



# Välkommen!

Welcome to Sundsvall, Sweden.



**Project: Creative Leisure and Cultural Diversity**

**In the City of Sundsvall, Sweden**

**Description of our organization in the City of Sundsvall**

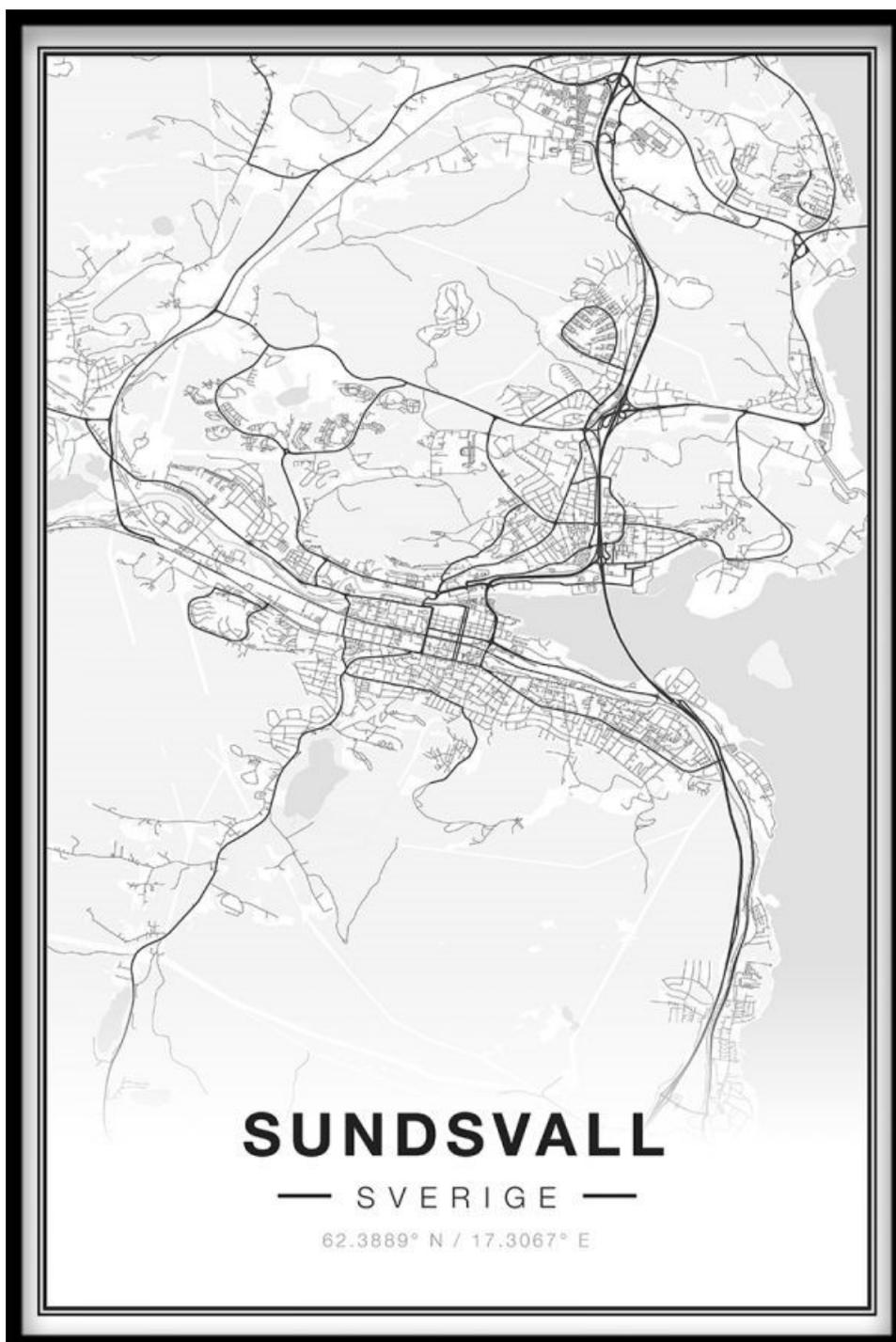
Kultur & Fritid/Ungdomsavdelningen (Culture & Leisure/Youth Department) in the municipal of Sundsvall runs 11 Youth Clubs placed in different local living areas. The activity in the youth clubs varies from sports-, cultural-, handicraft activities or just to chill and most important, to be a venue for youngsters. Other venues, such as music-, film and photo related activities, are also established and appreciated by multiple youngsters since many years ago, in our city.

