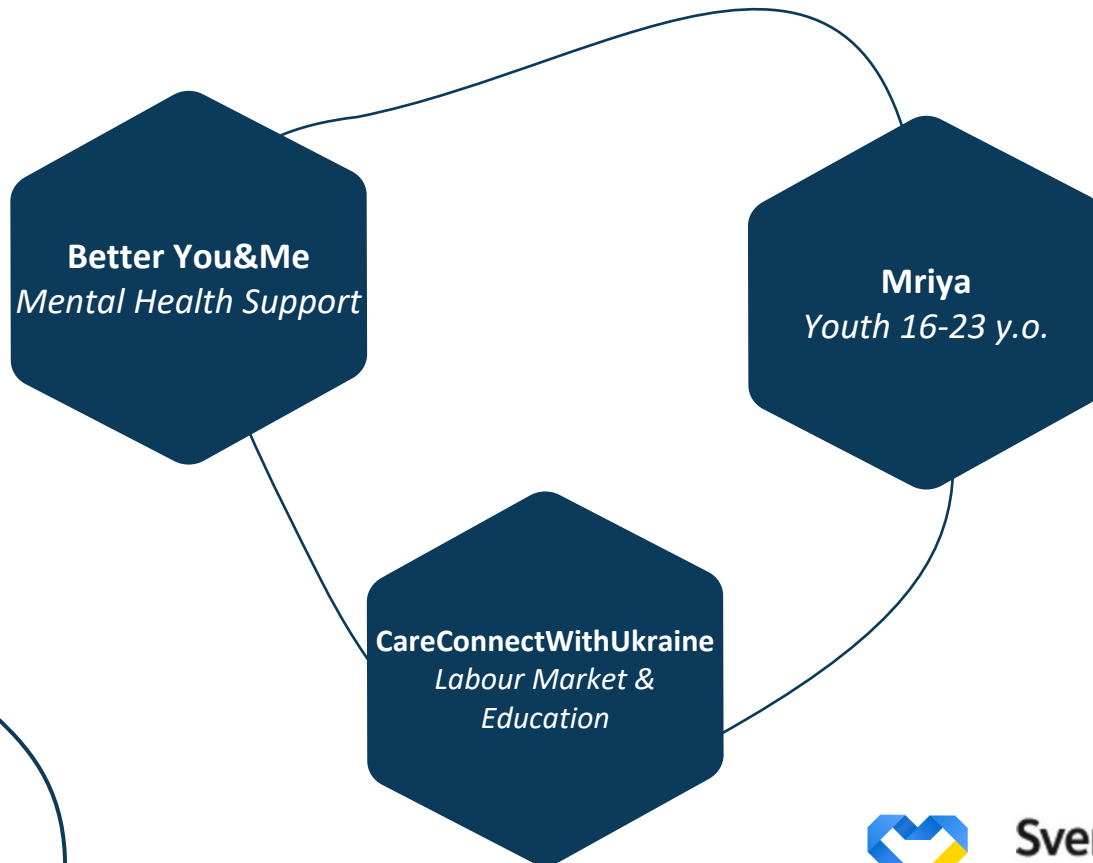


EmpowerUA



Svenska kyrkan
CARL JOHANS PASTORAT





CareConnectWithUkraine

by Hug.



Drop-in








Each Wednesday
from 9 to 12 pm



International House
Gothenburg, Järnvågsgatan 3



We aim to provide help and individual guidance with:

-  Writing CVs and Cover Letters
-  Consultations regarding studying in Sweden and the process of submitting documents to Swedish universities
-  Accompaniment with an English-speaking translator to the National Government Service Center at Första Långgatan 1
-  Scanning, printing and copying of documents
-  Assistance in creating, completing, and improving a LinkedIn profile.



CareConnectWithUkraine
by Hug.



