

Young Northumberland's Engaging Young People: Sweden Exchange Project

# broadening horizons



Northumberland  
Uplands



*Leader Linné*



The European Agricultural  
Fund for Rural  
Development: Europe  
investing in rural areas.



Northumberland National Park



Department  
for Environment  
Food & Rural Affairs

# Broadening Horizons



A collaboration between

Northumberland  
Uplands



*Leader Linné*

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**'Broadening Horizons'** has been produced as part of the Engaging Young People: Sweden Exchange Project. This Project has been funded by the Northumberland Uplands Local Action Group (NULAG) and run by the Northumberland Uplands Leader Youth Engagement Officers.

The Project was overseen by Jane Riddell and Jennifer Hewitson from May 2012 – June 2013 and from July 2013 to the Project's completion by Jane and Frances Johnson.

A big thank you must go to the many people who were involved with the Sweden Exchange Project both in Northumberland and Sweden. People's involvement ranged from taking part in the actual exchanges to hosting the young people from Sweden. Without everyone getting on board and giving up their time this Project would not have been possible.

Special thanks must go to Northumberland Uplands Local Action Group (NULAG) and Leader Linné for funding the Project and to Northumberland National Park for hosting the Youth Engagement Officers.

Broadening Horizons was a collaboration project with much of the content produced by the young people who took part in the exchange and overseen by the Young Northumberland Youth Engagement Officers.

Thank you to John Tait, one of the participants on the exchange, who interviewed the young Northumbrians and collected information for the book which has been included in the individual case studies.

All of the photographs have been taken by the young people involved with the Project and the Youth Engagement Officers.

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# introduction

**'Broadening Horizons'** is intended to bring together and celebrate the success of Young Northumberland's Engaging Young People: Sweden Exchange Project. The Project is designed to encourage and inspire young people living in the rural Northumberland Uplands, in fact all rural areas, to seek out new opportunities, meet new people, learn from them and expand their own horizons. This book is a memento and a record of the Project and will act as part of the lasting legacy insuring that all the benefits and knowledge that has been gained will not be lost.

Within this book there is a brief overview of Leader, Young Northumberland and the links between Leader Linné and NULAG which inspired the creation of the Sweden Exchange Project. There are details of the two exchange trips and individual profiles of all the young people who were involved, explaining their experiences and the benefits of participating.

Each of the exchanges lasted two weeks, all of which took on a similar format. The first week involved training with participants from both countries working and staying together. During the second week the group visiting, would live with a host family and complete a week's work placement.

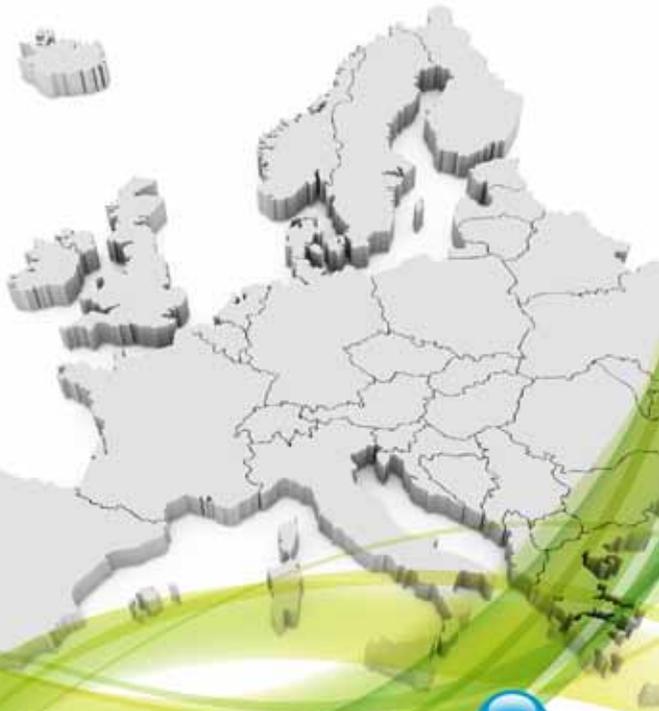
# Section 1 | Leader

# What is Leader?

Over half the people of the European Union (EU) live in a rural area. The Leader approach encourages a deep understanding of the value of rural areas and how people in rural areas can affect positive change in their own communities.

Leader is a bottom up approach that embraces local decision making. This approach ensures that development is appropriate for that particular area and can support local innovation. The overall goal for Leader is to improve the lives of people living and working in rural communities.

NULAG works across the Northumberland Uplands and supports the creation of new networks and partnerships with other groups from across the EU. NULAG believes these relationships provide great opportunity for expanding the ambitions of young people.



## NULAG and Leader Linné!

One of the seven key features of the Leader approach is co-operation. Encouraged by this principle to link with other Local Action Groups (LAGs) across the European Union, NULAG began working with Leader Linné from Småland in southern Sweden in areas of mutual interest.

Both Leader areas face similar issues around the lack of opportunities for young people such as difficulty accessing jobs and training and further education chances, the inability to really make a difference in rural policy, or the difficulty in starting a business. Such issues can impact upon those young people who leave rural areas but wish to return as well as those who want to remain within the rural economy.

NULAG and Leader Linné have worked together to inspire and support their young people by establishing the Engaging Young People: Sweden Exchange Project.

This joint Project was influenced by Youth on the Move which is an EU flagship initiative to help young people to acquire the knowledge, experience and skills necessary to be able to find employment. The initiative involves key actions aimed at making education and training more relevant to young people's needs and encouraging more of them to take advantage of EU grants to study or train in another country. Employers attach importance to the experience gained from study and work abroad, which not only enables young people to improve their language abilities but also to acquire other skills that are highly valued such as communication and team work. This Project has improved young people's employability skills and better equipped them to be successful when applying for jobs.

# Young Northumberland

## - who we are and what we do!

In May 2012 NULAG recruited a Youth Engagement Officer and Young Northumberland was created. The initiative works on the ground with groups/organisations to develop projects that deliver enterprise support for young people in the Northumberland Uplands.

