

INFOPACK

ERASMUS+

FOR

LGBTQ+

Youth Exchange

ÖREBRO (SWEDEN)
19.10.2019 – 27.10.2019

AWESOME PEOPLE



WELCOME!

You are one of 30 participants including group leaders who will participate in the youth exchange "Erasmus+ for LGBTQ+" in Örebro, Sweden between 19th-27th of October 2019. There will be participants from Sweden (5+1), Estonia (5+1), Spain (5+1), Hungary (5+1) and Norway (5+1).

We want you to have a great experience and we prepared this infopack with all the practicalities you need to know and a bit about the project itself. We look forward to meet you all in Örebro!

Your coordinator and host organisation is Awesome People, a youth NGO founded back in 2013. Awesome People is based in Örebro and our mission is to make people be and feel awesome by organizing projects, workshops, trainings and other activities. Check us out at:

www.awesomepeople.se

Join us on FB: <https://www.facebook.com/AwesomePeopleSE>

Follow us on Instagram: @awesomepeoplese

The youth exchange will be held in Örebro, located 205 km west of Stockholm. Örebro is the 6th biggest city in Sweden with 150 000 people





ABOUT THE YOUTH EXCHANGE

"Erasmus+ for LGBTQ+" is a project aimed at promoting intercultural encounters and raising awareness among youngsters with an LGBTQ+ background and to empower them to be active at local and international level through giving them a hands-on experience by taking part in a Youth Exchange and also share their story via a social media campaign to raise awareness about their reality and to contribute with an activity during the Human Rights week event.

PARTICIPANT PROFILE

Participants should be aged between 16-24 and be within the LGBTQ+ spectrum or have experience working with LGBTQ+ as a target group. At least one participant should come from a background of fewer opportunities. Group leaders must be above 18 and have experience from earlier projects and the ability to facilitate an activity.

WHAT TO TAKE WITH YOU

We will work a lot with digital tools and the creation of an online campaign, So if you have, bring a camera and your laptop.

Bring promo materials of your organization

Bring your national/regional food/drinks/snacks/ for the intercultural evening Bring your passion items (games/guitars/DIY)

Bring your European insurance card.

Also keep in mind that the weather in Sweden is chilly (10 degrees) and rather rainy so bring appropriate clothes.

The youth exchange will be a 7 day event + 1 arrival day + 1 departure day

SCHEDULE

	MORNING		AFTERNOON		EVENING					
DAY 1 19.10	A	R	R	I	V	A	L	S		
DAY 2 20.10	Getting to know eachother 2,0		Team building	Start up.	Welcome to Örebro		Swedish cultural night			
DAY 3 21.10	Erasmus+ for LGBTQ		Digital skills +	Social media +	Our Reality +		Cultural night			
DAY 4 22.10	RFSU +		Oppression -	My talent +	My story +		Cultural night			
DAY 5 23.10	Human rights week Prepp		Human rights week Prepp	Campaign work+	Campaign work+		Cultural night			
DAY 6 24.10	Human rights week event		Human rights week event	Free time	Free time		Free evening			
DAY 7 25.10	Presentation of the social media campaign		LAUNCHMENT+	Open Space	Open Space		Cultural night			
DAY 8 26.10	What just happened		Dissemination +	Build - Up your youthpass	Final evaluation session		Farewell party!			
DAY 9 27.10	D	E	P	A	R	T	U	R	E	S

ACCOMMODATION & VENUE

Accommodation will be arranged in ÖSK sleeping loft where all participants will stay together in one room with access to toilets, shower room, common area. Self served breakfast will be provided at the accommodation. Please, inform us of any special/dietary needs that we should take into account in the application form. Bed linen will be provided but **you need to take your own towel with you.**




The sleeping loft is on
Landbotorpsallén 58,
70226 Örebro



The sessions will be implemented at Awesome People office, which is located 2 minutes walk from ÖSK sleeping loft. The lunch and dinner will be served at the coordinator's house located 5 minutes from the sleeping loft and 3 minutes from the office.

We will have a welcome dinner in the house on the **19th at 20.00.**

AWESOME PEOPLE



The office is on
Visthusgatan 6, 70226
Örebro



The coordinator's
house is on Riagatan
47, 70226 Örebro



LGBTQ+

HOW TO COME TO US?

The best way to travel to Örebro is by going to Arlanda airport and from there take the direct bus from the airport to Örebro Resecentrum.

You can either take: www.nettbuss.se or
www.flixbus.se

You can also take a train from Arlanda airport to Örebro C www.sj.se

The bus/train will take 2-3 hours.

If you go to Skavsta airport you need to go from the airport to Stockholm Central and from there take either a bus or a train since there are no direct connections between Skavsta and Örebro.

We will arrange pick-ups at Örebro Resecentrum according to your arrival time, so it is very important that you send us your arrival and departure time to karin@awesomepeople.se by the established deadline, **You need to arrive before 20.00 on the 19th of October.**

REIMBURSEMENT

Accommodation and food are 100% covered by Erasmus+. Travel costs are budgeted according to Erasmus+ conditions (using the European distance calculator from the city where your sending organisation is registered to Örebro.)



The travel costs will be reimbursed up to the following amounts:

Estonia - 275 euro

Spain - 360 euro

Norway - 180 euro

Hungary - 275 euro

Please keep all your travel documents such as tickets and boarding passes and upload them on the drive folder [HERE](#)

For us to arrange pick ups, please send us your arrival and departure time to and from Örebro Resecentrum/central station.

Deadline to purchase tickets and upload them in the drive is 1st of October 2019.



Travel costs exceeding the maximum reimbursable amount will not be covered. If there are any changes in route or special travel requests, please confirm these with the project coordinator BEFORE purchasing the tickets. Failure to do so may result in some tickets not being reimbursable. Reimbursements will be made by bank transfer to the organisation or appointed responsible participant AFTER dissemination activities are held and if all the original documents are provided to the project coordinator. We expect all participants to travel from and to their countries of residency (which should be the same as the country of the partner organisation), using the most efficient and economic means of transport. You are required to present all original tickets and documents connected to your travels and bring your boarding passes with you.

STEPS FOR REIMBURSEMENT

- Fill in the internal evaluation form at the end of the week
- Fill in the Erasmus plus Mobility tool survey right after the project (group leader)
- Upload/give all your travel confirmations, invoices and boarding passes to the local coordinator (Karin)
- Hold the agreed dissemination activities within 2 months after the youth exchange (deadline 20th of January 2020)
- Send us pictures and a small report of the dissemination activities

PARTICIPATION

Failure to fully participate in the content sessions or inappropriate behaviour might result in reimbursement not being given to the participants with a notice provided to the sending organisation or exemption of the participant from the course. This includes breaking the signed code of conduct or consuming alcohol which is against the rules.

INSURANCE

It is mandatory to have valid travel and medical insurance (i.e. European Health Insurance Card) during your travel. The host organisation will not cover any personal health costs. If you need help with this, please contact your sending organisation.



NEXT STEPS

Fill in the application form given by your sending organisation and send to karin@awesomepeople.se by 19th of September 2019

Check and purchase tickets by 1st of October 2019.

Send arrival and departure times to and from Örebro Resecentrum/central station to karin@awesomepeople.se by 1st of October

Upload all your travel documents in your country map in the drive folder [HERE](#)

Join the facebook group for the project [HERE](#)

CONTACT



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+46728586672

WWW.AWESOMEPEOPLE.SE | [@AWESOMEPEOPLESE](https://www.instagram.com/awesomepeoplese)

See you soon! ;)