Medfinansieras av
Europeiska unionen

English courses



Each Tuesday and Thursday
from 12 to 4 pm



International House
Gothenburg, Järnvågsgatan 3

КУРСИ
АНГЛІЙСЬКОЇ МОВИ
ПОВЕРТАЮТЬСЯ!

ЩОВІВТОРКА ТА ЩОЧЕТВЕРГ
Початок 10.10.2023

12:00 PM - 1:45 PM Група Basic+
2:00 PM - 3:45 PM Група Intermediate+

JÄRNVÅGSGATAN 3, ГЕТЕБОРГ
(International House Gothenburg)

ВИКЛАДАЧ
Алла Тангстад

The course is designed to improve English language communication skills in a professional and personal context

- Developing of a full range of skills and competencies: speaking, listening, reading and writing
- Dynamic and engaging learning environment
- Focus on communicative skills and employability
- Learning the tips on how to create a resume and cover letter and successfully pass an interview in English.

Meeting with Skatteverket representatives (3rd session)



9 October
from 5 to 7 pm



International House
Gothenburg, Järnvågsgatan 3



The aim of the event was to:



Provide participants with information about how to start their own business in Sweden



Dive deep into the following topics:

- Accounting
- Sales and purchases in the company
- Cash registers
- Payroll deductions
- Recruitment and personnel records management



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1-day seminar with the union federation LO






24 October
from 8 to 16 pm



SKF Klubbskola, Furirsgatan 1,
415 05 Göteborg



The aim of the event was to:

-  provide participants with information on the rights of employees in Sweden
-  explain how the Swedish model and collective agreement work
-  explain how trade unions work in Sweden





Презентація проєкту Empower UA від Hug

3 листопада 16.00 - 17.30

International House Gothenburg
Järnvågsgatan, 3

+ освітня зустріч на тему "Ментальне здоров'я:
Розвиваємо психологічну гнучкість"



Svenska kyrkan
CARL JOHANS PASTORAT

INTERNATIONAL
HOUSE
GOTHENBURG



EmpowerUA project presentation and educational lecture "Mental health. Developing psychological flexibility"



3 November
4 - 6 pm



International House
Gothenburg,
Järnvågsgatan 3



21 participants

We made a presentation of all EmpowerUA programs and described in detail how we implement educational activities, help with employment, contribute to the harmonization of the emotional state and stabilization of the mental health of participants, and implement various events to develop the potential of young people.

During the event, one of the health coaches, Yaroslava Shven, held an educational meeting on "Mental Health. Developing psychological flexibility".



Better You&Me
by Hug.



CareConnectWithUkraine
by Hug.



Medfinansieras av
Europeiska unionen

Mentorship Strategies for Job Fair Success

🕒 7th November
from 16:30 to 19:00

📍 International House
Gothenburg, Järnvågsgatan 3


**ÖPPET
HUS**
Mentorprogram för mångfald



- In collaboration with our partner, Öppet Hus, we offered guidance and support on the Swedish labor market, trends in different industries and details about mentoring programs.
- This initiative aims to prepare participants for job fairs and job interviews.


We had mentors from the HR, communication, and marketing sectors. These mentors offered individual guidance to our participants through role-playing activities.
- The participants had the opportunity to register for the mentoring program.


Opportunity Day

 13 November
from 8:30 to 16:00

 Clarion Hotel, Gothenburg



-  Opportunity Day team aims to facilitate connections between jobseekers and the Swedish labor market.
1200 job seekers and 43 exhibitors.

-  The job seekers from Ukraine had the opportunity to talk with the recruiters and know more about our project.



Informational meeting with GU and Chalmers representatives



20 November
from 16:30 to 19:00



International House
Gothenburg, Järnvågsgatan 3



45 participants



The aim of event was to provide participants with:



Detailed Guidance on Admission Process: application rounds, requirements, documents



Overview of programmes and courses at GU and Chalmers



Practical insights into educational experiences and aspects of student life



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Medfinansieras av
Europeiska unionen

Tillsammans mot exploatering



28 November
from 16:30 to 17:30



International House
Gothenburg, Järnvågsgatan 3

РАЗОМ ПРОТИ
експлуатації

ПРАКТИЧНИЙ СЕМІНАР

Що таке трудова експлуатація?

