

CIVIL SOCIETY ACTIVITIES FOR NEWCOMERS TO STOCKHOLM





This brochure was developed by Forum, The National Forum for Voluntary Organisations. Forum is an umbrella association for voluntary organisations. Its activities are part of the cooperative “Stockholm together” project.

The following organisations are partners in the project:

- Stockholms Stadsmission
- MÄN (Men for Equality)
- IM, Swedish Development Partner
- Verdandi
- Tamam
- KFUM Bromma
- Blå Vägen/Spånga Blåband
- SIMON, Swedes and Immigrants Against Narcotics

For more information about Forum, see our website at www.socialforum.se

Attention newcomers to Stockholm County!

Are you a newcomer to Sweden and Stockholm County? If so, you are welcome to participate in activities where we learn Swedish and about Swedish society and working in Sweden, together. Every week we offer activities for people who want to make new friends, gain new knowledge and have fun, all at the same time.

Nine organisations operating in Stockholm are behind this brochure. We are some of the numerous voluntary organisations based in Stockholm that welcome you to join.

If you or someone you know is interested in learning more about these activities, you'll find more details and contact information in this brochure.

Welcome!

What is a voluntary organisation?

A Swedish voluntary organisation, also known as non-profit organisation, civil society organisation or member's club, is a group of at least three people with a shared interest. A voluntary organisation adopts regulations that serve as rules for the group, and determine the name of the voluntary organisation and who sits on its board. All voluntary organisations are democratically organised.

Voluntary organisations of various types are extremely common in Sweden. They may range from sports clubs (football and track-and-fields sports) to religious communities (churches and mosques) to social organisations (assistance to homeless and crime victims). When you join a voluntary organisation you meet other people and learn more about Sweden, while getting the chance to practice Swedish and try enjoyable activities.

There are numerous voluntary organisations in Stockholm available to you, beyond the activities presented in this brochure. For more information on various voluntary organisations and activities, visit **www.informationsverige.se**.

You can also look for volunteer opportunities at various voluntary organisations through our Volontärbyrå (Volunteer Office) matching service. For more information, see **www.volontarbyran.org**

Swedish language

SFI-A: Basic Swedish language instruction

Organiser: Stockholms Stadsmission

Swedish instruction for people with no prior knowledge of Swedish. Everyone is welcome!

Flemingsberg

SCHEDULE: Mondays and Tuesdays, 10-12 a.m
LOCATION: Flemingsbergs Kyrka, Diagnosvägen 14-16,
141 54 Stockholm
CONTACT PERSON: Amadeus Landin, 072 402 86 70,
amadeus.landin@stadsmissionen.se

Fisksätra

SCHEDULE: Fridays 10-12 a.m.
LOCATION: Fisksätra Kyrka, Fisksätra torg 19,
133 41 Saltsjöbaden
CONTACT PERSON: Amadeus Landin, 072 402 86 70,
amadeus.landin@stadsmissionen.se

SFI-C: Continuing Swedish language instruction

Organiser: Stockholms Stadsmission

Together we discuss grammar and how to use the Swedish language, both verbal and written, in different settings.

Flemingsberg

SCHEDULE: Tuesdays 2-4 p.m.
LOCATION: Flemingsbergs Kyrka, Diagnosvägen 14-16,
141 54 Stockholm
CONTACT PERSON: Amadeus Landin, 072 402 86 70,
amadeus.landin@stadsmissionen.se

Fisksätra

SCHEDULE: Thursdays 1-3 p.m.
LOCATION: Fisksätra Kyrka, Fisksätra torg 19,
133 41 Saltsjöbaden
CONTACT PERSON: Amadeus Landin, 072 402 86 70,
amadeus.landin@stadsmissionen.se

Language café

Organiser: *Stockholms Stadsmission*

We will discuss various topics together in easy Swedish.
Coffee and pastries are provided.

Flemingsberg

SCHEDULE: Mondays, 2:00 – 3:45 p.m.
LOCATION: Flemingsbergs Kyrka, Diagnosvägen 14-16,
141 54 Stockholm
CONTACT PERSON: Amadeus Landin, 072 402 86 70,
amadeus.landin@stadsmissionen.se

Fisksätra

SCHEDULE: Thursdays 10:00-11:30 a.m.
LOCATION: Fisksätra Kyrka, Fisksätra torg 19,
133 41 Saltsjöbaden
CONTACT PERSON: Amadeus Landin, 072 402 86 70,
amadeus.landin@stadsmissionen.se

Language café

Organiser: Verdandi Stockholm

You are welcome to come to Vendandi's Language cafés in Hallonbergen and Fittja. You'll make new friends in Sweden while practicing your Swedish in a casual setting. We'll also discuss what working in Sweden is like, and important things about Swedish society to know. In Hallonbergen we are at Bergshöjden 36, and in Fittja the café is held in our office at Krögarvägen 22.

LOCATION: Bergshöjden 36, 174 45 Sundbyberg
Krögarvägen 22, 145 52 Norsborg

CONTACT PERSON: Viktor Tilling, 070 710 64 74,
viktor.tilling@verdandi.se

Health and sport

Health class

Organiser: Stockholms Stadsmision

Stockholms Stadsmision's Källan support centre in Fisksätra invites everyone to a health class where we will discuss the human body and well-being with a doctor from the transcultural centre, in simple Swedish.

