



Start-up programme and employment platform for newcomers in Stockholm

The Embassy

The Embassy stands for;

an Encouraging

to build up humanity life standard of living in the society both physically & psychologically - because we know that encouraging one another is very important in our community.

Motivating

to make people have the desire for moving forward, upgrading good ideas, and allowing people to take responsibilities in their life, at work, home and whatever they do.

- It is our passion to see more intelligent and smart citizens in our community.

Balanced and

to give understanding how to be a solution to a situation in life

- because we know that for everything there is a reason in life.

Appreciating

the work of every individual, community that join this programme to bring about human innovation in our society

Social Service for

who willing to learn how to communicate in a multicultural system country.

You

we empower you and promote those who are willing to make changes and move forward towards their goals.

By Cecilia ÖMAN, Human Rights and Science, <u>www.rands.se</u> and Peter ROBERT, Grace Project Stockholm.

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Summary

Integrating into the Swedish society for a newcomer is not always easy. The founders of this programme have come to understand, from fifteen years of informal integration activities, that some newcomer may find it difficult to understand the Swedish language and the Swedish system. Some of the newcomers end up doing unqualified work that does not appreciate or pay them according to their standards, and they will then feel disappointed, frustrated, depressed and isolated from the society. Sometimes we notice that some newcomers do not really take into consideration that they are now living in a new country, with a different culture and different societal system and that it is necessary for them to recognize how it works. When the we, programme founders, have met such persons, some of them tell us that they need our help. We try to do our best to explain what they need to do if they are planning to stay in Sweden. Our support and help is through motivation, encouragement, consolation, strengthening the newcomers' self-confidence and self-esteem and by sharing about the positive side of living in Sweden. We connect the newcomers with the right people; for example potential employers, we give advice and provide information about schools, jobs, how to start businesses, and where to find accommodation; we support with the communication with the authorities; we share knowledge about how the system in Sweden works and we connect newcomers with their fellow country people. We listen carefully, we build productive relations and we try to become role models and counsellors

Human Rights and Science (RandS) is a social enterprise and Grace Project Stockholm (GPS) is a social programme, both with the mission to facilitate the process of providing opportunities for all. The institutions are managed by Cecilia ÖMAN (RandS) and Peter ROBERT (GPS), both with fifteen years of experience from cross-cultural partnership. RandS and GPS have agreed to jointly manage a support programme for newcomers to Sweden with the ultimate goal to provide appropriate employment or business opportunities. We believe that the combination of the different type of experiences represented by the two organisations is a perfect match to address the task. We state that everyone involved with the programme are Diplomats of Human Empowerment and we have named the programme The Embassy. The approach is innovative and is structured into three phases; in the first phase, the Embassy offers awareness rising workshops addressing cross-cultural partnership and encouragement sessions, were we discuss challenges in life and how to be part of a solution. In the second phase we do eligibility interviews, to ensure that both parties understand each other before we agree to collaborate and sign an agreement. The third phase offers individually designed support; individual and needs driven programme designs (ROPE), individual coaching, employment seeking platforms, business start-up programmes, and targeted support such as; filling in forms, developing CVs, developing business plans and meeting employers.

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Introduction

Integrating into the Swedish society is not always easy for someone who recently arrived to Sweden from another country. The Embassy founders, Mr Peter ROBERT from Liberia (GPS) and Assoc. Prof. Cecilia ÖMAN from Sweden(RandS) have come to understand, from fifteen years of informal support activities, that some newcomers may find it difficult to understand the Swedish system and the Swedish language. We have found that some newcomers think that the system is too complicated, when they reflect over it from the outside, and they lose the motivation to try to understand how the society actually works. They may start complaining, blaming the Swedish people, the culture and the government, meanwhile they have not made up their minds to go to school, to learn and to understand. The Embassy has noted that many of the people we meet from Africa do not want to go through the process to enable them to achieve what they want. Some of them end up doing unqualified work that does not appreciate or pay them according to their standards. People who have graduated from university may be working in McDonalds, distribute newspapers, doing the dishes in restaurants or cleaning offices. Most of them will then feel disappointed, frustrated, depress and isolated from the society. When we have met these people, some of them tell us that they need our help. So we have started to reflect over how we can best support them. Already we try to do our little best to explain what they need to do if they are planning to stay in Sweden, but many feel so disappointed and they may for example consider themselves too old to go back to school. The truth is that some do not really take into consideration that they are now living in a new country, with a different culture and a different society system and that it is necessary for them to recognize how it works. To improve the support we offer, we have decided to formalise our support.

