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# PARTICIPANTS GUIDE

## You.Active.Now Project “Your Democracy”



Floda



25 April–5 May



Co-funded by  
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*Mindfully yours,  
Well-being Lab Team  
<https://wellbeinglab.org>*



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## WELCOME

Exciting that all the roads led you here. It happened for a reason.  
To ensure that this is a place you desire to be at, let's look at some practicalities.

## YOUTH GATHERING

The event will bring together 40 participants and leaders from Sweden, N. Macedonia, France, Croatia and Estonia. We aim to spend 9 days together contributing for each other's personal growth as EU citizens, leaders and human beings. We will explore the topic of active citizenship and political participation, with specific focus on the context of the European Union, its functioning, bodies, decision-making procedures and how citizens can influence it. Together we will develop a social media campaign focused on raising awareness and understanding of the European Union, origin, functioning and its values.

### Aim of the Gathering is

to encourage discussion and debate on the personal connection to the EU, its values and democratic foundations while building the feeling of being European, strengthening European values and raising awareness about socially relevant topics.

MORE DETAILS:

<https://www.wellbeinglab.org/yourdemocracy>

## 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 9 days 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 RETREAT

During the event we will introduce you to the concept of the "retreat".

We will welcome you to experience diverse tools for personal well-being, which our team collected throughout the years of seeking and experiencing.

A retreat is an intentional time set aside for introspection and personal growth. It is an opportunity to step away from the busyness of daily life and create space for self-reflection and connection with others. Retreats provide a nurturing environment where you can recharge your mind, body and spirit, enabling you to return to your everyday life with renewed clarity and energy. It does not matter what topic we are diving into during the gathering. We start from the flesh. A human, feeling well. Then comes everything else.





## DISSEMINATION & VISIBILITY

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 networks 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):  
FB [@WellbeingLABSweden](https://www.facebook.com/WellbeingLABSweden) IG [@wellbeinglabngo](https://www.instagram.com/wellbeinglabngo)
- 2) **Short article:** one participant per country shall write a short article about the experience and post it on sending NGOs website/social media (tagging Well-being Lab);
- 3) **Dissemination workshop:** each national group shall organize one workshop in their city with 10 local people in order to share about the experiences and tools learnt. Pictures from workshop shall be sent to [wellbeinglab.sweden@gmail.com](mailto:wellbeinglab.sweden@gmail.com)

## PARTNER ORGANIZATIONS

Tag us in your social media posts

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

**Croatia** <https://www.facebook.com/profile.php?id=100069068921773>

**North Macedonia** <https://www.facebook.com/NextGeneration4You/>

**France** <https://www.facebook.com/lagenerationdedemain>

**Estonia** <https://www.facebook.com/learninglibraryou>

## PRELIMINARY DAILY ROUTINES

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

08:30 – 09:30 Breakfast  
9:30-11:00 Own Your Morning/Open Space  
11:00-12:30 Well-being Ritual+Workshop 1  
12:30 – 13:00 Intercultural Coffee Break  
13:00 – 14:30 Workshop 2  
14:30 – 15:00 Lunch  
16:00 – 17:30 Workshop 3  
17:30 – 18:00 Intercultural Coffee Break  
18:00 – 19:00 Unwinding & Reflections  
19:00 – 19:30 Dinner  
20:00 Social Activities/Open Space







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## TRAINERS



**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 organized 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/>

**Christian Boysen** - With a diverse background encompassing experience in start-ups, business development, project management, event coordination, and CSR, along with a robust network within the start-up and innovation industry, Christian is poised to be a valuable guide in navigating the fast-growing South Swedish start-up ecosystem. His primary objective is to assist start-ups and SMEs in fortifying and expanding their businesses, enhancing performance, marketing strategies, and leadership skills in a sustainable manner. He achieves this by harnessing cutting-edge technology and innovative methodologies. Christian is readily available for discussions on LinkedIn or any preferred platform, eager to engage in various projects of differing complexities, all with a steadfast commitment to shaping a sustainable future.