During the project Young Northumberland has been involved with the following:

- **Young Northumberland: The Voice.** This has given young people from rural Northumberland the chance to express their views and opinions on key issues. Many rural organisations and bodies have very little involvement from young people in their decision making and have expressed a need to engage more with this audience in order to hear their views. Young Northumberland: The Voice now has a network of young people which these businesses and organisations liaise with and find out first hand their thoughts.
- **Coaching and Mentoring Training.** Training has been provided to give those living and working in the Northumberland Uplands the skills and confidence to include young people more in what goes on in local communities, from local decision making to work experience placements. The training was aimed at young people, community activists and businesses.
- **Engaging Young People:** Sweden Exchange with Leader Linné, where 16 young people from the Northumberland Uplands have completed an Employability and Enterprise Training course as well as taking part in a two week exchange to Southern Sweden.

# Engaging Young People: Sweden Exchange Project

Leader Linné and NULAG were keen to support the Youth on the Move initiative through a project which focused on exchanging experiences, skills and knowledge. The project enabled groups of young people, aged 18-25, to travel to each area for a short period to study, complete work placements, learn about each other's culture and stay with local families. It gave them the opportunity to gain experience, new skills and exchange knowledge which all goes towards increasing their confidence and making them more attractive to the labour market. There was also additional support and mentoring available to each participant from NULAG on their return.

“ Although we live 1000's of miles apart, young people in rural Sweden and in rural Northumberland live in similar circumstances and experience the same pressures and issues; it has been great for us all to meet and discuss these issues. ”

**Fran Johnson**

## Employability and Enterprise Training

As the aim of the Project was to develop skills in enterprise and business as well as making young people more work ready both the Northumbrian and the Swedish group took part in Employability and Enterprise Training while on their exchange. The three day residential course consisted of various activities and culminated in a 'dragons den' type pitch to a board of local tourism expert for a new product which promoted Northumberland.

Some of the ideas were:

- **Pocket Pipes** - Heritage Northumberland music on the move
- **Coquetale** - Gan canny and drink a new local ale responsibly
- **I Guide** - All the information you could need about Northumberland in one app
- **Bean Bin**- An exciting and unique way to dispose of your rubbish, helping to protect and enhance Northumberland

The course is accredited therefore participants should receive a Level 3 Certificate in Employability and Enterprise.





*“The problem solving and teambuilding exercises were appreciated by me since everyone had to be active and participate without the risk of someone feeling uncomfortable!”*

**Emma Olofsson**

*“The best part of the training was when we got to produce our own product that would benefit Northumberland! My team won!”*

**Linnea Kardevik**



## Section 2 | Trip One

2

## Småland - Northumberland

Monday 9th - Saturday 20th October

The first of the exchange trips took place in October 2012, when six young people from southern Sweden arrived in Wooler, where they were based for the next five days. They were met by young people from the Northumberland Uplands and were soon getting to know one another. The group spent their first evening at Wooler Fire Station where they watched the Young Firefighters go through their drills. There was also the opportunity for them to get involved with ladder drills.

On Friday 12th October the group left Wooler to meet their host families, where they stayed for a week. It also gave them the opportunity to see where they would be doing their work placement. The first stop was not too far away as Diana Johansson stayed in Wooler and completed her work experience at the Glendale Garden Centre. She also spent some of her time out and about with the Northumberland National Park Ranger Team.

The next stop was Bellingham where Jonathan Krmic spent his work placement at the Bellingham Heritage Centre assisting in the Information Centre as well as working with David Walmsley in the Heritage Centre. He also had the opportunity to work in the Carriages Tea Room, where he got to add a Swedish favourite to the menu – meatballs.

“

**The Heritage Centre very much welcomed Jonathan and hopes, through our partnership with the TIC and Carriages Tea Room, to have given him an insight into the opportunities for young people seeking employment in heritage tourism and hospitality in rural areas. We look forward to hosting other young people in the future and benefitting from their candid and refreshing perspectives of what we do.**”

David Walmsley,  
Bellingham Heritage Centre



One of the Northumbrian group, Matt Chard, lived in Bellingham and invited Jonathan to stay with him and his family for the week which was great as Jonathan was able to return the favour when Matt went out to Sweden a few weeks later.

Rocky Road Cafe in Bellingham was the next stopping point, not only for lunch but also so Emilie Samuelsson could be introduced to the team that she spent her work placement with.

“ *It’s a great work experience, and the people have been great. The family have been the best and this is something I will keep in memory (good and bad) for the rest of my life.* ”

**Emilie**

The final drop off was The Calvert Trust at Kielder where two of the group, Daniel Henriksson and Jesper von Krusenstierna, stayed and completed their work placement.





“ Daniel and Jesper stayed in our staff accommodation and assisted in all areas of centre life, primarily with the activity department. The centre provides outdoor activities for people with disabilities in a residential environment.

Daniel and Jesper were tasked with assisting the Activity staff to help look after our guests during activities and in the evenings. They were of great help and were enthusiastic and positive in this role. They took time to get to know the guests and staff and did so with a high level of competence. Their musical performances in the evening were especially popular with guests and staff!

These visits are very important to our staff and guests and hopefully were of value to Jasper and Daniel in their careers. The sharing of ideas between people from different backgrounds is a great boost to everyone involved. We hope to be able to welcome more exchange students from this programme in the future.”

Pete Coulson, The Calvert Trust

The final member of the Swedish group, Emma Lundberg, spent her work placement at the Kielder Observatory; and stayed with her host family at Hesleyside.

While in Rothbury Jonathan had the chance to play the bagpipes, which was very apt as his groups 'Dragon's Den' product was to produce the Pocket Pipes.

The whole group all met up again for dinner in Rothbury on Friday 19th October, and the Swedish group departed for Edinburgh airport first thing on the Saturday morning.



“Cool meeting other people from another country. Really educational to be a part of everything.”

**Emma**





# trip one

## Northumberland - Småland

Monday 29th October - Saturday 10th November

During the first trip to Sweden five young Northumbrians took part in an inaugural youth conference which included youngsters from all over Sweden, Finland, Poland, Latvia and Lithuania as well as Northumberland. The conference discussed common issues for young people in rural settings such as unemployment and lack of opportunities and enabled participants to build up their networks and contacts for the future. Workshops were led by a team of inspiring and encouraging coaches with business, creative arts and personal development backgrounds, which all provided practical advice on how to make yourself stand out from the crowd and take your future into your own hands.

“ Really enjoyed the conference, it has benefitted me greatly. ”

Iain Riddle

**Following the Youth Conference the group from Northumberland headed off to their host families, ready to start their work placement in the second week.**

## Siobhan Cardy-Brown

Siobhan Cardy-Brown spent her week working at Osby School of Land Management, Wilderness and Adventure Programme. Siobhan spent her time assisting groups in a variety of indoor and outdoor activities.

