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Myndigheten för ungdoms-
och civilsamhällesfrågor

Info Pack

Viksjöforsbaletten is pleased to organize and host the youth exchange project

DANCE MORE!

(2020-1-SE02-KA105-002755)

This project will be held in Viksjöfors Sweden and it is funded by the Swedish National Agency of the Erasmus + Program and will bring together 25 young people from 5 different countries: Cyprus, Poland, Sweden, Spain, Portugal aged between 18 and 30 years.

Arrival is August 9th and departure August 18th, 2021

**If you are a participant of this event or a contact person for this project,
please join the facebook group:**

DANCE MORE!

(ATTENTION! You should post ONLY information that concern the youth exchange on the wall of this group. The Swedish NA will have a look at the group page when receiving the final report of this project.)

About the project

It is a project addressed to young dance enthusiasts, people who would like to develop in this field and in the future either to dance professionally or teach others. Dance more is for those for whom dance is support in difficult times, socially excluded as a result of poverty, origin or a closed labor market. Dance has a huge impact in the process of human integration in the emotional, cognitive, physical and social sphere. Young dancers from small towns and cultural centers often have problems with continuing their passion for dance, they can't cope with competition, market requirements, and they don't know where they could develop leader skills. We want to support young people in moving around the world and accelerating their professional development.

We believe that it is important to show young people the impact of social and cultural engagement on the positive reception of dancers. We want them to be able to build for themselves new opportunities to actively develop their interests and attitudes, to be part of a democratic society.

We can achieve this by strengthening the activities carried out in non-formal and informal education, revived by people with valuable experience in this field.

About the venue

Hälsingland cannot be described with a simple slogan. Here is a fantastic fauna in a beautiful, undulating, productive land and forestry country with magnificent Hälsingland farmsteads. In 2012, the Hälsingland farms were enrolled on the UNESCO World Heritage List, thanks to the large, uniquely decorated buildings, there are about fifty which are open for visits.

In Hälsingland there is a constant proximity to the wild. We are Sweden's most forest landscape and in our forests there are all the big Swedish predators to behold, like bear, lynx, wolf. Lakes, rivers and streams for swimming, canoeing and fishing. The culturally interested will find a myriad of crafts, art and music.

[Turistinformation - Ovanåkers kommun \(ovanaker.se\)](http://ovanaker.se)



Accommodation

The youth exchange activities will take place in the Head Quarter of Viksjöforsbaletten in Viksjöfors but some activity will take place in nearby school, in Dansplats Skog and in UNESCO heritage site.



Participants will be accommodated in the comfortable STF Edsbyn Hostel <https://sites.google.com/view/hostel-edsbyn/home> and <https://sites.google.com/view/hostel-edsbyn/our-rooms>

The hostel, which is popularly known as Doma, is beautifully situated next to Stora Hälsingegård's road and housed in a former farmstead. The hostel has rooms with 1-4 beds. Toilets and shower are adjacent to the rooms. You have access to WIFI, guest kitchen and several meeting rooms. Meals and products for meals will be provided.





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How to get there

The travels will be organised by each organisation; access to the airport, booking economical flight tickets and after reimbursed by the coordinating organisation. If an organisation needs tips, the coordinating organisation will help them to find the better solutions. Concerning the local transport in Sweden, Viksjöforsbaletten will do their best to get you all around.

Airport is Stockholm Arlanda (or Skavsta, Västerås, Bromma). Connection to Edsbyn is found on <https://www.sj.se/en/home.html#/>

Health and Travel Insurance

Health insurance is not provided. All participants are strongly advised to take private health or travel insurance individually: EUROPEAN HEALTH INSURANCE CARD. The European Health Card is accepted in every country of the European Union. If you don't have it, you can get it easily. You should go to the office recharged with health affairs and ask for your European Health Card. It's a little blue plastic card, and you can get it for free. It's valid in every EU-country for 1 year. Or any other insurance is welcome.

Travel costs reimbursement

As you know this project is co-funded by the Swedish NA of the European Commission, which means we can cover your travel expenses. For this project we will be able to cover expenses only up to the following limit: Country Budget per person SWEDEN 180,00€, POLAND 275,00€, CYPRUS 530,00€, SPAIN and PORTUGAL 360€ (If paid expenses for your travel are less than this amount, you will be reimbursed only up to the total amount of your travel tickets). **Costs for covid test can be included in travel budget.**

Reimbursement of travel costs will only be done upon full attendance of the exchange programme and presentation of the original tickets with boarding passes and all receipt/invoices. Reimbursement will be done in EURO (transfer) or SEK, regardless of the currency indicated on your ticket and receipt/invoice.

Note: Please note if you bought your ticket in your local currency, which might be different than EUR, we will calculate your travel costs according to the exchange rates from official European Commission web-site for the month of ticket purchase



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[Exchange rate \(InforEuro\) | European Commission \(europa.eu\)](#)

Note: The original invoice of the flight ticket with clear mark of how much you have paid (If it is an electronic ticket, print the booking confirmation e-mail or print an electronic ticket from the Web site of the flight company or a travel agency), original train/bus or any other tickets (You must take your return train/bus ticket before the exchange starts in order to be reimbursed just after. Otherwise you will be reimbursed once you send your return tickets to Viksjöforsbaletten);

If you travel by plane, bring ALL(!) the Boarding Passes<--VERY IMPORTANT

What to prepare

- To discover more about our different countries, we will set up cultural events to celebrate our diversity. This means we will have 5 cultural nights (each of them dedicated to one project participant country). Bring ingredients to prepare some traditional food, music to teach traditional for your country dance, maps, etc. that may allow us to find out more about your country. Don't forget to bring your flag and other things that may allow us to see, listen or taste your culture (typical food, drinks, pendrives with music typical for your country, quiz about your country, maps, and brochures about your country).
- Short presentation about the organization (activities they previously participated in, non-formal learning methods used, etc). We want to share knowledge and know better each other and maybe cooperate in the future;
- Participants from each country will prepare a short presentation on unemployment among people between 18-30 years of age in their countries and ways to solve this problem especially in the group of migrants, cultural workers and dancers. During the workshops we will try to find solution and discuss about this problem.
- Prepare warm up dance activity which can you share with the kids from Viksjöfors school - 30 min
- Prepare dance workshops for participants; one workshop per country – 1,5h



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- One important moment will be the creation of a joint choreography Dance More! based on the themes of inclusion and youth problems using elements such as improvisation, music from countries of the organizations, as well as life experience and dance styles. Participants will have the opportunity to express themselves through movement, as well as get to know each other through joint dance. We will show our choreography during Rhythm Conference.

What to bring

- Bring with you warm clothes as it can be cold and also a coat and shoes that is water proof;
- Comfortable clothes and sneakers for activities inside and outside;
- Swimsuit, flip-flops, sunscreen cream, beach towel;
- Water bottle, water can be drunk from the tap;
- Blankets, sheets and pillows are provided at the hostel but not towels;

The currency that is binding in Sweden is Swedish crowns, often referred to as SEK or Kr. You can withdraw paper money at ATMs and in most of the shops you can pay by card.

During our exchange we will follow restrictions and provide safe environment. We will provide protective masks and disinfectant liquid. Nowadays, safety is the most important thing, remember to follow the rules so that everyone feels safe and comfortable.



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Useful contacts

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WELCOME and HAVE A SAFE TRIP!

This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

**DANCE
MORE!**