



**EMPOWERFUL 2.0**  
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**24 - 30 JUNE 2019**  
**ÖRNSKÖLDSVIK,**  
**SWEDEN**

## Welcome Letter

### Dear Participant,

Warm Welcome to EMPOWERFUL 2.0 project!

We meet each other soon in Örnsköldsvik, Sweden - together with other 56 young people from Bosnia, Serbia, Poland, Germany, Sweden, Iceland and Estonia. We meet up to learn more about youth activism, social justice, our cultures as well as have a wonderful time together in a nice surrounding of Swedish nature and a cosy town of Örnsköldsvik.

This letter is to share with you practical information that can help you prepare for this youth exchange. Below you will find such information as: contact information to our project's leaders, information on travelling, accommodation and meals, list of items that you might need during this exchange as well as the most important - Program of Activities! =) Please, read carefully through this letter and contact your leader or IOGT International's office if you have any questions.

The project is being coordinated by the representatives of: IOGT International (Aleksandra Ruminska), UNF Sweden (Anneli Bylund and Daniel Bergdahl), and Youth Leaders of your organizations: Olga Pokrovskaya from Iceland, Anne-Mari Eensaar from Estonia, Natalia Radecka from Poland, Alex Meier from Switzerland, Rismir Krajisnik from Bosnia and Dajna Marinkovic from Serbia. In case you have any questions regarding this activity or the whole project - please contact one of us. The contact information can be found below.

This week will be something to remember!  
Looking forward to meeting you in Örnsköldsvik  
Empowerful Crew

## EMPOWERFUL PROJECT

coordinated by IOGT International and UNF Sweden

EMPOWERFUL 2.0 project  
Youth Activism Centre  
24 - 30 June 2019  
Örnsköldsvik, Sweden

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### Important Information

At this time of the year you can experience "white nights" in the north of Sweden. We are going to stay in Örnsköldsvik, located 528 km to the north from Stockholm. The sun does not go down here at all - there is no night time. Be prepared for that and bring with you the "Eye mask" or something else to cover your eyes in order to sleep at night.

Our Youth Exchange "Youth Activism Centre" is being organized at the same spot where the Swedish sobriety movement IOGT-NTO holds their Congress. It means that all together we will be a group of about 800 people. Most of activities will be dedicated only to our group participating in the youth exchange; the Swedish movement has its own program. However, there will be time to meet more people from the Swedish movement and participate in some free time activities together.

\* This event is free from alcohol and other drugs

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## 1. Contact information

Please, find below the contact details of the Youth Leaders - in case of any questions before, during or after the youth exchange, you can reach out to your Leader, or representative of IOGT International - Aleksandra Ruminska and representative of UNF Sweden - Daniel Bergdahl.

Moreover, you will find below important addresses such as the address of IOGT International's office in Stockholm, IOGT-NTO's house in Skarpnäck, Stockholm as well as the map and address of our activity's venue in Örnsköldsvik.



There is a Facebook closed, group "Empowerful 2.0" created for this event. In case, you have not been invited to the group, please contact your group Leader.

You can, reach us on our mobile phones/via Whatsapp or via e-mail:

### **Aleksandra Ruminska**

IOGT International  
Sweden  
Tel: +46 733 389 397  
E-mail: [aleksandra.ruminska@iogt.org](mailto:aleksandra.ruminska@iogt.org)

### **Rismir Krajisnik**

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### **Anneli Bylund**

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### **Daniel Bergdahl**

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### **Dajna Marinkovic**

Center for Youth Work  
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### **Anne-Mari Eensaar**

Juvente Estonia  
Estonia  
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### **Olga Pokrovskaya**

Núll Prósent hreyfingin  
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**Emergency number** - Call 112 for police, ambulance or fire department.

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The groups from Bosnia, Serbia, Iceland, Poland, Germany and Switzerland that arrive to Stockholm citycentre can leave the luggage at IOGT International's office, if needed.

Please, see the address below. In case of any questions contact Aleksandra Ruminska (phone number on the page above).

To open the door downstairs, use the code: 1970



### **IOGT International's office**

House of IOGT-NTO (Swedish Movement)

Address: Klara Södra kyrkogata 20

111-52 Stockholm

Located 2 min. away from Stockholm Central Railway Station

The groups from Bosnia, Serbia and Iceland that arrive to Stockholm on 23rd of June, Sunday, stay over the night at IOGT-NTO's house in Skarpnäck, Stockholm.

Please, see the address below.



