



## INFO PACK

### Transnational Project Meeting 2 & Learning Training Activities C2 in Sweden

**Transnational Meeting Dates: January 30<sup>th</sup> - 31<sup>st</sup>, 2023 in Viksjöfors**

**Training activity Dates: January 30<sup>th</sup> - 3<sup>rd</sup>, 2023 in Viksjöfors**

#### Airports in Stockholm

- Stockholm Arlanda:  
Distance to Viksjöfors: 250 km
- Bromma:  
Distance to Viksjöfors: 260 km
- Skavsta:  
Distance to Viksjöfors: 400 km
- Västerås:  
Distance to Viksjöfors: 240 km

#### Transportation to STF Hostel Edsbyn

##### *By train and bus*

- Train + local bus, book on <https://www.sj.se/en/>
- Long distance bus : <https://www.mohlinsexpressbuss.se/>

In Bollnäs you change to local bus 100 towards EDSBYN. If you buy a train+bus ticket you choose EDSBYN as destination, but you get off the bus before Edsbyn - bus stop *Höjen* (the bus stop before is *Östanå*, so be prepared!) The bus trip Bollnäs- *Höjen* takes 35 minutes. Read more here: <https://sites.google.com/view/hostel-edsbyn/how-to-get-here>

#### Info for Hostel

<https://sites.google.com/view/hostel-edsbyn/home>

#### Training:

The TPM and LTT will take place in Viksjöforsbaletten and Viksjöfors skola (bus transfer daily).

#### To bring:

- Warm clothes (many layers, you get warm when sporting outside)
- Things for hygiene (tooth brush, little towel for pool etc)
- Swimming costume

#### Information needed:

Name and shoe size of all participants, i.e. Helena 39, Vickan 42, Lotten 41 ...



### Our municipality:

<https://sites.google.com/view/hostel-edsbyn/see-do>

### Costs:

1. Breakfast 4 euro per person/day
2. School lunch 7 euro per person/day
3. Break (juice, coffee/tea/snacks) 3 euro per person/day – not Tuesday (day for regional guidance)
4. Dinners:
  - a. Monday in hostel (we order from local restaurant for 10 euro per person)
  - b. Tuesday is Viking dinner for 20 euro per person
  - c. Wednesday in the Sporthall (pool) 5 euro per person (soup **or** hot dog and mashed potatoes **or** pancakes) + pool fee 3 euro for child, 4,5 euro for adult
  - d. Thursday we cook together in hostel, 4 euro per person
  - e. Friday farewell dinner at Bandy Arena 12 euro, entrance fee for children is free and 15 euro for adult (we will see our Swedish Champion Edsbyns IF bandy on ice vs Broberg)  
<https://www.facebook.com/bandybyn>
5. Daily transport hostel-Viksjöfors + long distance on Tuesday, 12 euro per person/day

### NB:

**In Sweden you pay by credit card! Many shops and transports don't accept cash!** In supermarkets however Swedish krona/SEK is accepted.

### All costs above per person can be transferred to

**Organisation:** Viksjöforsbaletten  
**Address:** Idrottsvägen 8, 82895 Viksjöfors, Sweden  
**Contact person/manager:** Helena Ehrstrand  
**Mobile** 0046706931272  
**Bank:** Swedbank  
**Bank address:** Långgatan 11, 82143 Bollnäs, Sweden  
**IBAN:** SE768000000077831215808  
**BIC:** SWEDSESS



## Schedule:

### Sunday- Arrival Day

### Monday

- 8.00 Bus from hostel to Viksjöfors school
- 8.15-9.30 Gathering in Viksjöfors schools sports hall
- 9.30-10.30 Break *Outdoor winter sports - skiing, skating, go by sled, play in the snow and get to know each other*
- 10.30-11.30 Two groups, A and B
  - Group A - Dancing with Torill and Elias*
  - Group B - Art class with Vickan*
- 11.30-12.30 Lunch in two groups
  - Group A - Lunch 11.30 Break 12.00*
  - Group B - Break 11.30 Lunch 12.00*
- 12.30-13.30 Two groups, A and B
  - Group A - Art class with Vickan*
  - Group B - Dancing with Torill and Elias*
- 13.30-14.15 Break (light food)
- 14.15-16.30
  - Outdoor activities - Skiing, skating, go by sled...
  - Indoor activities - Dancing with Torill and Elias
- 16.30 Bus back to the hostel

### Tuesday

- 7.50 Bus from hostel to Hudiksvall
- 9.30-10.30 Museum with guide
- 10.30-11.15 Lunch break
- 11.15-11.50 Ystegårn (*historical farmstead*)
- 11.50 Bus to Järvsö
- 13.00-15.00 Järvzoo (*a zoo with mooses, lynxes, wolves...*)
- 15.00 Bus to Vallsta
- 16.00-18.00 Meeting with the viking chieftain Lasse  
*Kids will dress as vikings in a viking house and enjoy a three-course meal.*
- 18.00-19.30 Bus back to hostel

