

# AWESOME PEOPLE



## PRESENTS

Project within Erasmus+ Accreditation



**CODE 2 MENTAL HEALTH**  
TRAINING COURSE

10 Dec– 17 Dec 2023  
Kopparberg, Sweden

10-12-2023 Arrival day  
17-12-2023 Departure Day



Erasmus+

[www.awesomepeople.se](http://www.awesomepeople.se)



**BE PLAYFUL**

HOW GAMES CAN INCREASE YOUR  
SKILLS & WELLBEING

**AWESOME PEOPLE**



Welcome and

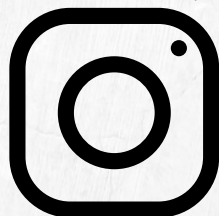
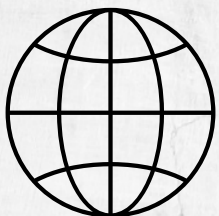
*Congratulations!*

You are one of the 20 participants who will participate in the Training Course "Code 2 Mental Health" between 10th of December to 17th of December 2023 in Sweden.

The training course will be held in Kopparberg, located 219 km west of Stockholm. Kopparberg is a small village famous for the brewery that makes Kopparbergs cider and is located one hour from Örebro - the sixth largest city in Sweden.

We want you to have a great experience and we prepared this info pack with all the practicalities you need to know and a bit about the project itself. We look forward to meeting you all in Kopparberg!

Your coordinator and host organisation is Awesome People, a youth NGO founded back in 2013. Awesome People is based in Örebro and recently also in Kopparberg with a mission of **making people be and feel awesome - one learning experience at a time - for people to create a better world for themselves, for others, and for the planet.**



**Check us out!**

[www.awesomepeople.se](http://www.awesomepeople.se)



## About the project

The project "Code 2 Mental Health" consists of one Training course in Sweden where you will get:

- Intercultural experience
- Learn about what is an educational escape room and why and how to create an educational escape room
- Work in international teams
- Create an educational escape room!

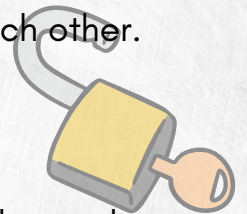


**After the training course you will go back home where you will spread the knowledge to other youth workers in your local community.**

We envision the training course to contribute with more equipped youth workers who can bring an effective educational tool to their community, who will learn new skills and create international partnerships.



The **aim** of the project is to **engage** youth workers in a specific experiential learning tool, **empower** them with skills of how to use educational escape rooms in youth work and **connect** youth workers from different countries to learn from each other.



### Objectives

- Provide time and space for youth workers to learn about educational escape rooms
- Empower youth workers with skills of creating an educational escape room on mental health
- Create 3-4 escape room prototypes to test in a local event



## Schedule

Date Time	10/12 Sunday	11/12 Monday	12/12 Tuesday	13/11 Wednesday	14/12 Thursday	15/12 Friday	16/12 Saturday	17/12 Sunday
08.30 - 09.30	ARRIVAL	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
09.30 - 11.30		Training course opening Getting to know each other	Learning Reflection Educational escape rooms - Why play?	Learning Reflection Educational escape rooms - on Mental Health	Learning Reflection Make rooms ready for testing	Learning Reflection Educational escape rooms - Let's test!	Learning Reflection Take aways from the escape room event Finalizing the Escape room manual	DEPARTURE
11.30-12.00		FIKA	FIKA	FIKA	FIKA	FIKA	FIKA	
12.00-13.00		Teambuilding	Educational escape rooms - Let's play!	Educational escape rooms - Let's build!	Go to Örebro	Educational escape rooms - Let's test!	Finalizing the Escape room manual	
13.00-15.00		LUNCH (13.00-14.30)	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	
15.00-16.30		14.30 Intro to the project Learning Journey	Educational escape rooms - Step by step	Educational Escape rooms - Let's build!	Discover Örebro	Prepare your room	My educational escape room toolbox & Learning journey	
16.30 - 17.00		FIKA	FIKA	FIKA		FIKA	FIKA	
17.00-19.00		Teambuilding Educational escape rooms - Let's play!	Educational escape rooms - step by step	Educational escape rooms - Let's build!		Escape room event!	Evaluation & Youthpass ceremony	
19.00-		Welcome Dinner	Dinner & Intercultural evening	Dinner	Dinner	Dinner & going back to Kopparberg	Swedish Dinner & Cultural evening	Dinner See you soon party!

*With reservation for changes*



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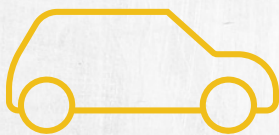
## Logistical Information

Arrival day Sunday 10/12/2023- No later than **7 pm** in Kopparberg! (Don't forget to check when there is a train to Kopparberg before you purchase your other tickets!) We will not reimburse tickets if you arrive later than 7 pm!

Departure day Sunday 17/12/2023 - **Before 12.00!**

The best option is to take a flight to Stockholm Arlanda Airport and from there take the train from the airport (Arlanda C) to Kopparberg C (the trip takes 3.5 - 4.5 hours) and costs between 40-50 euro check tickets here: [www.sj.se](http://www.sj.se)

**However, we strongly advise Green Travel to and from Kopparberg to minimize our project's ecological footprint.**



We will meet you up at Kopparberg Central Station when you provide us with your arrival time and guide you to the house and also take your luggage to the house.

