

INFOPACK

ESCAPE GENDER INEQUALITY YOUTH EXCHANGE



**6/05/2022-
14/05/2022**

**06/05/2022 ARRIVAL DAY
14/05/2022 DEPARTURE DAY**

**KOPPARBERG
SWEDEN**

WELCOME!

You are one of the 30 participants who will participate in the youth exchange “ESCAPE Gender Inequality” between 6th-14th of May 2022 in Sweden.

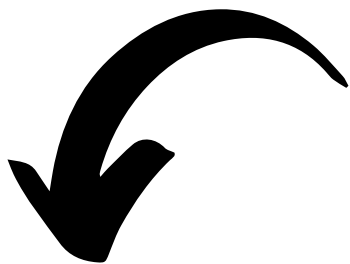
AWESOME
PEOPLE



The youth exchange will be held in Kopparberg, located 219 km west of Stockholm. Kopparberg is a small village famous for the brewery that makes Kopparbergs cider and is located one hour from Örebro - the sixth largest city in Sweden.

There will be participants from Sweden (5+2), Malta (5+2), Romania (5+2), and Spain (5+2). We want you to have a great experience and we prepared this info pack with all the practicalities you need to know and a bit about the project itself. We look forward to meeting you all in Kopparberg!

Your coordinator and host organisation is Awesome People, a youth NGO founded back in 2013. Awesome People is based in Örebro and recently also in Kopparberg with a mission of making 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.



Check us out!



www.awesomepeople.se



<https://www.facebook.com/AwesomePeopleSE>



[#awesomepeoplese](https://www.instagram.com/awesomepeoplese)

About the project

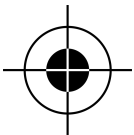
The project "ESCAPE Gender Inequality" consists of two mobilities in Sweden ending with this youth exchange for young people where you will get:

- intercultural understanding and knowledge, especially about the topic of gender equality
- how to build an educational escape room
- how to plan and implement an open event

After the youth exchange you will go back home where you will organize an open event in your local community.

You will work together with your national team and group leaders before the youth exchange to get to know more about the topic.

We envision the project to contribute to a more equal and inclusive society because of the raised awareness about gender equality among young people and improved competencies among youth workers to work with the topic.



Aim

The whole project aims to increase the awareness of gender equality among young people by creating and using portable educational escape rooms as an effective method of engaging young people.

Objectives

- Provide space and time for participants (Youth workers and young people) to reflect upon the different aspects of gender equality such as discrimination against girls and young women, traditional gender roles and stereotypes, and violence against girls and young women
- Encourage young people to become active citizens and take initiative by creating educational escape rooms and implementing public events
- Create 3-4 portable educational escape room concepts on the topic of gender equality to spread to the local community

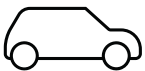
LOGISTICAL INFORMATION

Arrival day Friday 06/05/2022– No later than 8 pm in Kopparberg (If you want to join the free welcome dinner!)

Departure day Saturday 14/05/2022 – At any time

You are free to stay for longer or arrive earlier in Sweden, but you will do so at your own expense!

The best option is to take a flight to **Stockholm Arlanda Airport** and from there take the train to **Kopparberg C** (the trip takes 3.5 - 4.5 hours) and costs between 40-50 euro
check tickets here: www.sj.se



We will pick you up at Kopparberg Central Station when you provide us with your arrival time





Accommodation

The youth exchange will take place at Awesome People House in Kopparberg, Sweden at Laxbrogatan 24, 714 31 Kopparberg located 5 min walking distance from Kopparberg village center. Map [HERE](#)

You will stay in shared 6-people bedrooms (mixed country not gender) and have access to shared bathrooms with showers.

Bed linen will be provided but you need to bring your own towel.

The house has wifi.

Accommodation costs are covered by the Erasmus+ program.



Food

Breakfast, lunch, dinner, and coffee breaks (FIKA) will be served in the house. Please, don't forget to mention in the application form if you have any dietary requirements. All food is covered by the Erasmus+ program.

Also, each national team will organise an cultural evening where you should bring any food/drinks representative of your country and prepare some games/presentation.