On her return from Sweden Siobhan spent further time with TrilogE, where they assisted her with job searches and expanded on the topics covered in the residential training course.



## Marc Tully

**Marc Tully, who at the time of the exchange was in his final year of school at King Edwards VI at Morpeth, spent his week as a student at the Centre for Information Logistics, International Sales and Marketing (ISM).**

Within their timetable students study business administration, psychology, economics and law. While in Sweden, Marc stayed with a fellow student. Having never been away from home on his own before Marc gained several new 'life' skills. It also gave him a good insight into how things will be when he heads off to university.



“

*I just wanted to say thank you very much for allowing me to go to Sweden, it was really good, and I have definitely made some friends for life!*

”

**Marc Tully**

## Stuart Graham

Stuart Graham, who is a self employed blacksmith, stayed with Jonathan from the first Sweden visit to Northumberland and worked at Bergdala Studiglas (glassworks). Stuart also returned to Sweden in June, where he took part in further training and study tours.



“

*I feel that the experience and confidence I gained during my first visit has helped me improve my communication and business skills, especially when dealing with my customers. I am certain that my return visit if chosen would further enhance my skills and would also enable me to communicate effectively with the students in Sweden and I would be able to discuss the skills I gained and have put into use with my work.*

”

**Stuart Graham**

# Matt Chard

Matt Chard, from Bellingham, was also hosted by Jonathan during his stay in Växjö.

At the time of this exchange Matt was a retained fire fighter and self employed sales person. While in Sweden he completed his work experience with the Swedish University of Agricultural Sciences, ASA Experimental Forest and Research Station. He also spent a day with Varends Rescue Service.

On his return from Sweden Matt contacted TrilogE and worked closely with them on updating and developing his CV. As a result Matt got a new job! He has moved to Liverpool and is now an account manager at Scantec, a recruitment organisation for the Pharmaceutical, Chemistry, Science and Technology industries.



“ *It was a great experience for us all – an absolute once in a life time opportunity. I came back with loads of new friends and full of ideas for new options and adventures.* ”

**Matt Chard**

# Iain Riddle

The final member of the group was Iain Riddle, a farmer from Bellingham. He spent his time on a Swedish farm to experience different ways with farming and forestry. He also spent one day at Ryssby School of Land Management, Hunting and Game Management.

Iain also joined the group on Trip 2, and accompanied them on the study tours and visits.

*It was great, had a great time on my work placement. Made a load of friends. Enjoyed my days away with the group. I absolutely loved the experience. It was really good to meet loads of new people.*

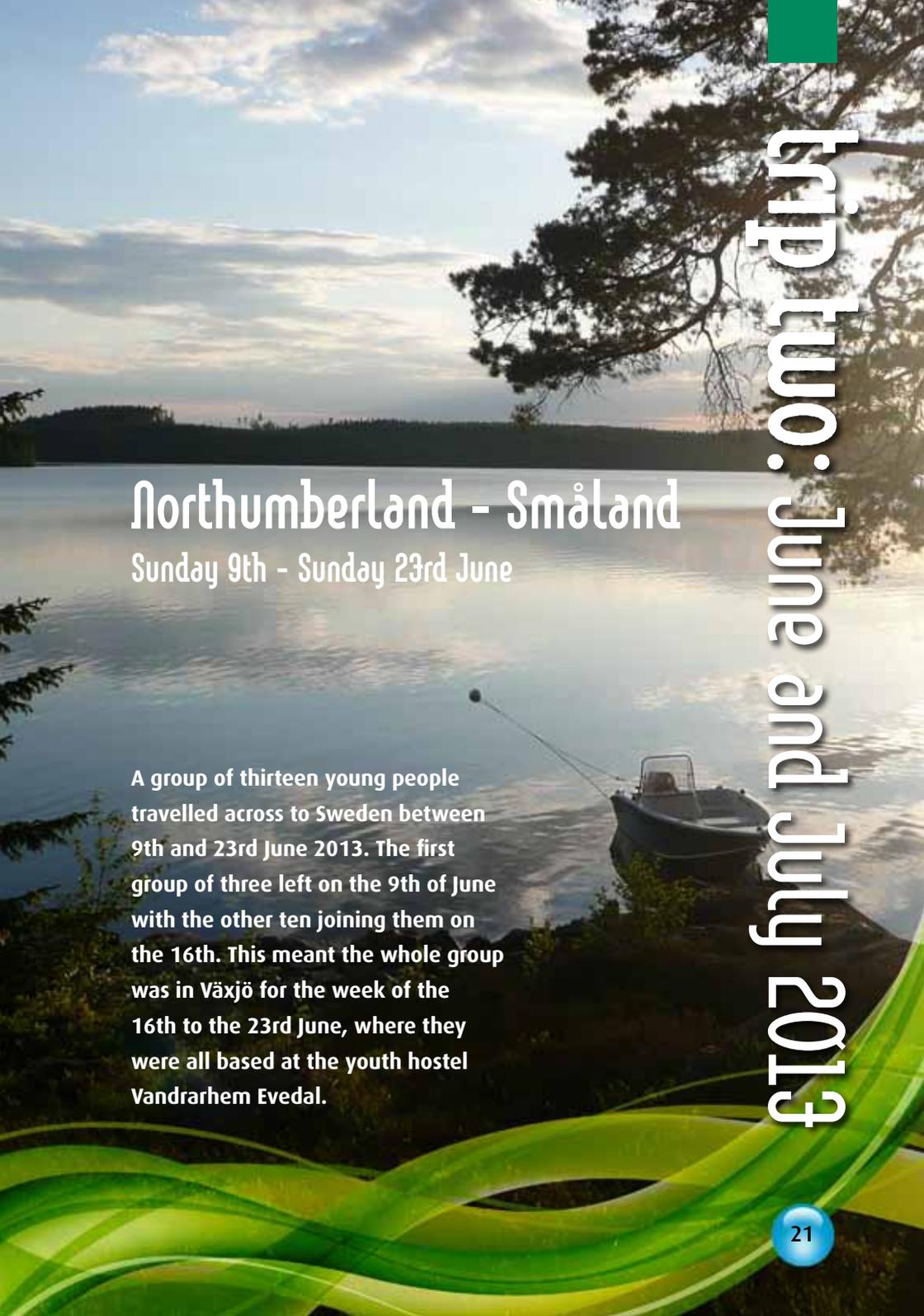
*I did take some things into consideration when I was over there; there are several practical things I learned.*



**Iain Riddle**

## Section 2 | Trip One

2



# Trip two: June and July 2013

## Northumberland - Småland

Sunday 9th - Sunday 23rd June

A group of thirteen young people travelled across to Sweden between 9th and 23rd June 2013. The first group of three left on the 9th of June with the other ten joining them on the 16th. This meant the whole group was in Växjö for the week of the 16th to the 23rd June, where they were all based at the youth hostel Vandrarhem Evedal.