### **Kamratstödet IOGT-NTO**

Address: Flygfältsgatan 6B,

128 30 Skarpnäck

Phone: 0046 8-605 50 00

Temporary code to enter the building: 3874

Our accommodation - we are going to stay at High-School building in Örnsköldsvik



### **Nolaskolan (high-school in Örnsköldsvik)**

Viktoriaesplanaden 31,

891 35 Örnsköldsvik

Sweden

**[GO TO THIS LINK TO SEE THE MAP OF ÖVIK AND LOCATION OF OUR WORKSHOPS](#)**

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## 2. Travelling to Örnsköldsvik

### Landing at Skavsta or Arlanda airport in Stockholm



Information for the group from Estonia: After landing at Arlanda airport, you need to go downstairs to the Train Station, located directly under the airport. Follow the signs - "SJ Swedish Trains".



Information for groups from Iceland, Germany and Switzerland: After landing at Arlanda airport, go outside the arrivals whole, follow the sign "Flygbussarna". Take the "Flygbuss" bus going to Stockholm Central Railway Station ("Stockholm cityterminalen").

The busses depart every 15 minutes and the ride takes about 40 minutes.



Information for groups from Serbia, Bosnia and Poland: After landing at Skavsta airport, go outside the arrivals hall where on your right you are going to find the bus stop for "Flygbussarna" - airport coaches. Take the bus going to "Stockholm cityterminalen" - Stockholm's Central Railway Station.

The busses departure time is adjusted to the time of aircrafts landing at the airport. To avoid waiting time, go directly to the bus stop after picking up your luggage.

The ride takes about 1h 20 minutes.

### Travels within Stockholm city



In case you are going to travel within Stockholm city, it is good to download SL application where you can check the departure time of subway, busses and trams as well as buy the tickets. You can also buy the tickets at the station, at SL information point or SL machines.

### Travelling to Örnsköldsvik



The whole project group (besides Swedish group) travels to Örnsköldsvik by train on Monday, 24th of June. The train tickets are bought and kept by the Youth Leaders. There are 3 groups travelling to Örnsköldsvik that day - one group at 09:45 travelling from Arlanda airport and 2 groups travelling from Stockholm's city at 09:45 and 18:11. For more information, please have a look at the arrivals/departures tables on the following page.

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### 3. Arrivals/ Departures table

<b>Flight to/from Stockholm</b>				
<b>Country</b>	<b>Date and Time</b>	<b>Airport</b>	<b>Date and Time</b>	<b>Airport</b>
<b>Serbia</b>	23.06. at 14:20	Skavsta	30.06. at 14:50	Skavsta
<b>Bosnia</b>	23.06. at 14:20	Skavsta	30.06. at 14:50	Skavsta
<b>Poland</b>	24.06. at 14:30	Skavsta	30.06. at 15:00	Skavsta
<b>Germany</b>	24.06. at 09:20	Arlanda	30.06. at 21:10	Arlanda
<b>Switzerland</b>	24.06. at 15:00	Arlanda	30.06. at 15:25	Arlanda
<b>Sweden</b>	-	-	-	-
<b>Estonia</b>	24.06. at 13:40	Arlanda	30.06. at 17:35	Arlanda
<b>Iceland</b>	23.06. at 12:40	Arlanda	01.07. at 23:45	Arlanda

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## Train to/from Örnsköldsvik

Country	Tran to Örnsköldsvik Date and Time	Tran from Örnsköldsvik Date and Time
<b>Serbia</b>	24 June, 09:21 arrives in Örnsköldsvik at 16:15, ONE CHANGE IN SÖDERHAMN	30 June, 02:37 - arrives in Stockholm at 09:45
<b>Bosnia</b>	24 June, 09:21 arrives in Örnsköldsvik at 16:15, ONE CHANGE IN SÖDERHAMN	30 June, 02:37 - arrives in Stockholm at 09:45
<b>Poland</b>	24 June, 18:11, arrives in Örnsköldsvik at 00:56, DIRECT TRAIN	30 June, 02:37 - arrives in Stockholm at 09:45
<b>Germany</b>	24 June, 18:11, arrives in Örnsköldsvik at 00:56, DIRECT TRAIN	30 June, Bus at 09:45, arrives at Arlanda at 17:20
<b>Switzerland</b>	24 June, 18:11, arrives in Örnsköldsvik at 00:56, DIRECT TRAIN	30 June from Örnsköldsvik to Arlanda at 05:25
<b>Sweden</b>	Arrival on Tuesday, lunch time	Departure on 30th of June
<b>Estonia</b>	Leaving Arlanda at 15:42 on Monday and arriving in Övik at 20:49	30 June, 02:37 - arrives in Stockholm at 09:45
<b>Iceland</b>	24 June, 09:21 arrives in Örnsköldsvik at 16:15, ONE CHANGE IN SÖDERHAMN	30 June, Bus at 09:45 and then change at Arlanda, arrives at Arlanda at 17:20

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## 4. Meeting point

### **In case you arrive to Stockholm on 23rd of June, Sunday:**

The meeting point for this group is at IOGT International's office. Please, see the full information on the address in part 1 - Contact Information (IOGT International, Klara Södra kyrkogatan 20, Stockholm).

