

**Sofia Hellqvist** was born on 6 December 1984 in Täby, but grew up in Älvdalen, Dalarna.

Sofia studied accounting with computer application, specialising in business development, at the Institute of English and Business in New York. Sofia has also studied various courses such as global ethics, child and youth science, children's communication and the UN Convention on the Rights of the Child in theory and in Swedish practice at Stockholm University.

During her time in New York, Sofia also studied at YTTP, Yoga To The People, to become a certified yoga instructor. She was also involved in setting up a yoga centre.

During September and October 2009, Sofia carried out voluntary work in Ghana. She visited orphanages and helped build a centre for women.

In 2010, Sofia founded the organisation Project Playground, together with Frida Vesterberg. Project Playground is a non-profit organisation that helps vulnerable children and young people in areas and townships outside Cape Town, South Africa, primarily in Langa, which is the oldest township in the area.

Project Playground strengthens children's personal and social development via support programmes and organised activities. With a focus on children and young people's leisure time and the individual, Project Playground creates a safe platform and meeting place with activities and programmes, run by adults that act as leaders and role models.

The business has a total of 29 employees (26 in South Africa) and is one of the largest employers in the township of Langa.

Sofia is President of Project Playground, and Frida Vesterberg is Vice President.