Weather

The weather in Sweden in May is usually +9 up to +16 but please check it out closer to the time and pack appropriate clothes. We will also update the FB group with the forecast, so keep an eye on it.



Money

Sweden's currency is SEK. All places accept bank cards, not all accept cash since Sweden wants to be a cash free society. If you want to take out money there is ATM 5 min walk from the house.

Travel & 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 Kopparberg).

Malta/Spain - 360 Euro

Romania - 275 Euro

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 (within 1 month after the youth exchange based on proof of dissemination) and if all the original documents are provided to the project coordinator.

Steps for reimbursement

- Fill in the internal evaluation form at the end of the week.
- Upload all your travel confirmations, invoices, and boarding pass to the Google Drive folder. The link will be sent in the welcome e-mail.
- Hold the agreed dissemination activities within 1 month after the youth exchange
- Send us pictures and a small report of the dissemination activities.



AGENDA

	6/5 Friday	7/5 Saturday	8/5 Sunday	9/5 Monday	10/45 Tuesday	11/5 Wednesday	12/5 Thursday	13/5 Friday	14/5 Saturday
08.00-09.00	ARRIVAL	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	DEPARTURE
09.30 - 11.00		Getting to know each other	Learning diary Dive into the topic of gender equality	Learning diary Define learning goals	Learning diary Escape room development	Learning diary Escape room testing	Learning diary Go to Örebro Prepare event	Learning diary Reflection on the event	
11.00-11.30		FIKA	FIKA	FIKA	FIKA	FIKA	FIKA	FIKA	
11.30-13.00		Teambuilding	Empathize & analyze youth needs	Boda Borg	Escape room development	Escape room testing	Event	Action plan for local events	
13.00-15.00		LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	Event (lunch on the go)	LUNCH	
15.00-16.30		Teambuilding & intro to the project	Educational escape rooms	Boda Borg	Escape room development	Adjustments	Free time in Örebro	Learning journey	
16.30-17.00		FIKA	FIKA	FIKA	FIKA	FIKA	FIKA	FIKA	
17.00-19.00		Learning journey Family Groups	Educational escape rooms Family Groups	Brainstorm escape room ideas Family Groups	Escape room development Family Groups	Finalizing Family Groups	Free time in Örebro Family Groups	Final evaluation	
19.00-20.00		DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	
20.00 -		Welcome reception	Spanish evening	Romanian evening	Maltese evening	Swedish evening	Game night	Free evening	

With reservation for changes

PARTICIPANT INFO



Profile

Participants for the youth exchange should be young people 16-20 years old identifying themselves as a person with fewer opportunities in comparison to their peers. They should be interested in the topic of gender equality and educational escape room as a tool. The two group leaders should have attended the training course in the project.

Preparatory work & dissemination



All participants must be involved in the preparatory work organized by the youth workers who attended the training course. All participants must implement a local open event with the developed educational escape rooms in their local community within 1 month after the youth exchange.



Partners should ensure gender balance among participants.



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.



Trip

We will go one day to the escape room facility "Boda Borg" to try different quests, for this day you need comfy shoes and clothes! Check it out here: <https://www.bodaborg.se/locations/karlskoga/>

PARTICIPANT INFO



What to take with you

We encourage you to bring snacks, and beverages for the cultural evening, any favorite games for the evenings. Don't forget your towel and Health insurance card! Comfy shoes and clothes for Boda Borg!



Participation

Failure to fully participate in the content sessions or inappropriate behavior might resolve in reimbursement not being given to the participants with a notice provided to the sending organisation or exemption of the participant from the youth exchange.



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.

To-do-list



Fill in the online application form [HERE](#) Deadline 24th April 2022



Book your flight to Stockholm Arlanda Airport and connecting train from Arlanda to Kopparberg C to fit the budget so you reach Kopparberg no later than 8 pm on 6th May



Join the Facebook group for updated information and ongoing activities. You can find it [HERE](#)



Inform us about your arrival and departure time/date to karin@awesomepeople.se so we have a record of whom we should include for the welcome dinner and when to pick you up. Deadline 24th April 2022

For any questions please contact us!

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Looking forward to see you in Kopparberg!

