



**THE FUTURE?**





# Today and tomorrow

Our children are growing up. At this very moment they are forming opinions, values and acquiring the perspectives they will carry for the rest of their lives. And at this very moment we, together with our children, have the opportunity to influence their lives in preparation for tomorrow and the future ahead of us.

Creating opportunities for the youth to develop and grow is the main mission within the YWCA-YMCA.

What we do is not peculiar, nor is it strange. It is about letting the youth be the center of attention, it is about making room for different individuals and letting the youth get an outlet for their interests and wants.

It is also about having the strength and taking the time to listen and acknowledge, to create interest and enthusiasm.

By doing so we achieve even more. Youth who take others into consideration and show respect for all, who take a stand and care about others. And themselves.

All people, including the youth, who are satisfied and content has the ability to make others feel good and content. It sounds so easy, and it actually is that easy. If you just find the right way to it.

Welcome to the future. Today.

# BodyMindSpirit

The YWCA-YMCA has a clear concept: We offer venues where young people can feel good and thrive.

Our philosophy is equally clear: We believe all people, especially young ones, have the needs of physical exercise, intellectual stimulation and time to reflect in order to thrive and feel good.

Our triangle symbolizes these three stepping stones: Body, Mind and Spirit.

One is not more important than the other. Together they form a unity.

Just like all human beings.





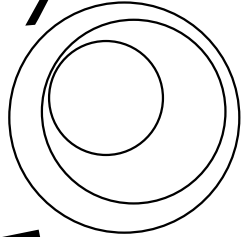
**B**

*Body Mind Spirit*

**BODY. MIND. SPIRIT.**

BODY  
MIND  
SPIRIT

**BODY.  
MIND.  
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*bodymindspirit*

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*BMS*

**BODY. MIND. SPIRIT.**



## CAMPS

Camp sites from the north to the south. Summer and confirmation camps, sailing, canoeing, archery, indoor climbing, outdoor life, sports and of course swimming. A lifetime worth of memories.



## Youth Recreation Centers

Activities after school, in the evenings, the weekends or during the holidays. Take time to be yourself, meet others, chill out or do the opposite: take part in photography, pool, table tennis, games, computers, discos and much more.



## Youth Houses

We offer many activities for you. Find your own favorite! Try skateboarding, climbing, inlines, BMX or different music groups.



## SCOUTING

As a scout you use the nature as your playing field. You also get to meet people from different parts of your country – and the world! We find different solutions and we produce a creative thinking which will help you solve real life problems.





## SPORTS

Including: Aikido, alpine sports, American football, badminton, baseball, basketball, beach volleyball, bowling, boxing, capoeira, cycling, dance classes, frisbee, gymnastics, handball, petanque, soccer; table tennis, track events, tug-of-war; windsurfing...

### And much more...

Choirs, theater groups, role-playing, radio shows, watching and making movies....



...hapkido, hockey, horseback riding, iaido, inlines, intercross, indoor bandy, jiu-jitsu, judo, karate, kendo, indoor/outdoor climbing, lacrosse, naginata, orienteering, renju, sailing, skateboarding, skiing, softball, street basket, taekwondo, tennis, trampolines, volley ball and water skiing.





# In Sweden the World and other parts of

YWCA-YMCA of Sweden collaborates with other YMCA and YWCA organizations throughout the world.

You can find our partners in Africa, the Middle East, Eastern Europe and Central America. Many local associations in Sweden are involved in the collaborations. We call it *glocal* commitment! The focus of the collaboration is democracy, advocacy and empowerment of young people.

Mutual learning is created through experiences, encounters and basic principles such as human rights, equality and

sustainable development!

YWCA-YMCA offers many possibilities for you to get involved and contribute to a better world. One way to participate is to apply for the internship, an amazing opportunity to -during a span of six months - get to know the global movement better.

You can also contribute to a better world easily by becoming a member, or in other ways choose to support our work.

Children and youth all over the world can have a better future, with your help. *Right now!*

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### **Paying by Autogiro**

Autogiro makes it easy and convenient for you to give the youth a meaningful existence. In Sweden or the rest of the world, month after month. The amount of money you choose to give is transferred from your account approximately at the 28th of each month.

Applying for Autogiro is easy. Just send the counterfoil in, call 08-677 30 00 or visit our webpage, [www.kfuk-kfum.se](http://www.kfuk-kfum.se). At the website you will also find more ways to support our organization.

Seeing as the registration of your gift is automatic through autogiro, we can lessen our expenses in registration and management.

Our 90 account provides safety for you. The account is issued by SFI whose task it is to follow up on collections and making sure they are not charged with unreasonable expenses. A rule of thumb for SFI is that at least 75 percent of the total proceeds shall be given to the intended purpose of the collections.

## ABOUT US

The YWCA-YMCA is the world's largest and oldest youth movement.

The YMCA was founded in London in 1844. England was deeply affected by social injustice, grueling work demands, poverty and slum.

George Williams and friends decided to create an alternative to drowning your sorrows at the pub.

The movement was quickly known all over England and in 1855 the YMCA World Organization and the very first YWCA was founded.

In Sweden the YMCA was formed in 1884 and the YWCA the year after. The idea of creating a better reality for the youth and providing ways for them to thrive and take responsibility for themselves and others is still the same.

The YWCA-YMCA stands for Young Women's Christian Association with the equivalent being the Young Men's Christian Association.

To us Christianity means brotherliness and respect for each other, love and forgiveness. You will always be welcome, no matter whom you are or what your background looks like. All shall be paid attention to and treated equally.

The YWCA is one of the world's largest women's rights associations. The movements together involve 70 million people in more than 130 countries.

The YWCA-YMCA in Sweden has more than 70 000 members.



# RIGHT NOW!



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