



PARTNERS AND PARTICIPANTS GUIDE

This welcome letter is intended for already selected participants
FEEL A CALL TO JOIN?

LEAVE YOUR INTEREST HERE:

<https://forms.gle/cgsbR1B4TfgibKTh9>

*Mindfully yours,
Well-being Lab Team*

<https://well-beinglab.wixsite.com/bewell/about>





This project is financed by the European Commission through the Erasmus plus Program. This publication reflects the view only of the author, and the European Commission cannot be held responsible for any use which may be made of the information contained therein.

WELCOME

Exciting that all the roads led you here. It happened for a reason.
To ensure Your peace of mind, let's look at some practicalities.

THE GATHERING

The event will bring together 54 participants from Sweden, Lithuania, Slovakia, Turkey, Greece, Italy, Malta, Spain, Saint Maarten. We aim to spend 7 days together contributing for each other's personal growth with the help of non-formal education and group learning.

Aim is to:

...prepare young migrants with knowledge for the job market itself and provide the practical know-how on planning, implementing and getting through the obstacles of starting a business in a new country, which often means getting BACK to BUSINESS after a big life change. Also project tackles the push & pull factors to entrepreneurship among immigrants, the role of the family as a context of socialization and source of support (with a special focus on the importance of social capital) as well as the networks needed for success.

Objectives are to:

- a. Equip participants with competencies on self-marketing methods in order to gain self-confidence;
- b. Provide participants with practical knowledge about (social) entrepreneurship;
- c. Exchange best immigrants entrepreneur practises, ideas and initiatives;
- d. Empower participants to be able to start their own business by developing necessary skills;
- e. Develop NFE tools to disseminate positive results of the project and create a booklet;
- f. Empower youth through non-formal education tools to become better agents of immigrant integration;
- g. Understand social, cultural and economic difference between immigrants based in partner countries;
- h. Provide a safe and inspiring environment to encourage future collaborations and projects.

MORE DETAILS: <https://bit.ly/3L8F4Sv>

PRACTICALITIES

CULTURE OF MINDFULNESS

In our team, we believe that mindful living is the first step to WELLbeing. To feel comfortable, we encourage you to check in with yourself **that you are passionate about the topic and ready to spend a week in a peaceful venue, with no intoxicants, emerging into yourself, group connection and non-formal learning.**

You are so welcomed to contribute to the culture by bringing your favorite workshop, instrument, poems, incense, game, maybe even special clothes...let's co-create.

NOTE: This is an alcohol-free event.





THE EXCHANGE

During the event there will be lots of intercultural exchange. We will be able to present our own cultures – any kind of culture you feel you belong to and it's meaningful to you. We would be very glad to see how you imagine your own culture, not the culture of your country.

This means that all options are possible. A culture may be presented by a poem (created by you?), a dance, a song, performance etc. We appreciate it if some of you even prepare short workshops as part of exchange.

Coffee Breaks will be dedicated for international snack exchange so bring your favorite snacks to share during coffee breaks.

NGO NETWORKING

One of the side effects of international events is the opportunity to meet inspiring people from different organizations all over Europe, to make partnerships for future initiatives. Thus it is useful to get familiar with your sending NGO and get ready to present it (if you wish).

DISSEMINATION

Dissemination is a crucial part of any Erasmus+ funded project. The European Commission is investing in You, as a community leader, as a change maker, thus each of us is responsible to give back and share the positive experience among our network with the goal that at least one newcomer discovers the opportunities of Erasmus+.

Each participant is responsible to perform:

- 1) Visibility on social media: share at least one post/story on your personal/NGOs social media about your experience during the exchange, tag Well-being Lab (not hashtag but actual clickable tag):
<https://www.facebook.com/PositiveYOUthNGO> <https://www.instagram.com/ngopositivelyouth/?hl=en>
- 2) Article: one participant per country shall write an Article promoting the project and post it on sending NGOs website/social media (tagging Well-being Lab);
- 3) Dissemination workshop: each national group organizes one workshop with 10 local people about the experience. Pictures from workshop shall be sent to wellbeinglab.sweden@gmail.com

PARTNER ORGANIZATIONS

Tag us in your social media posts!

Sweden <https://www.facebook.com/WellbeingLABSweden>

Lithuania <https://www.facebook.com/Y2YInitiative>

Spain <https://www.facebook.com/youthbcn/>

Saint Maarten <https://www.facebook.com/caribbeanecf>

Slovakia <https://www.facebook.com/SYTEV>

Italy <https://www.facebook.com/vulcanicamenteassociazione>

Malta <https://www.facebook.com/Active-Youth-Malta-180885461958998>

Turkey <https://www.facebook.com/yobbassociation/>

Greece <https://www.facebook.com/GOAlive.GreekOdysseuses>





PRELIMINARY DAILY ROUTINES

Programme will be shaped by each of us with the help of facilitators. The aim of the gathering is to actually exchange, thus you are invited to prepare a small workshop to share with a group.

