city center, Örebro castle, shopping, restaurants and nightlife. The hostel will provide you with sheets and towels and they have a guest kitchen, laundry facilities, relax area with sauna and the breakfast buffet is included during your stay.

The training will be held in the conference room in the hostel and homemade lunch and dinner will also be served in the hostel.

Livin' Hotell & Vandrarhem
Järnvägsgatan 22
703 62 ÖREBRO

Phone: 019-31 02 40 (+46 19 31 02 40)
Fax: 019-31 02 56
info@livin.se
www.livin.se



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REIMBURSEMENT

- A participation fee of **20 EUR** will be taken out of the reimbursements.
- Reimbursements will be handed during the training course on presenting all your financial documents



Estonia	Sweden	500 - 1999 km	4	275.00	1100.00
Denmark	Sweden	500 - 1999 km	4	275.00	1100.00
Spain	Sweden	2000 - 2999 km	4	360.00	1440.00
Norway	Sweden	100 - 499 km	3	180.00	540.00
Croatia	Sweden	500 - 1999 km	3	275.00	825.00
Romania	Sweden	500 - 1999 km	3	275.00	825.00
Turkey	Sweden	2000 - 2999 km	3	360.00	1080.00
Sweden	Sweden	0 - 99 km	4	0.00	0.00

Checklist

- ✓ Fill in the application form and send to projectiontc@gmail.com
- ✓ Book tickets to fit the budget
- ✓ Book your domestic ticket (bus or train) so you reach Örebro central station (resecentrum) no later than 7 pm September 2 2016
- ✓ Inform of your arrival time/date to projectiontc@gmail.com by sending your itinerary
- ✓ Join the Facebook group for updated information and ongoing activities
<https://www.facebook.com/groups/654649618015688/>
- ✓ Bring promo materials of your organization for NGO catwalk
- ✓ Bring a laptop
- ✓ Do the given hometasks
- ✓ Bring your national/regional food/drinks/snacks/ for intercultural evening
- ✓ Bring your passion items (games/guitars/pianos)
- ✓ Don't oversleep your flight



2/9	3/9	4/9	5/9	6/9	7/9	8/9	9/9
Arrivals	Getting to know each other	Erasmus+	Youthpass & Learning	Mid-term evaluation	Setting Aims & Objectives	Work in groups	Departure
	Project presentation	Introduction to NFE	Hunt of needs	IDEALization	Discovering local realities	Progress Presentation	
	Team-building	Project Cycle	Networking in Action	Work in groups		Action Planning	
	Team-building	Sharing Experience	PROBLEMatization (Work in groups		Stage evaluation	
	REFLECTION						
HI!	NGO CatWalk	Intercultural evening	Idea Laboratory	Passion night (Open Space)	Swedish Evening	See You @ Stage2 evening	