Які приклади експлуатації?

Як протидіяти трудовій експлуатації?

Коли? Де?

28 листопада, 16:30-18:30

Järnvågsgatan 3, (International House Gothenburg)



The aim of event was to provide participants with:



Information about labor market exploration, jobs in Sweden, rules and regulations, types of contracts, procedures and solutions.



Practical insights regarding blue-collar and white-collar jobs.



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Medfinansieras av
Europeiska unionen

Meeting with Gothenburg Integration Center



30 November
16:15 to 18



International House
Gothenburg, Järnvågsgatan 3

Empower UA by Hug. Göteborgs Stad. Finansieras av Europeiska unionen.

**ЗУСТРІЧ З
ПРЕДСТАВНИЦЕЮ
ІНТЕГРАЦІЙНОГО
ЦЕНТРУ
М. ГЕТЕБОРГ**

Приєднуйтеся до Q&A сесії!

**РЕЄСТРУЙСЯ
СЬОГОДНІ!**

30 Листопада 2023 о 16:15

INTERNATIONAL HOUSE GOTHENBURG

The meeting with the representative of the Integration Center of Gothenburg, Tetiana Tkach, provides information about:

- Job search, creating a resume, basic laws on the labor market.
- A-kassa and Försäkringskassan, searching for housing.
- Study (at school, gymnasium or university) Society, migrations, etc.



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by Hug.



Getting to know the Swedish school and education system

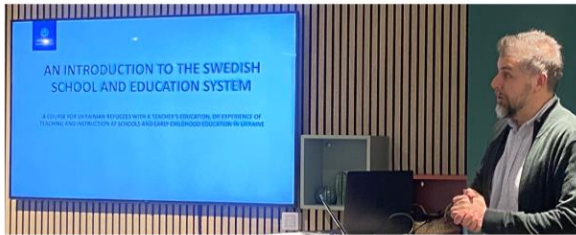


23 January
16:15 to 18:00



International House
Gothenburg, Järnvågsgatan 3

Session for teachers and people interested in pedagogical and teaching opportunities



- An information meeting with a GU representative responsible for *An Introduction to the Swedish School and Educational System* course for Ukrainians who are in Sweden under the EU Directive on temporary protection.
- The aim of the course is to provide participants with basic knowledge about the organization of Swedish schools and preschool education, the values of the Swedish school system, as well as the specifics of the interaction between teachers and students/children in Sweden.

Excel Courses for beginners



8 workshops starting
from January 11
17:15 to 18:45



International House
Gothenburg, Järnvågsgatan 3



The course was a response to the participant's request to master Excel to be able to use it in Swedish interface.

The class is designed for those who are new to Excel, have limited experience with it, or want to practice using the program using the interface in English or Swedish.

Our goal is to teach participants how to use the basic functions of Excel, explain its interface, demonstrate various examples of working with this tool, and share useful tips on how to effectively search for information to improve one's skills.



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Medfinansieras av
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Matchmaking event-ESS Group



23 January
9:00 to 11:00



International House
Gothenburg, Järnvågsgatan 3

The job matchmaking event aims to facilitate connections between job seekers and employers, creating a platform for potential employment opportunities.



- Participants have the opportunity to learn more about the company, the hospitality industry, the open positions, and the training courses they offer.