IOGT's employee - Aleksandra Ruminska is going to wait for you at the office - contact her if you have any questions.

The groups pick up the mattresses and sleeping bags from IOGT International's office. Aleksandra travels with the group to IOGT-NTO's house in Skarpnäck.

### **In case you arrive to Stockholm on 24th of June, Monday:**

For those who arrive to Stockholm on Monday, the meeting point is IOGT International's office where you can come after arriving to Stockholm and leave your luggage. Aleksandra Ruminska will meet you at the office - for contact details to Aleksandra and on IOGT's office - go to the part 1 "Contact Information.

The groups from Poland, Germany and Switzerland travel together at 18:11 from Stockholm Central Railway Station.

### **For the group that travels to Örnsköldsvik on Monday morning and afternoon**

While arriving to Örnsköldsvik, you will be welcomed by Daniel Bergdahl - representative of UNF Sweden who is going to guide you to our place of accommodation. He will meet you at the train station.

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## 5. Accommodation and meals

### Accommodation

We will be accommodated at the high-school building in Örnsköldsvik at the classrooms for up to 15 persons. The participants will stay at the rooms divided by gender and age.

We will be sleeping on mattresses and with sleeping bags.

There will be bathrooms available at the school and showers located at the sporthall next to the school.

Herewith, you can also find the address of the school:



### **Nolaskolan (high-school in Örnsköldsvik)**

Viktoriaesplanaden 31,  
891 35 Örnsköldsvik  
Sweden

Wi-Fi is available at the school

### Meals

Following UNF Sweden's policy on environmental friendly choices, the food served during the Youth Exchange will be vegan and vegetarian. The meals will be served at the school according to the timetable (please see the Program of Activities). Twice, the dinner will be served outside the school.

The menu is created according to all food preferences/allergies indicated in the Registration Forms.

### **Please, pay attention to the following allergies...**

Since there will be participants strongly allergic to some types of products, we would like to ask you to not bring with you/use or consume the following:

- Nuts - all kinds
- Citrus fruits
- Fur
- Strong perfumes

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## 6. What to bring with you?

A short list - good to read through it while packing:

- Towel
- Flip-flops
- Pyjamas
- Swimming Suit (just in case)
- Cosmetics
- Smaller bag/backpack can be useful
- Sunscreen
- Sun glasses
- Spray for mosquitoes
- Eye mask - or something else to cover your eyes during the night since in Örnsköldsvik at this time of the year it is constantly bright
- Laptop (not a "must" but it is good to have it if it fits in your luggage)/ access to files on your phone
- Comfortable shoes and casual clothes
- Warmer clothes for the evenings
- Umbrella / Rain jacket, just in case
- Your medication – if any
- Passport/ID and other documents needed
- Your chargers/ powerbanks
- Mattress, sleeping bag and a pump, if you have any - otherwise it is being fixed by the Swedish organizer UNF Sweden and IOGT International
- Bring a pillow and a cover if you need it

Please, check also the weather forecast for Örnsköldsvik before travelling.

Prepare for the "white nights" at this time of the year - it is bright 24/7 and it is very helpful to have the "eye mask" with you in order to sleep undisturbed. Summer days in the north of Sweden can be lovely and warm (27 °C) or a bit chilly (14°C). It can change day to day, so please check the weather forecast and pack some warmer clothes as well for chilly evenings. An umbrella or waterproof/rain jacket might be useful as well.

We are going to spend some time outdoor as well as move a lot - bring comfortable shoes with you. Pack summer clothes as well as some warmer clothes since it might be chilly in the evenings. Bring jeans or some other long trousers, shorts or skirts. Take with you more than one pair of shoes - just in case.

