

Engelska/ English

Hi,

As you are part of an establishment programme with Arbetsförmedlingen, you have the chance to try out different activities. This is called NAD.

The activity could be an interest you have or something you'd like to try out. All activities are run by clubs/associations in your local area. These include cooking, running, gardening, football, chess, music, martial arts, arts and crafts, equestrian sports, art, sports, motor racing or something else.

We'll help to find an activity which suits you.

You must take part in an activity for at least nine hours, of over five sessions. Each hour is counted in your establishment programme.

Why is it a good idea to take part in voluntary activities?

- *To practice your Swedish.*
- *To do what you think is fun, and learn more.*
- *To gain new experiences that have a positive effect.*
- *To get to know more people from Sweden.*

To learn more or ask a question, visit

<https://www.vgregion.se/NAD>