During that week the group visited many projects that have received funding from Leader Linné. One of the projects they visited was a Village Hall, Ungdomslokalen Patalklinten where young people had renovated the unused upstairs with the help of older members of the community. This was a really unique and inspiring project to visit. The group also took part in team building activities, visited other youth projects and attended a rural development session. Whilst the group were in Sweden they were invited to a Midsummer party, where they tasted traditional food and drink, sang Midsummer songs and danced around a Swedish maypole. Everyone had a great time and were made to feel very welcome, it was a great opportunity to be involved with something that is so traditional to another culture.

Earlier in the week the group had visited a folklore Museum where they were told about myths surrounding Midsummer such as how girls are supposed to pick bouquets of seven different flowers and put them under their pillow in the hope they dream of their true



love. As visitors we were shown:

'Swedish Midsummer for Dummies'

<http://www.youtube.com/watch?v=u8ZLpG00A1Q>

to help us understand the festivals traditions.



When the group were asked if there was anything specific they wanted to do whilst in Sweden, there was a resounding reply of '**We want to see a Moose!**' A trip was organised as described in Robynnes blog entry:

<http://swedenexchange2013blog.tumblr.com/page/2>



**June 23, 2013**

Yesterday we went to a moose park and saw a baba moose. There was also a rather morbid museum, which provided us with plenty scenes of how a moose can die and also how dangerous a car crash involving a moose can be: There are 80 moose crash casualties a year in Sweden. After seeing the wee mooses frolicking in the wild, we then bbq'd a moose sausage...and purchased plenty MOOOOSEE souvenirs. Delightful!



# Sweden Exchange Blog

During trip two a Sweden Exchange blog was set up by the young people and detailed accounts and photos have been uploaded by the participants. It is used as a way of communicating what happens during the exchange visits and gives firsthand accounts of what the young people got from their experiences.

Sweden Exchange Blog 2013:

<http://swedenexchange2013blog.tumblr.com/>

## Sweden Exchange 2013

TO INSPIRE YOUNG PEOPLE ABOUT WORK, GIVE THEM RESPECT FOR PROFESSIONAL SKILLS AND INSTIL WORK CONFIDENCE IN THEM

August 19, 2013

0 notes

### Pictures of the Swedish groups time in Northumberland!



Young  
Northumberland



Following the journey of young people from Northumberland and their adventures in Sweden as they take part in a Swedish exchange!

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## Case Studies

Each young person carried out a work placement in their chosen industry field in order to develop their skills, gain confidence in a different work setting and experience the Swedish work environment. On their return from Sweden all the young people were asked to tell their “Sweden Exchange Story”.

Here are their stories.



# Richard Armstrong

Richard Armstrong, whose ambition is to study Speech and Language Therapy, spent his work placement working with people who have mental health issues

*'Unemployment is hard work. It affects your physical health. You become lethargic and overweight. Unemployment also affects your mental health. The enjoyment of not having to get up for work is quickly replaced by boredom then self-doubt then self-loathing. Why can I not get a job? Why will no one employ me? What am I doing wrong?*

*I got involved with the Swedish exchange after being unemployed for nine months. The Jobcentre used me as an example in a regional meeting, where experienced advisors discussed how best to tackle youth unemployment. They decided there was no course they could send me on, no training they could provide, and no support they could give because I had done everything I could do to find a job. I realised if I wanted things to change I would have to do something myself. This is why I got involved with the Swedish exchange.*

*Taking that initial step, making contact with LEADER staff, and filling out the application form was a massive weight off my shoulders. I decided to take*



*advantage of any opportunities that came my way. I contacted someone I knew online to help me with job applications. Their advice worked and I got more interviews. The breakthrough came the day before the Swedish exchange interview in April. I got a job at Newcastle University as a Data Input Assistant. For the first time ever I had to cancel job interviews.*

*At this point it would be easy to opt out of the Sweden exchange. But I wanted to be a speech and language therapist, and I knew how valuable the exchange work placements could be for my long-term goals. I was right. The chance to work with mental health charities, meet with speech and language therapists (“logoped”), and visit a hospital proved invaluable.*

*The good news did not stop there. Two days after returning from Sweden, I learned a funding application I submitted had been successful. The university would fund me to do research on “Literacy in HMP Northumberland”. The pride I felt is indescribable. I felt legitimate. My work was worth funding.*

*I am still riding this wave of enthusiasm. I have continued to take advantage of any opportunities that come my way, and make new ones myself. I visited speech and language therapy facilities in the university. I got a promotion at work. I attended a sign language course funded by LEADER. I have also enrolled on a human biology course at college. I might even be giving a lecture on a third-year forensic psychology module at work and doing research with a local college in the near future. All because I asked and promoted myself when a chance came up. This is how I have used and will continue to use the Swedish experience in the future.’*

# Erfarenheter

# Robynne Hodgson

Robynne Hodgson studied TV Production at university and was keen to see how things worked over there; she spent her week at Oppna Kanalen in Växjö which is a local video production company for young people.

*'Overall, I thoroughly enjoyed the Swedish exchange, it was a once in a lifetime opportunity. I witnessed many of the group's self confidence improving as the days went on and I think the trip is just what we needed to kick-start our motivation within ourselves and thus our career routes.'*

*'At my work placement I was given the role of project manager – I decided to make a film based on the myths and legends surrounding the Midsummer Festival – which we had celebrated during our trip. I believe this placement was good for me, as it made me realise that as an individual, you can organise and successfully deliver a project when you put your mind to it'*

*'This trip is an experience I would recommend every youth to do, as not only does it improve your confidence, it also enhances your career prospects mentally, as well as on paper.'*

# frances Johnson

**Fran asked to spend her week at an environmental or farming organisation, so she spent her week with the LRF – Federation of Swedish Farmers.**

'As a young person living in rural Northumberland it is extremely rare to be given the opportunity to take part in a fully funded trip to another country, especially for those in the 18 to 25 age group. It was an exciting opportunity to meet new people, learn new skills and to experience how a different culture lives and works which has opened my eyes to new ideas and ways of thinking.'