The target for this event is Ukrainians with previous experience as a cleaner, cook/assistant cook, or waiter. [Post and Video](#)



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Medfinansieras av
Europeiska unionen

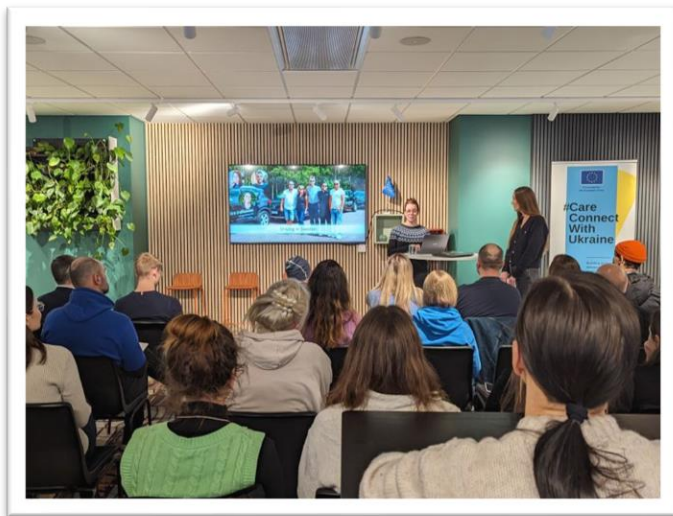
Driving in Sweden 🚗 SE



13 February
16:00 to 18:30



International House
Gothenburg, Järnvågsgatan 3



For Ukrainians, obtaining a driver's license presents several challenges, especially due to the absence of a bank ID and social security number. Participants learn about the roadmap to obtain a driving license in Sweden, as well as receive recommendations and advice.

[Post and Pictures](#)

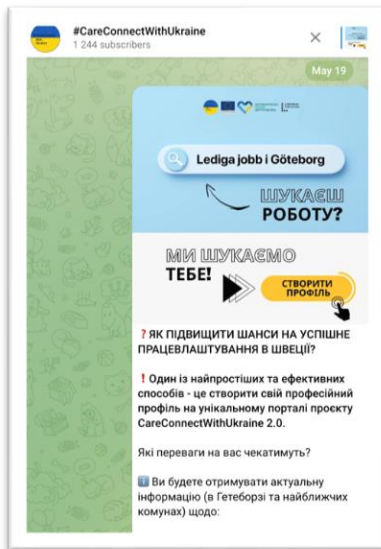


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Communication and Visibility

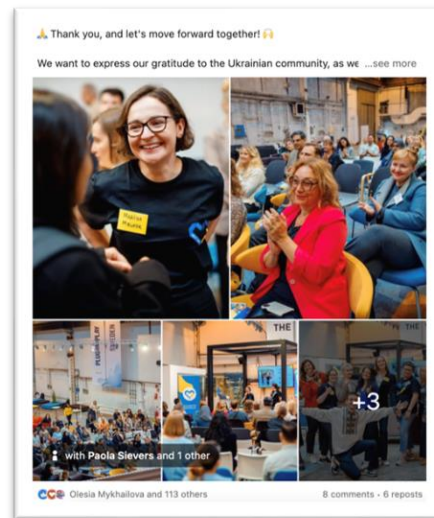
OUR TARGET, MESSAGES AND CHANNELS



We use **Telegram** to communicate with our participants because it is a popular channel for people from Ukraine.

Through our channel, we invite individuals to our activities, share information about job opportunities and integration into Swedish society, and conduct surveys and polls to gain a better understanding of our target audience's profile.

Language: Ukrainian
Location: Sweden



We use **LinkedIn** primarily for communication with companies, recruiters, potential partners, and organizations leading projects such as mentoring projects, advisory services, and educational opportunities.

Language: English

Location: Sweden and worldwide.