We carry out specially designed activities. These activities aim to increase disadvantaged youngsters' participation in leisure time activities. In youth department we provide designed activities available for certain interests by young people, such as; activities which encourages youth democratic impact, audio studios, music arenas, recording and production of music, photo and moviemaking activities, skateboard and theatre.

**Description of our project in the City of Sundsvall**

We are convinced that the presence of young people from other countries in Europe will support the youth in Sundsvall to take the step to visit other countries on both a voluntary basis but also for future studies or/and work. Understanding and acceptance of people from other countries are promoted in our organization. A fairly large amount of young immigrants from other countries lives in Sundsvall. For them, the participants in our projects, has been and still is a connecting point, with their common status in our country as "visitors". The work we plan and implement in our department, with/for the youngsters of Sundsvall, needs continuous updating to broaden and increase awareness of similarities and differences in Europe, between young disadvantaged participants, working staff in our organization and participants from all over Europe, including neighboring countries and Mediterranean countries. Through our projects basic theme of inclusion of disadvantaged young people and the participants of the project different ideas for their own projects.

We believe our work intends to increase solidarity between different cultures. Documentation and a consistent, practical way of working together with young disadvantaged youngsters, increases the participants as well as staffs personal, social, experience and knowledge development. We prefer the volunteers to do their volunteer ship during 12 months in our organization. Projects start either in February or September. In this way, we intend to host at least two volunteers at the same time, overlapping each other. We have noticed that this way makes the facilitation easier for the new arriving volunteer, since he/she is supported by the former volunteer when needed and in much of the initial work with the youngsters in activities.





## **Locations in the project**

In our Erasmus+ project we have following locations

### **FFA**

You will work in one youth club and FFA (Fritid för Alla). FFA [www.ffasundsvall.se](http://www.ffasundsvall.se) works towards young people with disabilities, in the municipality of Sundsvall. In FFA you will meet youngsters in the ages of 13-22 years old, mostly. FFA arranges activities in all holidays for the youths, when youngsters are off school. We have activities one week in the autumn, one week in March, Easter week and summer holidays. It is good if you have some ideas of activities that you can organize with their help and in cooperation with each other!

### **Unga Magasinet**

You will also work in a youth venue, called Unga Magasinet (Young Magazine). This place is situated in the city centre. There you will work mostly with youth from 16-25 years-old. On Mondays they have a LGBTQ+ Café, Tuesdays—Fridays they have regular youth café.

