

AWESOME PEOPLE



# MULTIFOODRURAL

YOUTH EXCHANGE



Date:

19-25 April  
2022

Location:

Kopparberg  
Sweden



Erasmus+

# AWESOME PEOPLE

# YOUR HOST ORGANISATION

This is us

AWESOME  
PEOPLE

## About us:

Awesome People works with experiential learning activities, innovative projects, and the development of new methods and tools in order to make people be and feel awesome - one learning experience at a time - for people to create a better world for themselves, for others, and for the planet.

## And More...

Kopparberg is famous for the Kopparberg Cider

Kopparberg is an old mining village

Kopparberg has a beautiful wooden church

4600 people live in the area

The 2nd most expensive stamp in the world comes from Kopparberg

## Fun facts

We have a guitar

We have board games

We have a popcorn maker

Fredrik loves romanian Roma candy

Yes! We will fika a lot. :)

We have a cozy fireplace

## THE TEAM

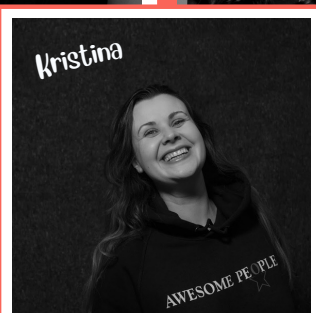
Fredrik



Karin



Kristina



Jurek



## CONTACT THE TEAM

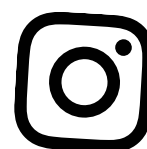
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# About the Youth exchange

“Multicultural = Multifood(rural) – Promoting multiculturalism via the art of food and connecting rural people via the tradition of food.

The project aims for young people in rural areas, to get the opportunity to express their own culture and learn about other cultures via food as a tool for multiculturalism, and therefore be more open towards other cultures and get a deeper reflection on their own.

The Youth Exchange will gather 24 people (5 participants + 1 group leader from Sweden, Romania, Spain, and Malta).



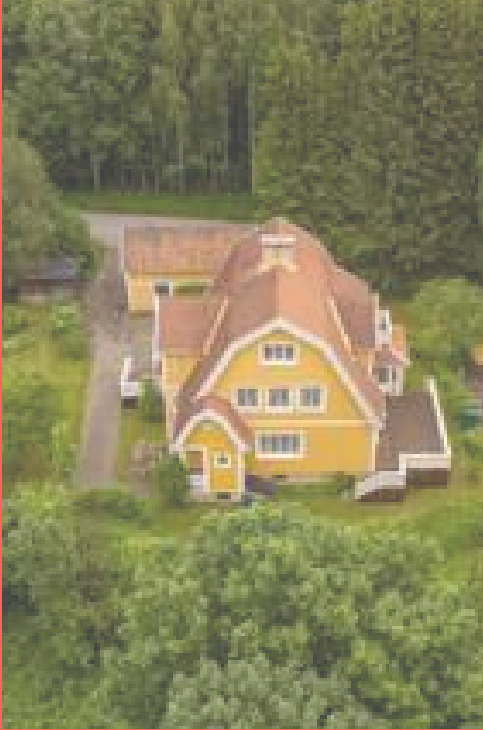
## Participant Profile

Youth living in rural areas aged between 15 and 21 who like to cook and are interested to share their own culture and learning about other cultures. Participants with fewer opportunities are encouraged to participate. Partners should ensure gender balance among participants

## Group leader Profile

Experienced youth leader aged 18+ who also likes food and learning about different cultures!





# Accommodation

All accommodation costs are paid by the Erasmus+ program.

Participants will live in Awesome People House in Kopparberg in shared 4-6 ppl rooms (mixed country not gender). Participants will share toilets and showers. From the house, it is a 5-minute walk to the village center.

Most of the activities will be implemented in the house.

# Food

All food costs are paid by the Erasmus+ program.

Breakfast, lunch, fika and dinner will be served every day in the house. Please, don't forget to mention in the application form if you have any dietary requirements.

Each national team will be responsible for preparing and cooking dinner once during the week as a part of their cultural evening. Please bring special ingredients if needed.



# Travel

Travel expenses will be reimbursed up to the following amount:  
Romania - 275 Euro/participant  
Malta/Spain - 360 Euro/participant

Travel expenses will be reimbursed when participants provide invoices of tickets and proof of dissemination activity.

## How to get to the venue?

Fly to Stockholm Arlanda Airport

Book train from Stockholm Arlanda Airport to Kopparberg C at [www.sj.se](http://www.sj.se)

We will pick you up at Kopparberg Train & Bus station when you provide us with your arrival time. (E-mail [karin@awesomepeople.se](mailto:karin@awesomepeople.se))



# GOOD TO KNOW

## **Weather: APRIL**

It is usually around +9 degrees and can be rainy so make sure you have clothes for rainy weather

## **Financial: SWEDISH CURRENCY**

Sweden's currency is SEK. All places accept bank cards, not all accept cash since Sweden wants to be a cash-free society. There is an ATM 5-minutes walk from the venue.

## **Non-alcohol POLICY**

In Sweden alcohol is prohibited in youth activities and it is a crime if young people under the age of 18 years old are given alcohol. We advise all participants NOT to bring any alcohol to the Youth Exchange.

## **Covid RESTRICTIONS**

Get vaccinated!  
Keep yourself updated on Covid travel rules from your county to Sweden.  
Right now, Sweden has lifted all restrictions

## **Cultural Evenings PRESENT YOUR COUNTRY**

You will present your culture and country during 1 evening on the youth exchange. Use Food, dance, games, songs, photos, etc to give the other participants a small taste of your home:)

## **CONTACT THE TEAM**

Email: [contact@awesomepeople.se](mailto:contact@awesomepeople.se)  
Phone: +46728586672  
Phone: +46702693850





# To-do list

- Book Refundable travel/tickets (COVID)
- Green certificate (Covid vaccination pass)
- Pack clothes for rainy weather
- Bring stuff for cultural-evening
- Medicine ( If you have special needs)
- European health insurance card
- Pack happiness and love

## IF YOU ARE SELECTED:

- Fill in the registration form [HERE](#)
- Join Facebook group [HERE](#)
- Upload tickets in Google Drive (link will come in welcome e-mail)