



KA1 Vocational Education Training Project

Winter Sport in IDEUM SWEDEN



the project

Through the project, participants are given the opportunity to get in touch with the specific Swedish winter sports that are typical of the region. Some top level sporting events and some at local lower level.

It is possible to meet sports teachers and language teachers to be with Swedish students and to participate in various activities at the local schools.

In addition, there are opportunities to work out in the gym individually or in groups and use the sports halls for their own activities



Trainee profile

- Strong interest to learn;
- Open mind to other cultures;
- Respect the local community and others people you live with;
- For projects other than carpentry, you should have some previous skills/ experiences;
- Casual clothes.

	Activity	Opportunities for vocational development	Opportunities for Personal development
Monday	Communication in a foreign language	Intercultural activity Cooking Swedish food	Listening, communicating in a foreign language, raised self confidence. Discovering new cultures
Tuesday to Friday	Work together with teachers in local schools.	Learning about and exercising some winter activities.	Team work, listening, communication, self esteem, confidence to try new things
Week-end	Freetime maybe to snow-mobile or visit wider Sweden	Safe use of equipment	Managing one's own time, Independent living, initiative initiative, communication, civic competences

accommodation and meals

Lodging: The accommodation is located near the city centre in Arvidsjaur. You will have single/ dublerooms. Each Hostel has common areas including a kitchen, living room, toilets and bathroom. There is access to internet and a TV. The project is a 10 to 15 min walk from the accommodation. The project is a 20 minutes walk away from the accommodation, 5min by bicycle (available).

Food: All participants has to buy and arrange meals by themselves. There are two supermarkets at 5 min away from the accommodation.

the hosting organisation

Name: **Arvidsjaur Kommun IDEUM.**

Support Worker: **Michael Ahman.**

Website: <http://www.arvidsjaur.se/sv/>



the project place Arvidsjaur

Arvidsjaur is a little city in the North of Sweden, easily accessible through its airport. There is around 5700 inhabitant in the municipality and quite the same number of lakes. The city is surrounded by forest and is at 2 hours from other big cities. It is therefore a quiet city; activities include a swimming pool, a municipality centre with

a little cinema and a library. But there are many outdoor activities, such as ice fishing, ice skating, ice hockey and hiking. Volunteers and trainees can do activities together. As well, IDEUM organise some cultural trips. Sweden has its short days with less daylight during Winter and during the Summer it is light through the night.

Location



The country



Climate: Shorter, cooler summers and longer, colder and snowier winters, with temperatures that often drop below freezing from September through May (but dry so it is more easy to support the cold).

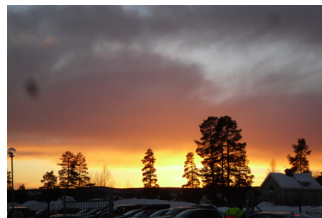
System of Government: Unitary parliamentary democracy and constitutional monarchy.

Capital: Stockholm.

Currency: Swedish krona (SEK).

Official language: Swedish.

Time zone: +1 (when it's 4pm in UK it is 5pm in Sweden).



The language

A few words in Swedish:

Hej	Hello
Hejdå	Goodbye (for å say "o")
Hur mår du ?	How are you ?
Jag heter John	My name is John
vi syns / vi ses	See you
Tack	Thank you
vart är (place)?	Where is ... ? :
/ var är (people)?	
arbete med trä	Work with wood

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