'The experience has encouraged me to think outside the box and to grasp any new opportunities and challenges.'

'My work experience involved working with the project manager of the Wild Boar and Wolves projects which was very interesting and I learnt a lot about the similarities and differences between farming in the UK and in Sweden.'

'I also got the opportunity to go with the LRF to a tractor pull event to help them promote the Federation.

The placement was an excellent opportunity to learn and share new ideas and to develop my knowledge and employability skills.'





# Emily Johnson



Emily works at the National Trust property at Wallington, where she is Visitor Services Assistant. She is currently on a one-year secondment with the Wallington Ranger Team. Emily spent her placement at Getnö Gård.

*'My placement was at Getnö Gård, Lake Åsnen Resort and gave me the opportunity to experience Swedish tourism. I worked in a number of different departments, including the reception, shop and cafe, with the service men (rangers) and also with the owner. I really enjoyed being part of the team and working with them all.'*

*'It was all relevant to the work I do with the National Trust at home and it was great to be able to bring back new ideas and skills from my experience.'*

*'Gaining a place on the trip to Sweden has given me the encouragement to take on new challenges and opportunities. The experience and training have helped to develop my communication skills and increase my confidence by meeting and working with new people in new situations.'*



# Leonie Taylor

Leonie is currently studying Equine Studies at Kirkley Hall College and she spent her week at Mina Cusar which is a tourism related business which offers horse activities.

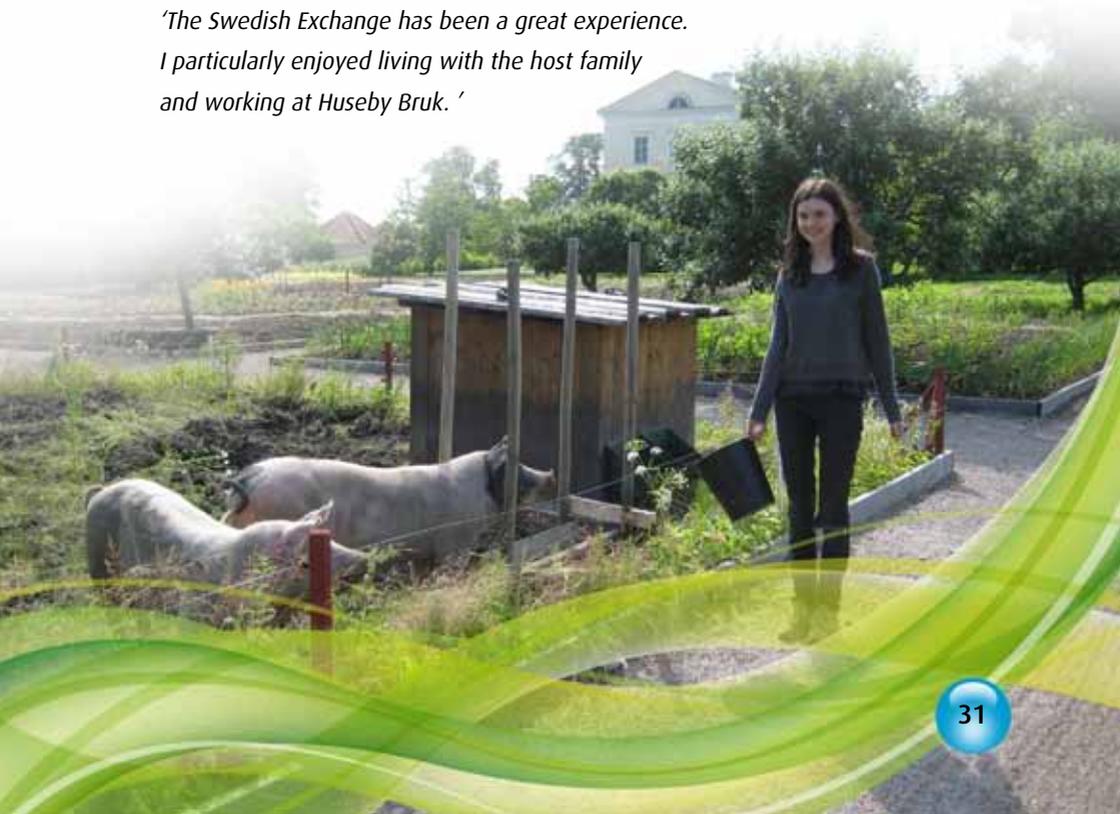
*'My work experience was really hands on and I got to ride the horses a lot more than I thought I would. It was amazing to get the chance to ride the horses through the Swedish scenery.'*



# Rebecca Broadbent

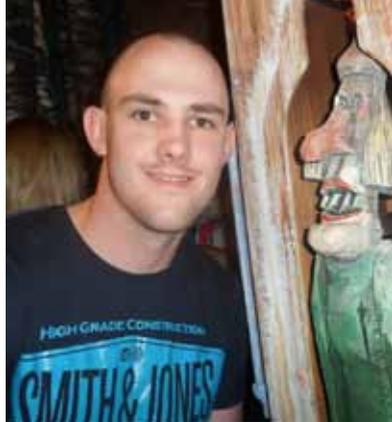
Rebecca is studying Geography at Dundee University and her work experience took place at Huseby Bruk, Naturum, which is a nature reserve with visitor centre offering outdoor activities.

*'The Swedish Exchange has been a great experience. I particularly enjoyed living with the host family and working at Huseby Bruk.'*



## Micky Froud

Micky is employed as a youth support worker for the Rothbury and Coquetdale Youth Project and spent his week visiting organisations who work with young people, some of which had been funded through Leader Linné.