**Participants** are invited to prepare a 30-60 min. workshop and offer Your gift for the Group under Open Space.

## ACCOMMODATION



The gathering will take place in a modest family run MOUNTAIN LAKE FLODA RESORT





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It is located in the arms of the lake Uspen, 40 min. bus ride from Gothenburg Central station. We will stay 2-3 people per room with shared bathroom facilities. Unfortunately, due to grant limitations we cannot arrange individual rooms. The nearest bus stop & shop is 5 km away, thus please prepare for your needs. **NOTE: there are no towels and no toiletries provided, 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.**

## COMMONLY PREPARED MEALS

3 meals per day will be prepared with love by our wonderful chef **Nikola-Kumba** with our assistance. Meals will be mainly vegetarian, sometimes vegan. Kitchen is an inclusive part of the project, where all will be invited to contribute. **Chef will ask for our daily 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 travel consciously - with no excess luggage and no 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.

### 2. Find your way to Gothenburg Central Station

Buy your ticket **in advance** online please (it is a lot cheaper):

Landvetter Airport - Gothenburg <https://www.flygbussarna.se/>

From Copenhagen, Oslo, Stockholm: <https://www.flixbus.se/>

From Copenhagen, Oslo, Stockholm: <https://www.sj.se/>





From Copenhagen, Oslo, Stockholm: <https://mtrx.travel/en>

### 3. AT 20:00 Jump on a Private Transfer Bus to the VENUE

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>). Note that there will be no one from the local NGO to meet you, just find the bus and jump on it.



### IMPORTANT

**On arrival day the bus will leave at 7 pm sharp. On departure day the bus will drop you off at 10 am in Gothenburg Central Station. Arrival day is 25th April, Departure day is 5th May.**

P.S. in case you cannot make it to the bus, taxi from the airport to the venue might be an option, yet we as NGO cannot ensure that there will be taxis available at the time needed. Also, taxi costs usually cannot be covered by the EU grant. If you opt out to not take the bus transfer, please inform in advance.

### COSTS FUNDED BY THE EU

Board, lodging and programme costs will be provided and paid 100% by grant from the European Union. Travel costs will be reimbursed after following the requested steps. NOTE: based on EU grant rules, project workshops are compulsory to attend. Eligibility to cost reimbursement is only in case of participation.

### TRAVEL REIMBURSEMENT

According to the budget from the EU, below is the maximum amount that each participant can use for the travels. This amount will be reimbursed **by your sending organization** after attending the event and performing required bureaucratic tasks. Instructions for the reimbursement will be sent via email. NOTE: that the budget is applicable if you travel from the city of your sending organization. In case you travel from a different city, the budget might be reduced according to Erasmus+ distance calculator.

COUNTRY	Travel Budget	COUNTRY	Travel Budget	COUNTRY	Travel Budget
SWEDEN	220 eur	N. MACEDONIA	220 eur	FRANCE	220 eur







ESTONIA	220 eur	CROATIA	220 eur		
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## IMPORTANT FOR REIMBURSEMENT

According to Erasmus+ Programme, travel costs can be refunded, if following points are fulfilled:

- 1) You have timely submitted a request for reimbursement;
- 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 arrival/departure dates are according to the programme. You can stay max 3 extra 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, EU survey form** and performed **dissemination tasks**;
- 7) You have participated in all the workshops during the event and respected the culture.

**The amounts that are over the maximum budget can NOT be reimbursed. So an invitation to book the tickets soon.** All the reimbursements will be done via bank transfers. It might take some months after the event.

## REMINDERS

- 1) **Make sure to plan your travels in accordance with Private Bus Transfers;**
- 2) Bring a comfy outfit, warm jacket/big scarf & 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, Gothenburg is v.windy;
- 7) Bring European Health Card or get health insurance (a **MUST**);
- 8) Make sure to save all the original paper tickets and electronic tickets for reimbursements;
- 9) Make sure to be ready to perform dissemination tasks;
- 10) This is an **ALCOHOL-FREE** gathering.

## TO DO LIST UPON SELECTION

- 1) fill in the Welcome form (access to be given by your sending organization)
- 2) send your tickets to your sending organization
- 3) Join participant Whatsapp Community (link to be given by your sending organization)

## CONTACT and SEE YOU SOON!

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





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For emergency, contact Logistics Coordinator at Partner Organization Next Generation Skopje  
Milco  
+389 71369679  
[milcod@gmail.com](mailto:milcod@gmail.com)



Project Coordinator at Well-being Lab  
Ieva +46762368292  
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How you do the little things  
is how you do everything.

Sharon Pearson

quotefancy