08:30 – 09:30 Breakfast
10:00-11:00 Morning Rituals (W1)
11:00 – 11:30 Intercultural Coffee Break
11:30 – 13:00 Workshop 2
13:00 – 14:00 Lunch
15:30 – 17:00 Workshop 3
17:00 – 17:30 Intercultural Coffee Break
17:30 – 18:30 Workshop 4
18:30 – 19:00 Evening Rituals
19:00 – 20:00 Dinner
20:30 Evening Activities (optional)

FACILITATORS



Karolina Mazetyte - wellbeing facilitator, working as a holistic healer, social entrepreneur, TEDx speaker, co-author of a collaborative book project “A mile in our shoes: stories of our global journeys”. She is a facilitator at ChangemakerXchange global community, Intercultural Citizenship Education Trainer trained by Anna Lindh Foundation. Karolina has worked with intercultural dialogue, fostering and embracing diversity, tolerance and empathy since 2012. Former co-founder and CEO of International Youth to Youth Initiative. She has organised and facilitated events for more than 1 million young people around the world (Hong Kong, UAE, Vietnam, Morocco, Sweden and many more). <https://karolinamazetyte.com/>

Karina Minda is a certified clinical psychologist and licensed transpersonal psychotherapist (Romania). She has a bachelor's degree in Psychology and a master's degree in Clinical Psychology and Psychological Counseling. In 2012 she started her psychotherapy training, and, with it, an intensive self-exploratory journey through which she found the joy of living with awareness, presence and love. Since 2016 she is certified in Transpersonal Analysis and Pnema Breathwork, by Inkari Cultural Association. Through her work she helps people rediscover who they are, to see the beauty of their own beings, to live healthier and take responsibility for their own life and happiness. In 2017, she created the project On Life and Meaning, organizing personal development groups, weekly meditation sessions and public talks on the topics of wellbeing, stress management, self-awareness and mental health. <https://www.encounteryourself.eu/about-me>



ACCOMMODATION



The gathering will take place in a modest family run LAKEHOSTEL BOCKABERG:

<https://www.calm.estate/floda>

It is located in the arms of the lake Uspen, 60 min. bus ride from Gothenburg Centralstation. We will stay 3-4 people per room with shared bathroom facilities. Unfortunately, due to budget limits we cannot arrange separate rooms. The nearest bus stop & shop is 5km away, thus please prepare for your needs. **NOTE: there will be no towels and no toiletries provided, so please bring your own.**

The hostel offers a beautiful activity room with lake view and **modest campsite style rooms with bunk beds and shared bathrooms**. Thus, an invitation to set our minds for simplicity and have no expectations. There will be a possibility to **rent a sauna and canoes for an extra cost**. **Alcohol and drugs are strictly forbidden** in the whole area of the campsite. Smoking is only permitted outdoors in a designated place. **Violation of this entitles the caretaker to immediately dismiss the guest concerned. NOTE: shoes are not allowed in the buildings, please bring your slippers.**

MINDFUL (MAINLY VEGETARIAN) MEALS

3 meals per day will be prepared with love by our wonderful chef with our assistance. Meals will be mainly vegetarian and meat will be served only a few times during the week in case it's needed. Kitchen is an inclusive part of the project, where all of us have space to contribute. Chef will often ask for our inclusion in the kitchen to support the idea of community living and mindful meals. Coffee breaks will be arranged by us, the group, hence remember to pack some goodies to share.

NOTE: bring goodies to share during coffee breaks.



HOW TO REACH THE VENUE

An invitation to try to travel mindfully - with no excess luggage and extra effort to store it. Welcome to use tips from EC: <https://bit.ly/3r23I00>

1. Fly to Gothenburg Landvetter Airport

It is the closest airport to the venue. Flying to **Oslo, Malmo, Copenhagen and Stockholm airports** is an alternative. If landing in these airports, you will have to take a Flixbus, Nettbuss or a train to Gothenburg Central Station (check timetables carefully).

2. Take a bus to Gothenburg Central Station

Please, buy a roundtrip ticket Landvetter Airport - Gothenburg from <https://www.flygbussarna.se/> in advance. Ticket is valid for all Flygbuss buses. Calculate 45 mins for the ride.

3. AT 19:00 Jump on a Private Bus to the LAKEHOSTEL

There will be a private bus named BUSSBOKNING waiting for you in front of Hotel Clarion Post right next to the station (<https://goo.gl/maps/zJo1TE5MfztAeaaA6>). The same bus will drop you off in Central Station at **9am** on the departure day.