<https://ungamagasinet.se/>

### **Domsaga**

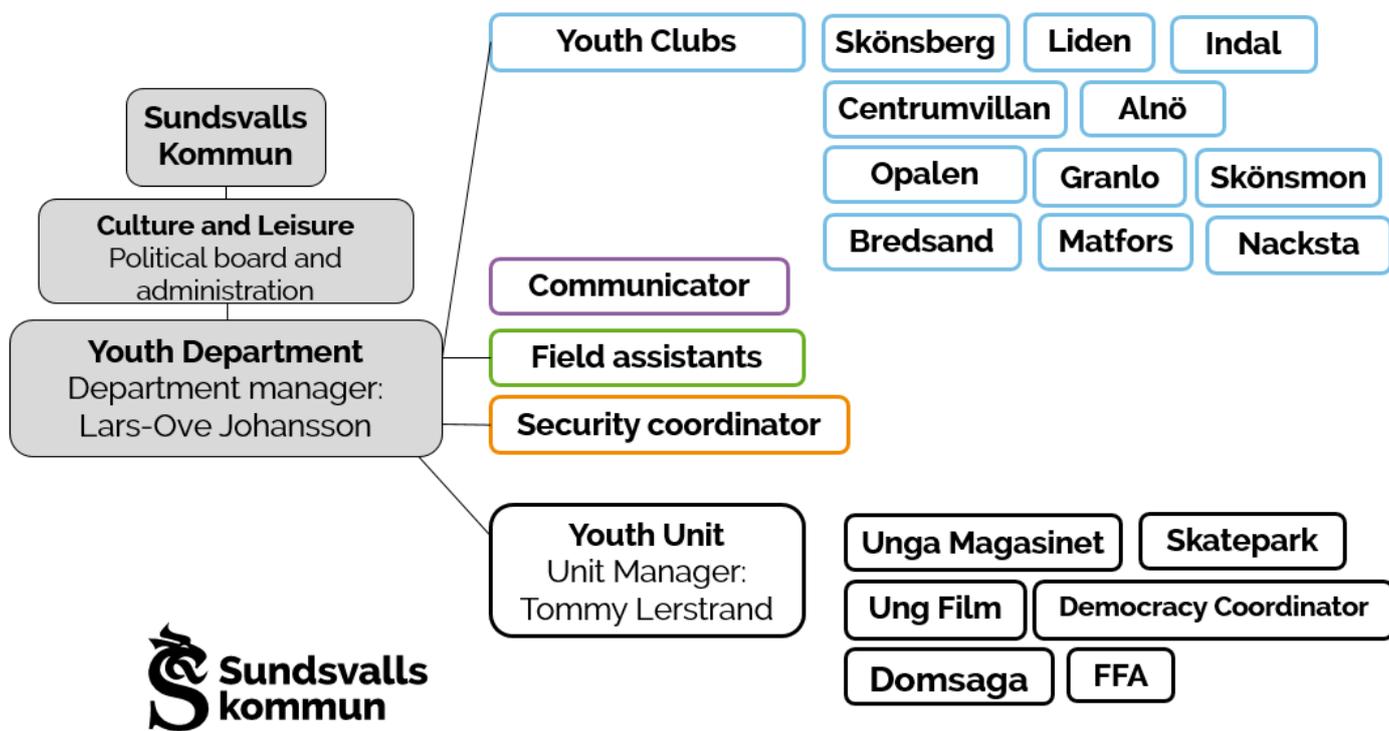
Here people, mainly youth, go to jam cafés, arrange concerts and train with their band or make a record.

### **Film and Photo**

The Municipality also has several equipments in connection of photo and film making what young people can borrow and work with.

*Below you can see our organizational scheme.*

# Ungdomsavdelningen



## **Apartment, transportation, etc...**

### **Apartment**

You have your own room in an apartment containing 3 bedrooms, one shower + WC, one single WC and kitchen. You don't have to bring anything for the flat! There are linen, towels, kitchen utensils and so on for you to use, and to take care of! Internet is available in your bedroom!

### **Transportation**

Your trip to Sundsvall and back to your home country will be organised and paid by the host organisation (us). You will also receive a bus card, so you can go by bus to and from work and to other activities. We have also bikes, so in the spring/summer/autumn you can bike to and from work!

### **Cash and food money**

You will receive 4 100:- each month! That is 400 Euros/month, approximately! This amount should cover your costs for food (you plan, shop and cook your own food) and pocket money!

### **Telephone**

If you have a mobile/cell phone - bring it! We will set you up with a cash card and a Swedish telephone number so you can reach us and others - and the other way around!