Human Rights and Science (RandS) is a social enterprise and Grace Project Stockholm (GPS) is a social programme, both with the mission to facilitate the process of providing opportunities for all. The institutions managed by Peter ROBERT and Cecilia ÖMAN, both with fifteen years of experience from cross-cultural partnership. Thus, RandS and GPS have agreed to jointly run a support programme for newcomers to Sweden with the ultimate goal to provide appropriate employment or business opportunities.



Photo Action 10, 2011

We state that everyone involved with the programme are Diplomats of Human Empowerment and we have named the programme The Embassy. The Embassy is thus a platform from where we aim to listen carefully to people seeking our support and build productive relations with them and become counsellors. The uniqueness of the Embassy programme lies in the experiences of each of the founders as well as in the combined effort and the partnership. The founder of "Grace Project Stockholm", Peter ROBERT, came to Sweden from Liberia fifteen years ago and has experienced the integration struggle himself. Since he arrived to Sweden, he has worked informally with integration, music and photography. Before Peter came to Sweden, he survived the war in Liberia; he managed without home, food or family and the resisted becoming a child rebel soldier. He was deep into difficult situations, and it was an effort to come out of it. The founder of "Human Rights and Science", Cecilia ÖMAN, is Swedish, Assoc. Prof. at KTH and has worked in lower income countries for fifteen years through research and needs driven development programmes. She has founded the volunteer organisation Action10 (www.action10.org), and has developed a unique strategy for crosscultural communication and understanding (Öman, C. B.; 2009 a, b, c). The founders are also strongly driven by passion... "We don't want to see people being weak when small support can change their situation. It is as if a car needs small renovation, oil, brakes The embassy wants to put those pieces in place. The situation affects us a lot and we do not want to see people suffer like this. We want to do something, rather than just look at it, and we know that we have the skills to make the change. It does not matter how trashy someone is, we are all human beings. They just need support to have their life passports. It can be hard to see the opportunity in life and if life is too challenging we may think that we have to be somebody to have access to opportunities, but we do not have to be someone special to have opportunities and the power to build our lives. If trashy, then we are better than what we are doing. We can take a decision, but the road that we choose may be the wrong one. It is probably violating something good. The decision may be the right one, but the road may be wrong. People that come from a poor country may want to capture all opportunities at the same time, because they are used to that those opportunities are rare. When people move to Sweden, all the opportunities may confuse them. Human beings can change human beings and the Embassy is a whole body of human beings..."

Mission

The mission of the Embassy programme is to address the needs of vulnerable people in Stockholm, who did not yet find a source of income.

Method

The method is to impose courage and empowerment and at the same time increase knowledge and meeting needs. The Embassy will work side by side with each of our Target partners to accomplish their dreams and goals in life. The programme claims that it is the Target partners, who must define the goals and the components of the supportive programme. The Target partner identifies the outcome challenges and the Embassy provides the means to address those outcome challenges, thus making it possible for the Target partner to do what she wants to do to improve her life. The Target partner will find a welcoming and supportive atmosphere at the Embassy and they will be taken care of by dedicated and experienced staff and volunteers.

The method is structured into three phases. In the first phase, the Embassy offers awareness rising workshops addressing cross-cultural partnership. We also offer empowerment sessions, were we discuss challenges in life and how to be part of the solution. In the second phase we do eligibility interviews, to ensure that both parties understand each other before we agree to collaborate in the Embassy programme. During the third phase we design individual activity plans, appoint individual coaches, and link to related programs; addressing employment and business start-up.

- 1. Awareness rising in a workshop addressing cross-cultural partnership, empowerment sessions.
- 2. Eligibility interview.
- Designing and implementing individual activity plans (according to ROPE)¹, support with seeking employment or start a business.
 A personal coach is appointed.

CCP workshop
Empowerment sessions

Eligibility Interview
Sessions

Eligibility Interview
Flagible Individual activity plans, indivudual coaching, job seeking platforms, business start-up programmes.

Phasing out when goals achieved.

¹ The partnership programme ROPE, has been designed by Cecilia ÖMAN and implemented since 2009 with successful results.

Phase ONE

Cross-cultural partnership (CCP) workshop

The Target partners are welcome to attend a workshop addressing cross-cultural partnership.

Empowerment sessions

Empowerment sessions are arranged to strengthen the self-confidence and self-esteem of those who may have lost the spirit. The Embassy method aims at giving psychosocial health awareness. This is done by finding solutions and raising consciousness about life, educating on how to have a healthy mind, refreshing the mind for learning and working, train the mind to know the value of social contacts, associating with different culture background, communication and respect for humanity.