*Kopparberg Central Station*





## Practical Information

The youth exchange will take place at Awesome People House in Kopparberg, Sweden at Laxbrogatan 24, 714 31 Kopparberg located 5 min walking distance from Kopparberg village center. In the village center there are a few shops, supermarket, pharmacy and more. Map [HERE](#). You will stay in shared 6-9-people bedrooms (mixed country not gender) and have access to shared bathrooms with showers. **Bed linen will be provided but you need to bring your own towel.** The house has wifi. Accommodation costs are covered by the Erasmus+ program.



Breakfast, lunch, dinner, and coffee breaks (FIKA) will be served in the house. Please, don't forget to mention in the registration form if you have any dietary requirements. All food is covered by the Erasmus+ program. Also, we will have one intercultural evening where you can bring your snacks & drinks from your country.



The weather in Sweden in December is usually -18 to -6 but please check it out closer to the time and pack appropriate clothes. We will update the weather information in the Whatsapp group closer to your arrival.



Sweden's currency is SEK. All places accept bank cards, not all accept cash since Sweden wants to be a cash free society. If you want to take out money there is ATM 5 min walk from the house.



## Travel Reimbursement

Accommodation and food are 100% covered by Erasmus+. Travel costs are budgeted according to Erasmus+ conditions (using the European distance calculator from the city where your sending organisation is registered to Kopparberg).

<https://erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator>

Travel costs exceeding the maximum reimbursable amount will not be covered. If there are any changes in route or special travel requests, please confirm these with the project coordinator **BEFORE** purchasing the tickets. Failure to do so may result in some tickets not being reimbursable. Reimbursements will be made by bank transfer to the organisation or appointed responsible participant **AFTER** dissemination activities are held (within 1 month after the training course based on proof of dissemination) and if all the original documents are provided to the project coordinator.

Travel distance	Standard travel	Green travel
10 – 99 km	23 EUR	
100 – 499 km	180 EUR	210 EUR
500 – 1999 km	275 EUR	320 EUR
2000 – 2999 km	360 EUR	410 EUR
3000 – 3999 km	530 EUR	610 EUR
4000 – 7999 km	820 EUR	
8000 km or more	1500 EUR	

### STEP BY STEP

- Fill in the internal evaluation form at the end of the week.
- Fill in the form sent by the Erasmus+ system (Mobility tool/Beneficiary Module)
- Upload all your travel confirmations, invoices, and boarding pass to the Google Drive folder. The link will be sent to the group leader.
- Write a small testimonial report of your experience of the youth exchange.
- Hold the agreed dissemination activities within 1 month after the youth exchange
- Send us the testimonial report, pictures and a small report of the dissemination activities.



## Participant Information



Participants of the training course should be experienced & active youth workers, teachers or youth leaders **18+**. They should be interested in the method of educational escape rooms on the topic of mental health.



All participants must be involved in the **preparatory work** organized by the trainers. All participants must implement a **dissemination event** in their local community within 1 month after the training course and write a testimonial report.



Partners should ensure **gender balance** among participants.



It is mandatory to have valid **travel and medical insurance** (i.e., European Health Insurance Card) during your travel. The host organisation will not cover any personal health costs. If you need help with this, please contact your sending organisation.



We encourage you to bring special snacks, and beverages for the cultural evening, any favorite games for the evenings. Don't forget your **towel** and **Health insurance** card!



Failure to fully participate in the content sessions or inappropriate behavior might result in reimbursement not being given to the participant with a notice provided to the sending organisation or exemption of the participant from the training course.



In Awesome People we encourage people to be themselves and we want all our activities to be a **safe space** for all participants no matter background, gender, sexual identity, religion or other categorization.





## Go Green!

In Awesome People and in our projects we want to reduce our ecological footprint so we encourage all participants to be as sustainable as possible. Here are some ideas for you!

Use the **Green Travel** option when travelling to Kopparberg!



Pack **lightly!** Don't bring things you will not use.



Take **short** showers!



Bring your **re-usable bottle** and **re-usable shopping bag** if you have one!



In Sweden we practice **waste sorting**, be sure to throw trash in the right container!



Bring more environmental friendly **ideas** on how we can make the youth exchange more green and share with others!



Be open to try out **vegan** food!



## To-Do List

- ✓ Fill in the online registration form [HERE](#) Deadline 19th November 2023
- ✓ Book your flight to Stockholm Arlanda Airport and connecting train from Arlanda C to Kopparberg C to fit the budget so you reach Kopparberg no later than 7 pm on 10th of December. Better yet, book your Green Travel all the way to Kopparberg C!
- ✓ Join the Whatsapp group for updated information and ongoing activities. You can find it [HERE](#)
- ✓ Inform us about your arrival and departure time to [erasmus@awesomepeople.org](mailto:erasmus@awesomepeople.org) so we have a record of when to pick you up. Deadline 4th of December 2023.



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*Questions? Contact us!*

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*Looking forward to see  
you in Kopparberg!*

**AWESOME  
PEOPLE**



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