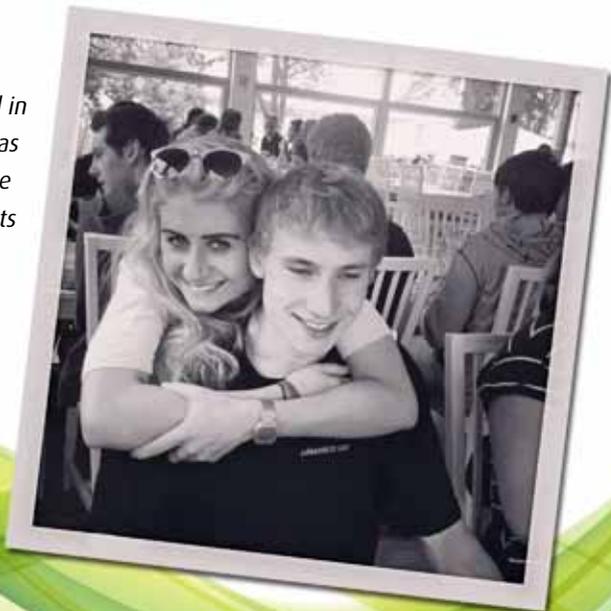
*'Visiting youth projects in Sweden was really inspiring, the young people were engaging and it was interesting to see how youth groups work in Sweden and I now have some new ideas to use back in Rothbury!'*

## Guy Hodgson

Following his placement in Sweden Guy got a job in a local garden centre in the pet department working in the marine section. His two main interests are in marine life and martial arts.

*'I went to Sweden because I was bored and had nothing to do. I was also out of work, so life wasn't very good at the time! Then this popped up, and then I thought why not.'*

*'I wasn't really sure about working on a fish farm, because I'm more interested in aquariums, but the guys I was working with were great, the place was nice, there was lots of wildlife and everything was enjoyable.'*



# Catriona Kent

Cat works as a voluntary ranger for the National Trust at Cragside and has started studying Countryside Management at University. She also supports herself by working in a local café. Cat spent her placement at Getnö Gård, which is a tourism related business offering various outdoor activities.



*'I applied to go to Sweden because I thought it sounded like a really good opportunity. It was something I hadn't really been offered before. I liked the idea of doing some work experience in a different environment; it's good to get out of your comfort zone.'*

*'During my placement I definitely felt my communication skills improved, I was working in retail so learning to get the message across a language barrier was an interesting thing to learn.'*



# John Tait

John graduated from Newcastle University in 2010, and since has been struggling to find graduate level work. His interests are in writing, theatre and film.

*'I decided to go to Sweden after a local youth worker approached me. I heard him say "fancy going to Sweden?" and my instinct was to say "yes" and find out about the details from there.'*

*'I think most people who went to Sweden weren't one hundred per cent satisfied with their current situation and wanted to learn how to improve it and try other things'*

*'My work placement was in a theatre that assists people who aren't working. It was a very laid back, creative atmosphere, with some amazing people working there. As is typical in the arts, there were a lot of people who weren't in it for the money but the passion. Constant community work was being done, as well as some exciting productions and I learned a lot!'*

# Anna Johnson

Anna Johnson had just finished her Beauty Therapy course which she was studying at the Hexham Campus of Northumberland College. Anna worked at a hair salon and now works in a residential home. Starting a beauty therapy business is her motivation at the moment. However, one of her listed options was to work in a rural environment and she was placed at the 4H City Farm.

*'It was great to meet new people and see how different the farming community is over there.'*



# My Swedish Experience

- a poem by Anna Johnson

The excitement was building as I knew we would soon be Sweden bound,  
A thrill of excitement hit me as the plane touched the ground,  
My first week in Sweden would be spent in a lovely wooden house by the lake,  
The scenery was outstanding, I knew then many photos I would take,  
It was great getting to know all the English people on the trip,  
Although I was tired from the journey so went for a kip,  
The next couple of days so much fun was had,  
Joining in activities with the Swedish folks made me happy and glad,  
I got to experience Sweden culture at its best,  
By eating meatballs and drinking shots at the midsummer's fest,  
I visited museums and Moose parks and sampled Sweden's finest foods,  
I laughed as I tried to learn the Swedish lingo from the dudes,  
My second week in Sweden was spent on a city farm,  
Where I worked with animals and children in an old wooden barn,  
In my work placement I helped show the children how to provide for the  
animals and give them love and care,  
I was welcomed by all the staff and children and loved my time spent there,  
During my two weeks in Sweden I made so many friends and gained so many  
skills, I had such a wonderful time, I was thankful I was given this opportunity  
to take part in this Sweden exchange; I hope you enjoyed reading about it in  
my rhyme.