To achieve psychosocial health awareness it is also important to address the Target partner's backpack and self-knowledge. There are obviously different reasons for social difficulties; physical and emotional abuse; divorce; deaths; oppression; transgression; unemployment; refugee background; disappointments; lack of care; traumatizes from the past. Those who carry difficult backpacks can be filled with all kinds of hate, anger and emotional problems. The backpack can blind their eyes and make it difficult to see the brighter side of life. Sometime it also reflects the way they live their lives and thus affect others. Our Target partners may feel isolated from the society and may with time become invisible so that no one notices them.

Phase TWO

Eligibility interview

The programme welcomes anyone who may need this type of support, Swedish citizens and foreigners, but the programme cannot support persons who are illegally in the country.

- 1. The Target partners are invited to open sessions where the Embassy model is presented. The sessions welcome discussions and responds to questions and ideas. The Support staff is present and early relations can be developed.
- The next step is a one hour individual session according to the GPS model. After the session
 an assessment is made on the seriousness of the potential Target partner and GPS may or
 may not accept the person for the third step. This talk includes the below questions and
 discussion topics;
 - a. Please describe your psycho-social status.
 - i. What do you think about the country that you live in?, Do you see yourself moving forward?, Do you understand the Swedish system?, Do you know the language?
 - b. Please present the environment where you are living.
 - c. Describe the person who you want to be.
- 3. The third step is a one hour meeting with RandS according to ROPE. During the meeting the outcome challenges and progress markers are identified and an activity plan is drafted (Öman, 2009 b).
 - d. What are your dreams and your ambitions?
 - e. How do you want to reach you dream in actual practice?

- f. Why did you not achieve your dream already, what hindered you?
- 4. It is now time to meet with GPS again to assess whether the Target partner is actually willing to contribute with the effort required. GPS will assess whether the Target partner understands that the work and effort is with her, and that the embassy will only address the outcome challenges that cannot be expected to be managed by the Target partner. GPS may or may not accept the person or group for the programme. The Target partner will be asked;
 - g. Are you willing to put in the effort required to reach your dream?

Phase THREE

The third phase offers individually designed support; individual and needs driven programme designs (ROPE), individual coaching, employment seeking platforms, business start-up programmes, and targeted support. The appointed Target partners are well received at the Embassy venues or met with in the field.

- 1. Designing individual activity plans according to ROPE
- 2. Assigning individual coaches
- 3. Support with seeking employment
- 4. Support with starting a business

The Target partner will be responsible for implementing the activity plan and the support staff will back up. The support staff will join meetings and help with correspondence, thus bridge cultural gaps and provide knowledge about the system and understanding of the Swedish cultural rules in actual practice. The support staff will be a support both for the Target partner as well as for the Strategic partner.

The Embassy will measure the progress by performing real-time evaluation planning according to ROPE. The Target partner remains within the programme until the previously identified progress markers have been achieved.

Designing individual programmes ROPE

Sessions are arranged to identify goals and outcome challenges according to ROPE. The Target partner identifies the Outcome challenges and the Embassy provides the means to address those outcome challenges, thus making it possible for the Target partner to do what she wants to do to improve her life. Each individual programme is designed, and progress measured, using the ROPE tool (Öman, 2009 b, c). Each Target partners develops her own Partner journal that addresses the operational and financial aspects of her programme. The Embassy is responsible for the real-time outcome evaluation planning and stays with the Target partner until her own programme is solid and independent.

Individual coaches

The Target partner will be assigned a coach. The coach and the Target partner will together identify key stakeholders such as educational institutions and potential employers, or develop business plans. The coaches will join meetings, develop activity plans and support with writing letters and documents, all with the purpose of bridging between non-Swedish and Swedish cultural rules and systems. Specific tasks can include: filling in forms, developing CVs, developing business plans and

meeting employers, connect with fellow country people, showing the positive side of living in Sweden, sharing knowledge about the system in Sweden, support with the understanding of letters from the authorities and filling in forms, providing information about the educational system, directing to authorities and institutions, and support with accommodation.

Thus the programme depends on a team of individual supporters. These persons have deep understanding and often own experiences about being a newcomer in Sweden. The coaches will develop a deep understanding about their Target partner and her situation.

Seeking employment

The seeking employment programme offers besides individual coaching also workshops and networking.