## 7. Safety Measures and the Rules of this Exchange

The rules of this Youth Exchange and Safety Measures will be discussed and decided upon together with the participants during the first day. However, we would like to set your attention to follow the points below:

- Bring positive and open-minded approach with you! :)
- Respect cultural differences and opinions of others
- Do not speak at the same time
- Use English as the main language during this exchange so that everyone feels included in the activities
- Respect the night time 22:00-06:00 and do not disturb others
- Come to the workshops on time
- Inform your youth leader in case you do not feel well (there is a nurse at the spot)
- Inform the youth leader in case you want to go for a further walk
- We would recommend you to always walk in the groups (participants who are under 18 years old always need to inform the youth leader)
- Never go swimming on your own
- In case of any questions regarding the food preferences and the meals served at the venue - please contact directly the youth leaders
- This Youth Exchange is free from alcohol and other drugs - the policy will be discussed during the first day.

### IMPORTANT

**Dear Participants, in case you**  
**- have any health problems;**  
**- take medications;**

The information about it has to be shared with the group leaders. Please, talk to your leader about it and give her/him the full instruction regarding the medications as well as the description of the health problem.

### In Case of Emergency

for Police, Hospital/Ambulance or Fire Department, always call the international number:

**112**

### Pictures taken during the Youth Exchange

Pictures taken during this seminar might be published on IOGT International's webpage and social media/ other domains related to the project.

If you do not want your picture to appear online, please inform your leader on the arrival day.

\* Following the data protection regulations (GDPR 2016/679 legal act of European Union)

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## 8. Program of Activities

<b>MONDAY – JUNE 24</b>				
<b>Time</b>	<b>Activity</b>	<b>Place</b>	<b>Description</b>	<b>Moderators</b>
16:00 -	Arrivals			
19:00	Dinner	Dining hall at Nolaskolan		

<b>TUESDAY – JUNE 25</b>				
<b>Time</b>	<b>Activity</b>	<b>Place</b>	<b>Description</b>	<b>Moderators</b>
07:30 – 08:30	Breakfast	Dining hall at Nolaskolan		
09:00 – 10:15	Sightseeing	Around the town	Short walk around the town, visiting the most important sides of Övik	A Swedish guide
10:30 – 11:30	Youth Activism in Sweden	Sporthall at Nolaskolan	UNF is a strong youth, sobriety organization in Sweden, having nearly 4000 members. The topic will be presented by Secretary General of UNF Sweden - Isabelle Benfolk	Bella and Daniel
11:30 – 12:15	Lunch	Dining hall at Nolaskolan		
13:00 – 14:30	Fears and Expectations	Sporthall at Nolaskolan	All the participants will share their fears and expectations from the exchange. We will also define the common rules for the next days.	Aleksandra Alex Natalia
15:00 - 16:30	Getting to Know Each Other	Sporthall at Nolaskolan	Name games, ice breakers, team building games	Olga and Icelandic team
16:30 – 17:30	Free time			
17:30 – 18:15	Dinner	Dining hall at Nolaskolan		
19:30 –	UNF's Opening Ceremony	Theatre in the town	Welcome Evening	

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<b>WEDNESDAY – JUNE 26</b>				
<b>Time</b>	<b>Activity</b>	<b>Place</b>	<b>Description</b>	<b>Moderators</b>
07:30 – 08:30	Breakfast	Dining hall at Nolaskolan		
09:00 – 10:15	Me and My Values	Dining hall at Nolaskolan	Different people have different understanding of the term „values“and prioritize their values differently. This workshop will help us to perceive our values and reflect how and why we make some of them more important than the others	Olga and Rismir
10:30 – 11:30	Equality as the Key Value	Sporthall at Nolaskolan	Key value of the European Union - all different but equal. We will explore the topic in an interactive way	Aleksandra and Anne-Mari
11:30 – 12:15	Lunch	Dining hall at Nolaskolan		
13:00 – 14:30	Social Justice	Sporthall at Nolaskolan	Social justice is a concept of fair and just relations between the individual and society. Here, we'll discuss human rights and find out what role we play in creating a just society.	Dajna and Anne-Mari
14:30 – 15:00	Break			
15:00 – 17:00	Words Matter	Sporthall at Nolaskolan	Have you ever thought about the meaning behind words you use to describe someone? In this workshop, we'll explore expressions we use and how the society reacts to them.	Dajna and Daniel
17:00 – 18:00	Preparations for local	Sporthall at Nolaskolan	We plan a little local action in Örnsköldsvik.	Youth leaders

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	activism		This will be the time for preparing our teams.	
18:00 – 19:00	Walk around the town	Around town	Local action created by the participants	Youth leaders and participants
19:00 – 21:30	Dinner	Fjällräven center		UNF
21:30 –	Evening Activities	Nolaskolan		