## Småland - Northumberland

Monday 8th - Sunday 21st July

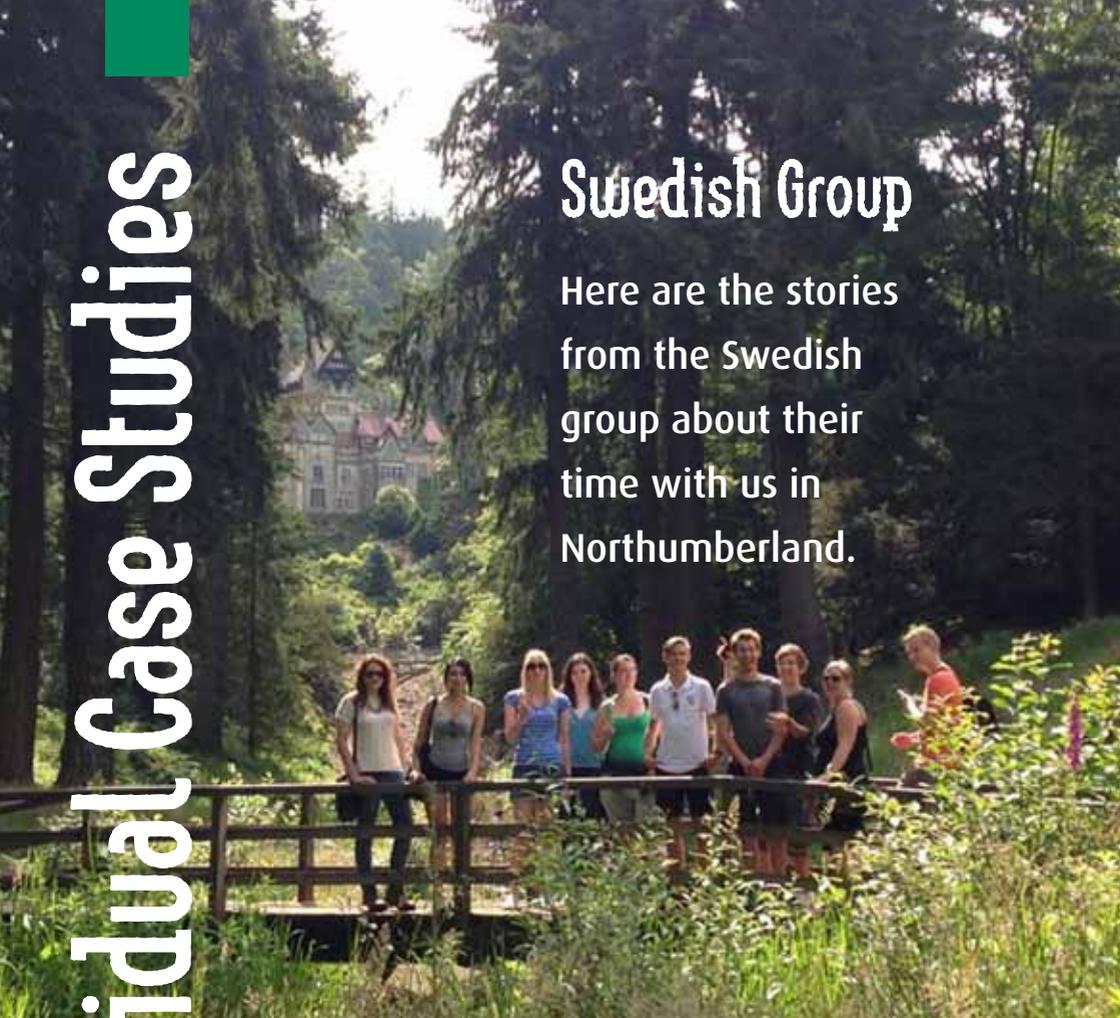
The group of eleven young people from Småland in Sweden travelled to Northumberland on the 8th July and for the first week they stayed in Rothbury and completed Employability and Enterprise training along with several members of the Northumbrian group. During second week they carried out work placements with businesses across the Northumberland Uplands.

Young Northumberland hosted a 'Celebration Event' on the evening of Friday 12th July at Elsdon Village Hall, where everyone involved with the Project was invited. The evening was a way of celebrating all things Northumbrian, including our local food and out local music. A good night was had by all!

# Individual Case Studies

## Swedish Group

Here are the stories from the Swedish group about their time with us in Northumberland.



# Niclas Andersson

Niclas stayed with young Northumbrian Iain Riddle at Blakelaw Farm just outside of Bellingham, Iain also took part in the Sweden exchange. Niclas' work placement was with NULAG member Roger Wilson on his small holding at Gibshiel, Tarsset.

*'My time in Northumberland was absolutely wonderful; I loved every bit of it. I have never done anything like this before and I couldn't have had a better time.'*

*'What can I say about my work placement? It really wasn't what I thought I would be doing but even so it was a great experience which I am proud to of completed. (Even though I accidentally cut one of the sheep that I was clipping...). If the opportunity came up again I would love to do it again sometime.'*

“

**I miss Northumberland and the people I met quite a bit so I hope I will see you guys again.**

”

# Linnea Kardevik

Along with Kevin, Linnea stayed with NULAG member Anne Lowrie in Longframlington. Her placement was at Pegswood Fire Station where she participated in a Fired Up training course run by Northumberland Fire and Rescue Service. Linnea's training covered road traffic collision simulation and breathing apparatus procedures.

*'My work placement was very fun! I was at the fire station in Pegswood. Young adults were at the fire station on a two week course about fire fighting.'*

*'During the first week in Northumberland we had a three day course which was a mix of practical tasks and theory. The funniest part of the training was when we got to produce our own product that would benefit Northumberland! My team won! In the evenings, there were different activities ranging from music and dance to making sculptures in clay. I think learning to dance was the best activity! It has been a wonderful trip, meeting new friends and practising my English!'*



“

Jag  
rekommenderar  
verkligan denna  
resa till andra.

”

# Kevin Larsson

Kevin would like to train to be a pilot so in Northumberland he spent his work placement at Eshott Airfield, a small rural airfield, near Morpeth. He spent his time assisting with maintenance tasks on some of the aircraft in the hangar. He was also able to go flying. As well as being at Eshott a visit was also organised to Air Traffic Control at Newcastle Airport.

självförtroende



# Emma Olofsson

Emma spent her weeks work experience at the Wildlife Sanctuary at Ulgham near Morpeth along with fellow Swede Alexandra.

*'My work placement was perfect!!! I had great fun all of the time there! We did all the different tasks that are needed on an animal farm, so we experienced the fun bits and perhaps the not so fun bits. The host family were lovely and I loved that the accommodation was just next to our working area.'*

*'Our schedule was busy the first week and I would say that was something very positive since we got the most out of our experience that way and also I believe it may have been "boring" if we had too much spare time because we would probably run out of things to do!'*

*'I also liked that you had arranged "fun activities" such as the pottery class, it was nice to let the creativity flow and see how other people use their creativity!'*

# Alexandra Svanberg Ottosson

Alexandra completed her work placement with Emma at the Wildlife Sanctuary where they both helped care for the animals. They were the first visitors to stay in the brand new barn conversion and were surprised to find out that one of the hosts was Swedish!

“

*It went really well and the girls were fantastic guests and such a big help.*

Quote from  
Kim Olson,  
The Sanctuary Wildlife  
Centre.

”



# Vidgade vyer



## Asa Gunnarsson

Asa completed her work placement in Newcastle at both the Red Cross and the West End Refugee Service (WERS). During the week she stayed with NULAG member James Cookson at the impressive Meldon Hall near Morpeth.

*'My experience in Northumberland was very fun, interesting and I learnt a lot of new things and met a lot of wonderful people.'*

*'My work placements at the Red Cross and West End Refugee Service (WERS) were very interesting because I want to work in the third sector. The Red Cross and WERS were very different from each other. The Red Cross was much larger than WERS and they had different kind of areas that they worked in. I was with the Asylum Seeker and Refugee Project but I also got to meet people who worked in the other Red Cross areas.'*



## Amelie Dano

Amelie completed her placement at the Glendale Gateway Trust in Wooler and stayed with a local resident.