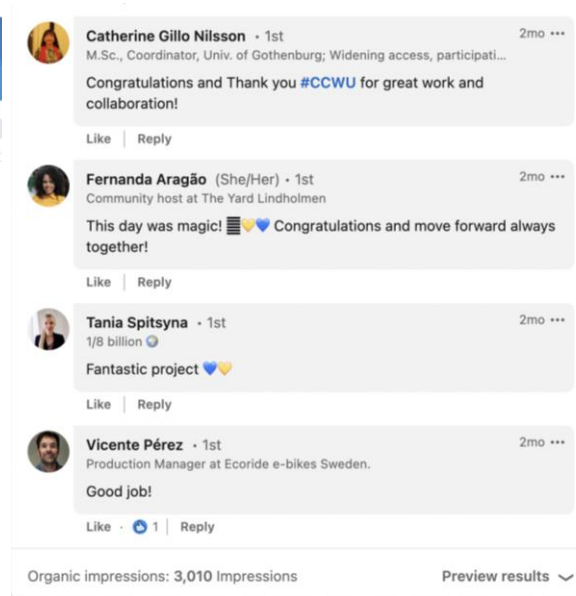
Communication and Visibility

OUR TARGET, MESSAGES AND CHANNELS



We use the **Help Ukraine Gothenburg Facebook account** to communicate the results of our events and to invite Swedes and Ukrainians who are committed to our mission and values.

Language: Swedish and Ukranian
Location: Sweden, Ukraine.



Content Types: Social media post, videos, infographics.



Better You&Me

by Hug.



Group sessions



6 group meetings per week
2 hours per each group



Hug, Bankogatan 61

Better You&Me mental coaches conduct six weekly group sessions aimed at assisting Ukrainians in stabilizing their emotional well-being and rebuilding their resources, empowering them to regain control of their lives and seek employment opportunities in Sweden.



Individual sessions



10 meetings per each participant
One meeting is 1.5-2 hours



Hug, Bankogatan 61

Better You&Me mental coaches provide personalized support to each project participant. Through individual meetings conducted in their native language, Ukrainians can receive confidential consultations tailored to their specific needs.



Better You&Me
by Hug.





Mriya
by Hug.

Weekly sessions for youth



Sundays, 14:00 - 16:00



Unity / Hug



A space for youth that brings together Ukrainian mentors, young people, and Swedish experts in the field of education and employment.

The goal of each session is to

- support each other and find answers to topics relevant to young people
- recognize personal potential and develop it
- learn more about the structure of Swedish society
- explore opportunities for training and professional development



Better You&Me
by Hug.



Company Visit - AI Sweden



27 November
from 4 to 6 pm



Lindholmspiren 11, 417 56
Göteborg, AI Sweden

Our company visits allow participants to interact with professionals, establish connections and learn about industry trends



Participants received information about the Young Talent Program, Summer Internships and Edge Learning Lab at AI Sweden!

Company Visit - Munich Maersk



18 December
from 9:00 to 11:00



Gothenburg port



A visit to Munich Maersk during its weekly loading and unloading in Gothenburg port for participants who plan to build career in logistics in Sweden.

Youthful English



Each Saturday
from 12 to 2 pm



International House
Gothenburg, Järnvågsgatan 3

YOUTHFUL ENGLISH



16-23 Y.O.



EVERY SATURDAY
STARTING 14/10/23



12:00 PM - 1:30 PM



JÄRNVÅGSGATAN 3
(International House Gothenburg)

REGISTER NOW



Positive and inclusive learning environment where all young adults, regardless of their initial language proficiency, can progress, engage, and succeed in their English language development



Each week is a different topic/project



Regular homework and teacher's feedback



Peer-to-peer collaboration in a mixed-ability group



Mriya
by Hug.



Engelska 6



Each Saturday
from 14:00 to 16:00
21 Oct - 27 Jan



International House
Gothenburg, Järnvågsgatan 3

The aim of the course is to help Ukrainians prepare for the Engelska 6 exam, which is a requirement for pursuing higher education in Sweden.



Mriya
by Hug.



Sweden Connect: Youth Opportunities Workshop



1st February
16:00 to 18:30



International House
Gothenburg, Järnvågsgatan 3

Guidance to young individuals aged 16-23



Youth participants aged 16-23 learn about Mitt Livs Val program, which aims to support study goals with the help of a personal mentor.



Räddningsmissionen and LO explain the labor market system's focus on young people and methods against exploitation.



[Post and Pictures](#)