<b>THURSDAY – JUNE 27</b>				
<b>Time</b>	<b>Activity</b>	<b>Place</b>	<b>Description</b>	<b>Moderators</b>
07:30 – 08:30	Breakfast	Dining hall at Nolaskolan		
08:30 – 09:45	Free time			
09:45 – 10:15	Young Politicians in Sweden	Sporthall at Nolaskolan	A workshop led by a young, Swedish politician	Daniel and Mathilda
10:30 – 11:30	Nocturum	Sporthall at Nolaskolan	A presentation led by our external guest Lucas Nilsson	Aleksandra and Lucas
11:30 – 12:15	Lunch	Dining hall at Nolaskolan		
13:00 – 14:30	Youth Activism - What Can Be Done by Youth in Europe	Spegelsalen	Each national group will get a chance to present the practices of their organizations' programs and activities dealing with or promoting youth activism and social justice. We will talk about these practices, learn from each other and inspire each other to organize new activities in our communities.	Natalia and Rismir
14:30 – 15:00	Break			
15:00 – 17:00	Cultural Mingle	Nolaskolan	Presenting each partner county's tradition, commons, cuisine etc.	Participants

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17:00 – 17:30	Free time			
17:30 – 18:15	Dinner	Dining hall at Nolaskolan		
18:15 –	Evening Activities	Nolaskolan		

<b>FRIDAY – JUNE 28</b>				
<b>Time</b>	<b>Activity</b>	<b>Place</b>	<b>Description</b>	<b>Moderators</b>
07:30 – 08:30	Breakfast	Dining hall at Nolaskolan		
08:30 – 09:00	Free time			
09:00 – 10:15	Biggest Social Challenges of the 21st Century	Sporthall at Nolaskolan	A presentation by our guest - Kristina Sperkova, President of IOGT International	Kristina Sperkova
10:30 – 11:30	How can I do it back at home?	Sporthall at Nolaskolan	Organize a project back at home on local or national level - learn how to do it step by step	Youth leaders
11:30 – 12:15	Lunch	Dining hall at Nolaskolan		
13:00 – 14:30	Open space	Sporthall at Nolaskolan	This is the space for choosing the topics that matter to you - what would you like to improve in the world, what can your project be about?	Youth leaders
14:30 – 15:00	Break			
15:00 – 16:30	Youth take action	Sporthall at Nolaskolan	Project planning - drafts of Your Projects	Youth leaders
16:30 – 17:30	Free time			
17:30 – 18:15	Dinner	Dining hall at Nolaskolan		
18:15 – 19:30	Free time			
19:30 –	Gala and Evening time	Theatre in the town	Evening organized by the Swedish movement	

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<b>SATURDAY – JUNE 29</b>				
<b>Time</b>	<b>Activity</b>	<b>Place</b>	<b>Description</b>	<b>Moderators</b>
07:30 – 08:30	Breakfast	Dining hall at Nolaskolan		
08:30 – 09:00	Free time			
09:00 – 10:15	Send Your Message Through	Sporthall at Nolaskolan	We will learn about public relations and the tools we use to send our messages to our target groups. We will also talk about the main means of PR communication and practice using some of them.	Dajna and Rismir
10:30 – 11:30	Social Media	Sporthall at Nolaskolan	As a main component of a modern life, social media have a great role in creating the identity. So, we'll learn what the most popular social media today are, what we use them for and see some interesting statistics about social media in the world.	Dajna and Rismir
11:30 – 12:15	Lunch	Dining hall at Nolaskolan		
12:15 – 13:00	Free time			
13:00 – 14:30	Project planning for second Youth Exchange - 3rd October	Sporthall at Nolaskolan	The second seminar of this project will be organized in Katowice, Poland. We will celebrate then International Drink Revolution Day and would like to create a plan all together for that event	Youth Leaders
14:30 – 15:00	Break			
15:00 – 16:30	Evaluation	Sporthall at Nolaskolan	Evaluation of the youth exchange	Youth Leaders

IOGT International is the premier global interlocutor for evidence-based policy measures and community-based interventions to prevent and reduce harm caused by alcohol and other drugs.

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**EMPOWERFUL PROJECT**

coordinated by IOGT International and UNF Sweden

EMPOWERFUL 2.0 project  
 Youth Activism Centre  
 24 - 30 June 2019  
 Örnsköldsvik, Sweden

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16:30 – 19:00	Free time			
19:00 -	Dinner and ending party	Fjällräven center		

<b>SUNDAY – JUNE 30</b>				
<b>Time</b>	<b>Activity</b>	<b>Place</b>	<b>Description</b>	<b>Moderators</b>
07:30 – 08:30	Breakfast	Dining hall at Nolaskolan		
09:00 -	Departures			

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## Project's Partners