*'I had a great time in Northumberland! I wish I was back there right now actually.'*

*'The fellowship of this journey was really great and I met so many new and kind people.'*

# Sara Erika Karlsson Tang

Whilst in Northumberland Sara spent her week at 'The Bridge' which is a Community-run Library, Visitor Information Centre and Internet Café in Haydon Bridge.

It has become the custom at the Bridge to encourage students in their career development....This year, we welcomed Sara, our first student from a different country-Sweden....By coincidence she arrived at the beginning of the Performing Arts Festival week so, by the time she left, she had not only a good understanding of how libraries and visitor information points work but had spent a busy week helping with children, reading poetry, play reading. Her experiences gave her a thorough grounding in English/Northumbrian culture. Her high points: visiting Sycamore Gap; spending an evening in a real castle (Langley Murder Mystery Night) and the friendliness of the people of Haydon Bridge.

(Article taken from The Haydon News Online, Issue 7 August 2013)

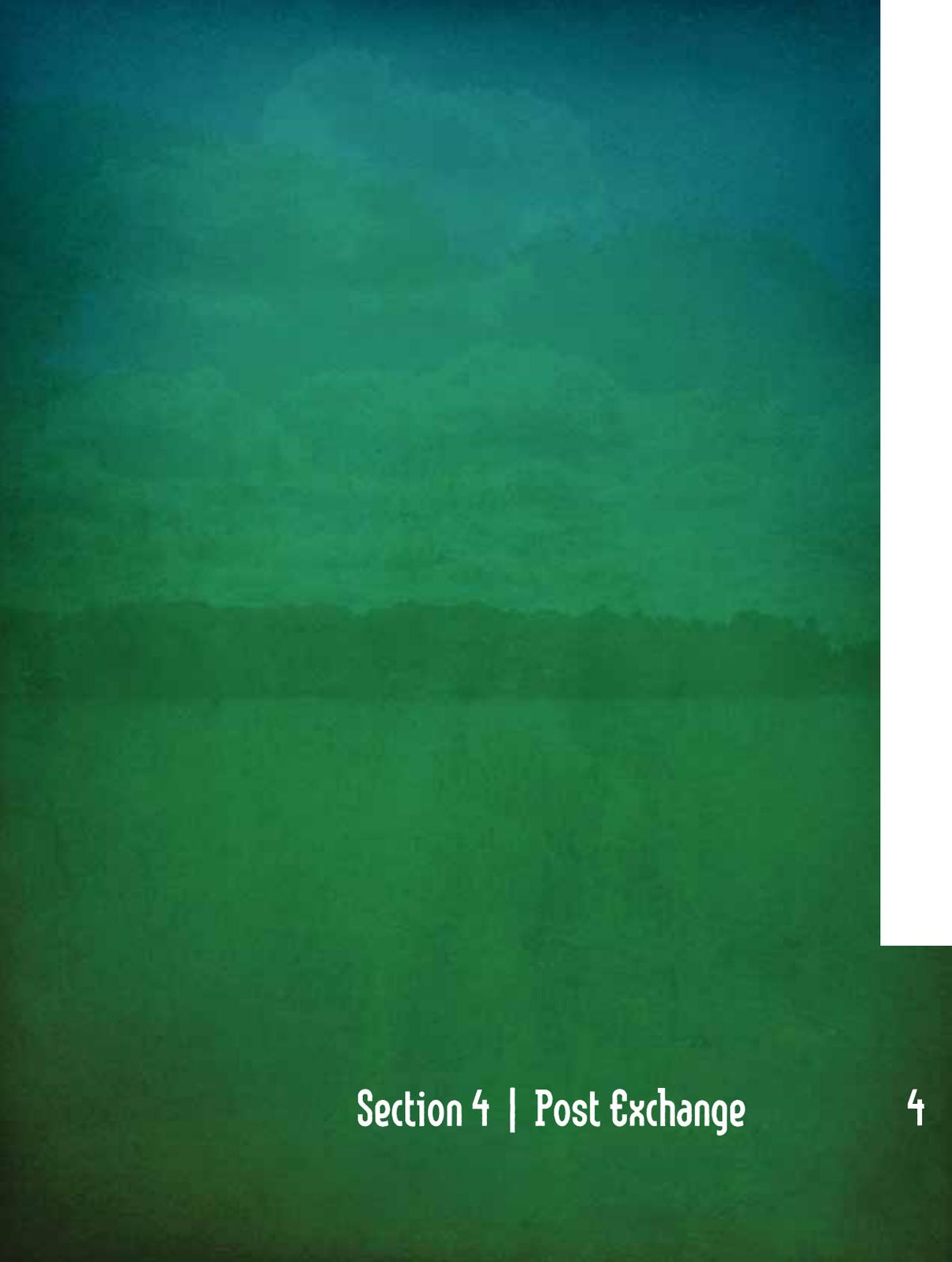
“ I loved the visit over in England. It was amazing and beautiful. ”



## Markus Nygren and Fredrik Strom

The final two members of the group completed their work placement together at The Calvert Trust, where they assisted with groups using the facilities there. Much of their time was spent working with the guests and helping the activity team provide activities.





## Section 4 | Post Exchange

## Training

Since the exchange Young Northumberland has continued to help the group of Northumbrian young people by providing training and guiding them in to other local projects such as the development of a digital careers fair. The project has provided training courses in project management, book keeping and business start up, helping the group to gain knowledge and to develop new skills for their future.

## Exchange Successes

- Four young people in Northumberland have got new jobs.
- 16 young people from the Northumberland Uplands and 16 from Sweden have taken part.
- The young people have increased their confidence levels in dealing with new situations in a totally new environment.
- The young people have gained valuable work experience in a different country.
- The young people have taken part in employability and enterprise training. As a result at least one young person now has a CV for the first time in their life.
- The young people have had the opportunity to visit a new country and meet people their own age and have created a new network as they meet up outside the project.

The group also use social media to keep in contact:

**<https://www.facebook.com/NULAGyoung?ref=hl>**



final message to other young people...

Step outside your  
comfort zone and try  
something different;  
it really can open  
more doors for your  
future and change  
your life for the better:

**Broadening Horizons**

Young Northumberland's Engaging Young People: Sweden Exchange Project

# broadening horizons

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Northumberland  
Uplands



*Leader Linné*



The European Agricultural  
Fund for Rural  
Development: Europe  
investing in rural areas.



Northumberland National Park



Department  
for Environment  
Food & Rural Affairs