SCHEDULE: Fridays 1-3 p.m. (Beginning on 29 September)

LOCATION: Fisksätra Kyrka, Fisksätra torg 19,
133 41 Saltsjöbaden

Yoga - for young women age 16 and above

Organiser: *KFUM Bromma*

Calm traditional yoga with movements, relaxation and breathing to reduce stress.

SCHEDULE: Tuesdays 5:30-7:30 p.m. in Alvik.
Wednesdays 3-5 p.m. in Kista.
LOCATION: Alvik & Kista
CONTACT PERSON: Britt-Marie Sundin, 0703754077,
bm.sundin@kfum.se

Sport and activities - for young women age 16 and above

Organiser: *KFUM Bromma*

Try out different sports and activities, where the focus is on fellowship and enjoyment.

SCHEDULE: Mondays 5-7 p.m.
LOCATION: Alvik
CONTACT PERSON: Britt-Marie Sundin, 0703754077,
bm.sundin@kfum.se

Sport and activities - for young men age 16 and above

Organiser: *KFUM Bromma*

Try out different sports and activities, where the focus is on fellowship and enjoyment.

SCHEDULE: Saturdays 7-9 p.m.
LOCATION: Blackeberg
CONTACT PERSON: Eva-Maria Våfors, 0704910661,
eva-maria.vafors@kfum.se

For more information and to apply: <http://www.bromma.kfum.se>

Society and work

Tour groups in Stockholm

Organiser: Tamam

Are you interesting in meeting new people while getting to know Stockholm? Do you want to have fun and try new activities? Tamam will organise tours and activities for young people twice a week. The goal is to have fun together, get to know Stockholm and try out new activities. We design the activities together, and therefore as a participant you can have a say and request activities and plan what we will do. It's completely free! Welcome!

CONTACT PERSON: Eva-Maria Väfors, 0704910661,
eva-maria.vafors@kfum.se

Dad groups

Organiser: MÄN (Men for Equality)

Parent groups for Dads are forming now! We think that both parents are extremely important to children's well-being and development. This activity is for all Dads, and will offer important opportunities to share your own experiences as well as listening to those of other men. The meetings will be held in Tensta, as well as two other locations and that will be announced on Facebook in the near future. The Groups are led by Dads from MÄN (Men for Equality) with their own experience of fatherhood. MÄN is an organisation that works to support equality and reduce violence.

Contact: pappagrupper@mfj.se

Computer class

Organiser: Stockholm Stadsmission

Stockholms Stadsmission's Källan support centre in Fisksätra offers a computer class where we use a simple approach to teach basic computer skills. Together we type, try using the Internet and visit important websites.

SCHEDULE: Fridays 1-3 p.m. (Beginning on 22 November)

LOCATION: Fisksätra Kyrka, Fisksätra torg 19,
133 41 Saltsjöbaden

CONTACT PERSON: Amadeus Landin, 072 402 86 70,
amadeus.landin@stadsmissionen.se

Workshops on voluntary organisation's activities and the Swedish language

Organiser: IM, Swedish Development Partner

Make new friends and get involved with IM and Volontärbyrån, the Volunteer Office! IM is a voluntary organisation that organises meeting spaces where you can make new friends and practice your Swedish. We provide information about voluntary organisations in Sweden and how you can become a volunteer. As a volunteer you can find an activity to perform, experience with volunteer work and a certificate to use when applying for work. You can also make new friends and practice speaking Swedish. You can meet us at the Språkfika (Language café) every other week in Blackeberg and at Medborgarplatsen.

SCHEDULE: Västgötagränd 17, 118 28, Stockholm

CONTACT PERSON: Dina-Maria Jerrari,
dina-maria.jerrari@manniskohjalp.se
Amanda Windolf, 08- 408 838 07,
amanda.windolf@manniskohjalp.se

Swedish language, civics and job information

Organiser: Blå Vägen/Spånga Blåband

Welcome to Spånga Blåband and Blå Vägen. We offer classes in the Swedish language, jobs/practicums in kitchens, cafés, bakeries, cleaning, the building trades and farming/Green jobs at our social companies. Blå Vägen/Spånga Blåband's offerings include networks and new contacts, introductions to professions and labour market info in Spånga, building trades and Swedish language instruction in Jordbro, Swedish language and society in Tensta and kitchen and bakery work in Spånga.

- SCHEDULE:** Mondays 2 – 4 p.m. (labour market and introduction to the professions, Spånga)
Wednesdays and Thursdays 2 – 6 p.m.
(Swedish language and society, Tensta)
Wednesdays 10 a.m. – 1 p.m. (Swedish language and society, Jordbro)
- LOCATION:** Skogängsvägen 59 Spånga
Skäftingebacken 16 Tensta
Hurtigs torg 1 Jordbro
- CONTACT PERSON:** Hans Danielsson, 076 760 05 73,
hans.danielson@blavagen.nu

More information www.blavagen.nu; www.spangablband.nu

Computer class

Organiser: SIMON, Swedes and Immigrants Against Narcotics

Välkommen att delta i en kurs om grundläggande datorkunskaper. Du får lära dig att använda Word, Excel, Powerpoint, sociala medier och skriva mejl för att bättre kunna hänga med på gymnasiet. Du behöver ta med en egen laptop. Begränsat antal deltagare.

TID: Onsdagar 16:30 – 18:30

PLATS: Sundbyberg

KONTAKT: Halina Keil, 070 090 29 94, halina.keil@simon.org.se



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Länsstyrelsen
Stockholm