Workshop

Workshops are arranged addressing how to identify and approach potential employers. The tool is innovative and adapted to the present situation in Stockholm.

Networking

The Embassy collaborates with or share information about strategic partners.

- Arbetsförmedlingen
- Transfer
 - Transfer offers a tool for employment seekers to register and add their profiles to a database.

Business start-up programme

The business-start up programme offers i offers besides individual coaching also workshops, networking and small start-up capital.

Worksops

Workshops are arranged addressing business start-up. The different administrative solutions available in Stockholm today are discussed and contacts are established.

Networking

The Embassy collaborates with or share information about strategic partners.

- Start-up Stockholm
 - Professional seminars and individual coaching
- Transfer
 - Matching for self-employment businesses.

Investment capital

The programme may offer investment capital. The first loan is small but the agreement can be scaled-up

The team

Programme partners

The Embassy of Human Progress and Communication is run by Grace Project Stockholm (GPS) and Human Rights and Science (RandS) and managed by Mr Peter ROBERT and Assoc Prof, Ms. Cecilia ÖMAN (please find presentations in the appendices).

Individual coaches

The programme offers a team of individual supporters.

Finances

The work is finances by support from the Swedish authorities and grant givers. The Target supports with 100 SEK per day when attending workshop and benefitting from coaching. The investment capital is offered with 10 % interest for the first year and then per year.

Appendices

Appendix 1 About the Founders

About Peter ROBERT



I was born and grew up in Monrovia, Liberia, and I am now since 16 years living in Sweden. Now my life in Sweden is well organised, I have family here, work and apartment. I have four children; three are born and live in Sweden and one lives in Accra Ghana. I am proud to be a Liberian and off course to become Swedish citizen. Since coming to Sweden, I have always been concerned with the situation of the immigrants. I was a newcomer myself once, and thus I know the challenges very well, thus my passion is to support others who are still in the integration process.

Living in Europe Sweden was a completely new challenge for me. I started school after having been out from school for ten years in Liberia. I started with SFI to learn Swedish, continued at KOMVUX, and studied pedagogy (day-care pedagogic) for two years. Thereafter I worked as leader, for youths in the age of 12- 19 years for four years. Thereafter I worked at Järfälla Kommun as a job coach and in Vårby Gård, in Hässelby Gård, at Öster Bärge undomsgård, and at Tensta fritidsgård as recreation leader. I also worked with Red Cross addressing unaccompanied children. I am presently working full-time as a recreation leader at the Spanish School in Solna, where I teach as well as create, implement and supervise programme activities. Working as a youth leader means to be working with people of different ages. A youth leader needs to be able to listen well and at the same time be skilled with building relationships, which requires a professional approach. A youth leader must also be independent, flexible and accountable. As a youth recreation leader, your Tactk is very important and it requires a capacity working with youths from different level of our global community. I have met many young people from different cultural backgrounds coming from Africa, Asia and Europe. In my work, I supported the young to integrate into the Swedish society. I listen carefully and build productive relations and I tend to become a role model and a counsellor for them.

It has been a great experience to see how young people are trying to become important in our Swedish society. I have seen the potential and the desire of young people and their willingness to work. An idea came to me, while working with those young underprivileged people who find it difficult in life, how to empower, help and support them. The support must be both physically mentally and socially.

About Cecilia ÖMAN



I believe in that the world can be a good and comfortable place for everyone. I believe in collaboration, honesty and in supporting others. My work passion since I was very young has been poverty reduction and natural environmental protection though scientific research and development programs. In order to address what I believe in I initiated my career at the Royal Institute of Technology (KTH) in Stockholm and took a MSc in Chemistry Engineering. I travelled to Nicaragua for my thesis and stayed three months to learn more about living conditions and doing research in a lower income country. Thereafter I took an employment as a consultant and researcher at the Swedish Environmental Research Institute (IVL, Svenska Miljöinstitutet) in Stockholm. I worked with water and waste management with the purpose of decreasing pollution. I also registered as a researcher at KTH in parallel with my employment at IVL, aimig for a PhD degree. After ten years at IVL I decided to broaden my perspectives and to also target lower income countries. Thus, I took an employment at the International Foundation for Science (IFS). My task at IFS was to support researchers in lower income countries to do research on topics selected by them and in their home countries. This is a mandate that I appreciate a lot. I initiated the Water Resource research area at IFS was appointed scientific coordinator. Besides giving training and coaching to researchers in lower income countries on scientific issues, initiated and managed a large project addressing access to scientific equipment. I continued my own scientific research at KTH in parallel with my employment at IFS and took the associate professor degree. My research topic was "water management in lower income countries". I have remained closely attached to KTH, and I am called upon for certain tasks. After ten years at IFS I decided to develop and implement an innovative strategy addressing extreme poverty eradication. To be able to do this I founded the volunteer organisation Action10 in 2009. Action 10 is run by 30 volunteers and has program in seven countries; Uganda, Kenya, Cameroon, Togo, Nigeria Liberia and Colombia. All programs build on needs driven programs, equal partnership and sustainable economy. The strategy has found to be successful and even though the organisation is still young it is improving the livelihood conditions for thousands of people in actual practice. Through my experiences with Action 10, I became convinced that combining scientific research with social enterprising in lower income countries, is a strong strategy for poverty eradication and I became involved with supporting entrepreneurs in lower income countries to start their own businesses. My ambition now is to continue my work with supporting scientific research and social enterprising in lower income countries as well as integration. This shall be done in equal partnership and with a sustainable economy and institutional capacity by for example setting up innovation centers and by sharing knowledge and offering internet access and investment capital. The social enterprise "Human Rights and Science" was registered in 2015.