### Wednesday

- 8.00 Bus to Viksjöfors school
- 8.15-8.30 Gathering in Vickans classroom
- 8.30-9.30 Two groups, A and B
  - Group A - Math class with Mavromataki assisted by Elisabeth*
  - Group B - Dancing with Torill and Elias*
- 9.30-10.30 Break  
*Outdoor winter sports - skiing, skating, go by sled, play in the snow and get to know each other*
- 10.30-11.30 Two groups, A and B
  - Group A - Dancing with Torill and Elias*
  - Group B - Math class with Mavromataki assisted by Elisabeth*
- 11.30-12.30 Lunch in two groups
  - Group A - Lunch 11.30 Break 12.00*
  - Group B - Break 11.30 Lunch 12.00*
- 12.30-13.00 Two groups, A and B
  - Group A - Music with Maria Demosthenous*
  - Group B - Dancing with Torill and Elias*
- 13.00-13.30 Two groups, A and B
  - Group A - Dancing with Torill and Elias*
  - Group B - Music with Maria Demosthenous*
- 13.45 Bus to Erikshjälpen (second hand store)  
*Possibility to buy coffee and cookies/sandwiches*



15.00 Bus to swimming pool in Edsbyn  
15.00-19.30 Swimming and eating at the pool area  
*Possibility to shop at a supermarket nearby*  
*Possibility to go to the library*  
20.00 Bus back to the hostel

## Thursday

8.00 Bus to Viksjöfors school  
8.15-8.30 Gathering in Vickans classroom  
8.30-9.30 Two groups, A and B  
*Group A - Geography and history class with Vickan*  
*Group B - Dancing with Torill and Elias*  
9.30-10.30 Break  
*Outdoor winter sports - skiing, skating, go by sled, play in the snow and get to know each other*  
10.30-11.30 Two groups, A and B  
*Group A - Dancing with Torill and Elias*  
*Group B - Geography and history class with Vickan*  
11.30-12.30 Lunch in two groups  
*Group A - Lunch 11.30 Break 12.00*  
*Group B - Break 11.30 Lunch 12.00*  
12.30-13.00 Dancing two groups (each student decide, no specific groups)  
*Dance indoor with Torill*  
*Dance outside with Elias (skating)*  
13.15 Back to hostel  
13.30-17.00 Free time  
17.00 The Swedish students come to the hostel and spend the night there

## Friday

8.00 Bus to Viksjöfors school  
8.15-8.30 Gathering in Vickans classroom  
8.30-9.30 Two groups, A and B  
*Group A - Music/rhythm with Maria Demosthenous*  
*Group B - Dancing with Torill and Elias*  
9.30-10.30 Break  
*Outdoor winter sports - skiing, skating, go by sled, play in the snow and get to know each other*  
10.30-11.30 Two groups, A and B  
*Group A - Dancing with Torill and Elias*  
*Group B - Music/rhythm with Maria Demosthenous*  
11.30-12.30 Lunch in two groups  
*Group A - Lunch 11.30 Break 12.00*  
*Group B - Break 11.30 Lunch 12.00*  
12.30-13.00 Dancing two groups (each student decide, no specific groups)  
*Dance indoor with Torill*  
*Dance outside with Elias (skating)*  
13.15 Back to hostel  
13.30-17.00 Free time  
17.00 Bus to  
17.00 Bandy match and dinner  
We eat taco before the game at the arena. Then we'll watch Edsbyns IF play (they've won the Swedish championship thirteen times, last time was in march 2022).

## Saturday – Departure Day

**WELCOME TO VIKSJÖFORS, HÄLSINGLAND, SWEDEN and HAVE A SAFE TRIP!**

*Helena, Vickan, Lotten*



P.S. Link to Management Manual and one-page-schedule: <https://artinedviksjofors.se/m2-cm/documents-m2-cm/management-manual-m%2%b2-cm/>

**From application:**

C II. Viksjöfors 2023-02 for 3 days. 2 trainers and 5 learners from all partners but TUC. Total 21 participants.

1. The presentation of the general objectives and goals of the project focusing on the importance of STEAM approach in learning
2. Lecture and workshop on the common elements between music, creative movement and Math. Training on basic theory elements of music and creative movement for better understanding of music and movement concepts. This will help the trainees to break any possible barriers of expressing themselves and experiencing new forms of art thus, by enhancing their efficacy in the arts of music and creative movement will reinforce their confidence to apply these methods in the classroom.
3. Lecture on research that highlight the impact of music and movement to children's emotional growth as well the effect of integration of music and movement in Math curriculum.
4. Training on some parts of the training modules.
5. Observation of sample lessons in real classroom environments with the participation of students from both hosting and partner countries
6. Presentation of online and digital tools that can enhance the proposed teaching activities both in physical and digital classroom