### **Holidays**

You will have holidays in the summer, approximately beginning in the first week of July and 4/5 weeks ahead! In December the volunteers are usually off work during some days! We also have some traditional holidays during the spring. You will get information about this, when we do your work schedule together, after you have arrived

### **Language**

Hopefully, you will start Swedish class, rather immediately when you arrive, but it can also happen that you have to wait for the right course to start. Maybe 4-6 weeks! Your starting depends on how many students the school has to prepare places for! We keep our fingers crossed for an early start, since we know that the sooner you get to learn a little bit of Swedish, the easier it will be for you to get integrated in the society, work and in the meeting with people

## Some phrases that can come in handy

### Svenska

Sverige  
Tack så mycket!  
Ursäkta mig!  
Varsågod!  
Jag kan inte prata svenska.  
Pratar du engelska?  
Hur mår du?  
Trevligt att träffas  
Jag heter .....

Jag bor på Nackstavägen 16D  
Jag kommer från .....

Jag jobbar som volontär

### Engelska

Sweden  
Thank you so much  
Excuse me!  
You're welcome  
I can't speak swedish  
Do you speak english?  
How are you?  
Nice to meet you  
My name is .....

I live in Nackstavägen 16D  
I come from.....  
I work as a volunteer

#### Volunteers' tip for swedish crash course

<https://www.duolingo.com/>

<https://app.memrise.com/>

<https://myswedish.net/>

<https://learningswedish.se/>

Youtube: The Swedish Linguist

Youtube: Slow Swedish with Katrin Berndt

#### LANGUAGE DIFFERENCES



  — island

  — isola

  — île

  — isla

  — Insel

...

  — ö

# Sundsvall—Stone City—Dragon City

## Welcome to Sundsvall!

Sundsvall is one of the biggest municipalities in the north of Sweden, located in mid-Sweden, surrounded by ocean, forest and mountains.

With a strong business community and about 98 000 citizens Sundsvall plays an important role for the regional growth.



## Stone City

Sidsjön, located close to Nacksta.



Architecture in central Sundsvall, Storgatan/Nybrogatan.

In 1888 Sundsvall burned to the ground... for the third time! This is the biggest fire in history of Sweden. After this the city was built in stone in different styles from the 19th-20th Century, hence, Stone City.

## Dragon City

The symbol of Sundsvall is a dragon. Many thought that the dragon would protect Sundsvall from future fires.

If you want to know more about this visit the tourist information or Sundsvall Museum where you can, at no cost, see the exhibition about the fire.



During summer time you will be able to see dragons all over Sundsvall.

## Your possibilities as a volunteer

During your time here, beside FFA and Unga Magasinet, you will have the possibility to work at Ung Film or Domsaga, or maybe even a youth club.

At Unga Magasinet, all volunteers are expected to arrange an international evening and to make an activity during EU day in May. Besides this you will be registered at SFI to learn Swedish.

You will have a lot of opportunities to create your own content in the locations you are working. We encourage creativity and initiative to do events or projects that you are interested in.

Also we encourage you to explore. Explore with another volunteer or ask the staff for tips or company; we enjoy showing you our city, nature and history.

You will be offered a health card for e.g. swimming or gym etc.

### Volunteers' tip: Swedish Customs / Need to know

1. Always be on time!
2. Fika time is important. Eat sweet stuff, drink coffee and have a lot of conversation (perfect time to learn more customs and build friendships)
3. BYOB—bring your own beverage. When you are invited to a swede, bring your own drinks (unless you're told not to).  
Also—you can bring home the drinks you have left.
4. Surströmming—Fermented Herring. Super stinky salty fish.  
TRY IT! But only outdoors.
5. Recycling is important
6. Swedes hug! But not in Corona time.
7. Swedes say "Du" not "Ni" = All people are equals in language.
8. Systembolaget—only place you buy alcohol (if you're over 20)
9. Allemansrätten (right of public access) —you can pick berries, take a walk in the forest or place a tent anywhere (more or less)
10. Traditional Christmas drink—Glögg. Try it!
11. Smörgåstårta—traditional bread cake. Try it too!



The picture is taken in Lögdö, and is one of two islands (öar) in the wilderness of Sundsvalls Kommun.

Here we arrange trainings and camps for youth and for staff in the summertime.