Exams

- Associate Professor, 2007. Royal Institute of Technology Sweden, Department of Land and Water Resources. Title: Water resources management in low income countries,
- Ph. D., 1998. Royal Institute of Technology Sweden, Department of Land and Water Resources. Title: Emission of organic compounds from solid waste landfills. Research field: Groundwater chemistry.
- M. Sc., 1988, Royal Institute of Technology Sweden; Department of Chemical Technology. Discipline: Chemical engineering oriented towards biotechnology. Title of thesis: Chemical extraction of natural products from medical plants in Nicaragua.

Appendix 2 About the Programme partners

Grace Project Stockholm

Grace Project Stockholm (GPS) is a pedagogic entrepreneurial project, which is specializing on encouraging, developing real ideas, creating projects, exploring talents and displaying artwork. It is also built to establish businesses and create job opportunities. Our mission is to create life opportunities, help in time of needs, increase better living standard and strengthen vulnerable people in Europe and in lower income countries.

Right now, our focus in Sweden is to support the underprivileged people to find their own interests in what they want to study, create, or work with for life advancement and job opportunities. GPS has identified the need of many underprivileged people in Stockholm today. For some reason some of them have been isolated from the society and some of them have dropped out of school or have been abused, victims of war and crime, some of them don't know their place in life, have no education, no job experience and don't know what to do with their life. GPS will support and help vulnerable people who are underprivileged through a programme call we call "The Embassy". The programme aims at motivating and supporting immigrants to integrate in a structured way.

The Embassy builds on previous work with integration and will benefit from previous experiences and aims to scale up. It will be a collaboration between my programme GPS and the social enterprise of Cecilia Öman, Human Rights & Science. We will invite new Swedish citizens, who did not yet integrate well in the society. We will listen to what they want to do, support them with motivation and practical tools to reach their dreams in Sweden. GPS-Project headquarters is in Sweden, but its humanitarian programmes and activities are carried out in Europe and Africa, with the help of its representatives and Volunteers.

Kyrkbacken1, 16962 Solna Ph: (0046)739061510 gracemediaproject@gmail.com www.gracemediaproject.com

Human Rights and Science

The vision of Human Rights & Science (RandS)² is a world providing opportunities for all. It is unacceptable that a large number of people still suffer from being excluded from the society; strong, intelligent, capable people who just need a hand to be able to move on. RandS claims that everyone can be integrated into the society, and within a limited period, if the correct approach is used. RandS claims further to know the correct approach and to have implemented it with successful result in different ways and in different countries³. It is time to scale-up in Stockholm. The Embassy program in Stockholm will depend on cross-cultural communication and cross-cultural deep understanding. RandS is grateful for having been accepted to become a partner by GPS, a programme that carries deep knowledge and understanding about the actual situation for our immigrants and knows well how to bridge the gap between the Swedish society and other cultures, mainly other countries in Africa.