NOTE: bus will leave at 19:00 sharp so make sure you are there on time. There is no other way to reach the venue. Same bus will drop you off at 9am in the Central Station.

COSTS FUNDED BY ERASMUS+

Board, lodging and programme costs will be provided and paid 100% by grant from the Erasmus+. Travel costs will be reimbursed after following the requested step. Covid19 tests can be reimbursed as long as they fit in the travel budget.

It is recommended to have a bank card ready for small expenses.



TRAVEL REIMBURSEMENT

According to the budget from Erasmus + Programme, below is the maximum amount that each participant can use for the travel when traveling from their NGO city. The private bus transfer cost is deducted.

COUNTRY	Travel Budget	COUNTRY	Travel Budget
SWEDEN	20 eur	Saint Maarten	780 eur
SLOVAKIA	235 eur	SPAIN	320 eur
LITHUANIA	235 eur	ITALY	235 eur
MALTA	320 eur	GREECE	235 eur
TURKEY	235 eur		

IMPORTANT FOR REIMBURSEMENT

According to the guidelines of Erasmus+ Programme we can only refund travel costs, if following points are fulfilled:

- 1) You have timely provided tickets, invoices, boarding passes & filled reimbursement form;
- 2) Your travel route is from the country of sending NGO to the venue and back;
- 3) You present copy of **ID, passport or residence permit** from the country of sending NGO;
- 4) You have chosen the cheapest means of transportation (no taxi, no excess luggage, etc.);
- 4) Your travel dates are according to the programme. You can have max 3 days prior OR after the event at your own expenses;
- 5) You have received sending NGOs approval before purchasing the tickets;
- 6) You, right after the event, have submitted Youthpass form, EC survey form and performed dissemination tasks;
- 7) You have participated in all the event programmes and respected the culture.

The amounts that get over the maximum budget can NOT be reimbursed. So an invitation to book your tickets ASAP.

After booking the tickets, please, upload them here: <https://bit.ly/3itYSU6>

All the reimbursements will be done via bank transfers. It might take some months after the event to receive your paper documents, so please use only electronic boarding passes to be reimbursed quicker.

REMINDERS

- 1) **Make sure You plan your travels in accordance with Private Bus Transfers;**
- 2) Bring a comfy outfit, yoga mat/blanket, reusable water bottle;
- 3) Bring a **towel & toiletries;**
- 4) Bring **slippers** to wear inside;





- 5) Pack some goodies to share for the coffee breaks;
- 6) Prepare for cold, temperature varies in Sweden;
- 7) Bring European Health Card or get health insurance (a MUST);
- 8) Make sure you save all the documents for reimbursements;
- 9) Make sure you are ready to perform dissemination tasks;
- 10) COVID19: bring sufficient masks, sanitizer, personal stationery (pen, notebook);
- 11) This is an **ALCOHOL-FREE** gathering.

TO DO LIST

- 1) please, upload your tickets (team leader shall give access) <https://bit.ly/3itYSU6>
- 2) send your ID/residence permit copies to wellbeinglab.sweden@gmail.com;
- 3) fill in the Welcome form (team leader shall give access):
- 4) Join participant FB group: <https://www.facebook.com/WellbeingLABSweden/groups>

CONTACT and SEE YOU SOON!

If you have any questions concerning programme or the logistics, please contact your team leaders OR your sending organization.

For emergency, contact Project Coordinator **Linda**
Linda: +37128308376 <https://www.facebook.com/linda.immure>
wellbeinglab.sweden@gmail.com



COVID 19 SAFETY

We closely follow national and European safety recommendations.

To enter the country:

- 1) Prepare your EU Covid Digital Certificate:
https://ec.europa.eu/info/live-work-travel-eu/coronavirus-response/safe-covid-19-vaccines-europeans/eu-digital-covid-certificate_en

- 2) Follow the ever changing entry requirements from your country to Sweden:
<https://polisen.se/en/the-swedish-police/the-coronavirus-and-the-swedish-police/travel-to-and-from-sweden/>



Wild Geese

You do not have to be good.

You do not have to walk on your knees
for a hundred miles through the desert repenting.
You only have to let the soft animal of your body
love what it loves.

Tell me about despair, yours, and I will tell you mine.
Meanwhile the world goes on.

Meanwhile the sun and the clear pebbles of the rain
are moving across the landscapes,
over the prairies and the deep trees,
the mountains and the rivers.

Meanwhile the wild geese, high in the clean blue air,
are heading home again.

Whoever you are, no matter how lonely,
the world offers itself to your imagination,
calls to you like the wild geese, harsh and exciting
over and over announcing your place
in the family of things.

~ Mary Oliver