The RandS states that to provide opportunities for all and implement successful integration the activities have to be defined by the people targeted. We call our partners the Target Partners. Only the people living under certain conditions can fully understand all the aspects of that life. These people are the true and only experts, when it comes to developing and implementing any programme that honestly addresses a sustainable change in their living or working environment. Still, vulnerable communities depend on collaborating with organisations outside their own boundaries to get access to the products and services that they need to address their challenges, and by doing so their livelihood can be improved. The RandS is a social enterprise with the mission to provide opportunities for all and to balance the world's resources. The operations build on the Ten Actions value platform (Tact) and the Real-time Outcome Planning and Evaluation (ROPE) tool. Both Tact and ROPE have been implemented in actual practice through Action10 since 2009 and have proven successful. The ROPE identifies the dreams of the Target partners and then compiles the challenges that the Target partner face. Those challenges describe the reasons for why the Target partners are not doing what they want to do to reach their dreams. We call the compilation of challenges Outcome challenges. Linked to each Outcome challenges are the Progress markers and the purpose with the Progress markers is to enable evaluation planning of the programme activities. The Outcome Challenges also define the Strategy Map, which is a set of concrete activities that must be addressed to reach the dreams of the Target partners⁴. After the Strategy Map has been defined a Sustainable economy scheme is developed. The TACT/ROPE is built on collaboration between active stakeholders identified as the Target partners (TP), the Programme partner (PP), and the Strategic partners (SP).

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² The HumanRightsScience (RandS) builds on the two cornerstones; Human Rights, which are principles that have been agreed on by international leaders all over the world and thus are common goals for the humanity, and Science that is a way to ensure truth, trust and quality in procedures, services and products. RandS is a social enterprise with no religious or political ties.

³ RandS shares its vision and mission with its sister organisation Action10 (<u>www.Action10.org</u>). The NGO Action10 is a volunteer member organisation with the same strategy as RandS. The two sister organisations have the same value platform and they have the same Founder.

⁴ The concept of Outcome Challenges, Progress Markers and Strategy Map were initially proposed by Earl, Carden et al. (2001) and are components of the Outcome Mapping tool.

Company information

Full company name: Human Rights and Science by Cecilia Öman AB Company name in actual practice: Human Rights & Science (RandS)

Executive Director: Cecilia ÖMAN
Phone no: +46 707 148 150

Address: Fagerviksvägen 35, 168 39 Bromma, Sweden

Web site: www.RandS.se

E-mail: cecilia.oman@gmail.com

Org.no: 559014-6568 VAT.no: SE559014656801

Bank: SEB

Bank address: SEB 5273, 10640 Stockholm, Sweden

SWIFT/BIC: ESSESESS

IBAN: SE935000000052731032863

Bankgiro no: 896-6608 Registration date: 2015-05-22

Sister organisation: Action10, <u>www.Action10.org</u>, registered in 2009.

Appendix 3

The embassy value platform

The Embassy aims at providing the support required to transform "impossible" lives to possible. We want to collaborate with those who are facing difficulties and who are carrying a heavy backpack, such as having become victimized or misused, who have experienced catastrophe or have spiritual problems. Many of our Target partners are born in other countries and came recently or quite recently to Sweden. The value platform the Embassy is the belief that a good life is made out of love, joy, peace, patience, kindness, goodness, faithfulness, and also gentleness and self-control, and that against such things there is no law. The Embassy states that achieving "impossible" goals is actually possible, as long as the method and the actions will not hurt humanity and violate universal laws. The Embassy further states that there is always an opportunity, also for vulnerable and underprivileged people who are facing severe challenges, and that these opportunities can come true only if the persons are willing to make a change in their lives, and if they are willing to become part of the solution. The Embassy aims at providing psychological health awareness. The work is based on the statement "YOU ARE WHAT YOU THINK". The way we think leads us to who we are. Emotional disturbances can be a problem if we cannot control them. We may tend to try to blame others. Life and death is in the power of how we think and thus how we talk. Our lives have a value, a personal value. We, each and one of us, needs to know what is important for us in our lives. We must also know how to relate to others, and how to incorporate others in our life values. How we act or associate with others can, if we do wrong, end our relations and contacts. We can become isolated, thus we want to emphasise on our good character, alone and with others. The choices we make can changes our lives, for the better or for the worse. It is obvious that making the right choice is not always easy, but we can make a positive change in our lives, which can help us to make the right choices. We do have the power to strengthen our life but also to destroy it. Successful people are people with a sound mind, who shares love and who have good influence on others. Successful people always make use of what they learn, of what they have and benefits to the most of also the smallest gift. They always seem to be happy, energetic and dwelling on positive things in their life. Successful people have made up their mind to do the right thing according to their own passion, capacity and their own opportunities.

These methods include encouragement and support to be creative, build social networks, be intellectual in school, at home or in the streets, respect people from other countries and with different cultural background and even training on how to share ideas and work together as a team. Thus, how to communicate, live together and share cultural values and ideas as human beings.

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