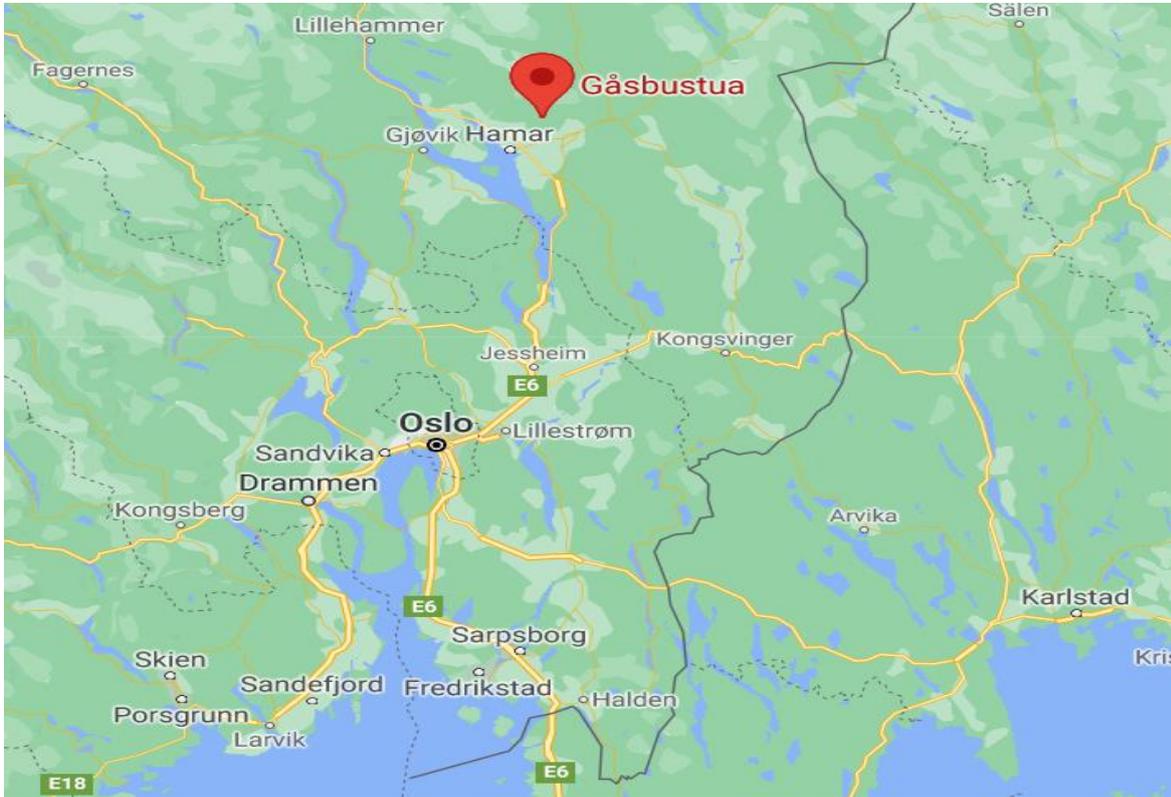




BE ACTIVE!



YOUTH EXCHANGE

GÅSBUSTUA, HAMAR NORWAY

PLACE AND DATE: 13-22 JULY 2022, GÅSBUSTUA NORWAY

PARTICIPANTS: 30 people (4 youth + 1 group leader from each country)

COUNTRY: Norway, Romania, Lithuania, Turkey, Slovakia and Poland.

LANGUAGE: The working language will be English.



SUMMARY



Nowadays we are all practicing representative democracy, but there is also a participatory democracy, which is important or perhaps even more important. It is essential to involve partners and individuals to increase democracy and participation, but there is lack of knowledge or implementation of these methods. During the project 'Active and Aware' the young people can learn methods, which will help them involve other young people in the decision-making processes. These methods will be based on partners' and participants' experiences in their countries. During the Youth exchange each country group will present and implement one non-formal educational method from their country used for involvement of young people in decision-making processes at local level.

The Youth exchange will involve 30, including the group leaders coming from 6 programme countries: Norway, Romania, Lithuania, Turkey, Slovakia and Poland.

The whole learning approach is defined according to the overall goal and proposed objectives, as well as, of the needs and characteristics of the target group. In that regard, participants who will take active participation to this Youth exchange, we expect to acquire and improve skills and knowledge in the following areas:

- Active citizenship and social responsibility;
- The current situation of active participation of young people in the decision making processes in participant's countries;
- The core principles of youth work and non-formal/informal learning, including experiential learning methods such as energizers, icebreakers, team-building activities, open discussions, debates, outdoor activities and various creative workshops;



ACTIVITIES AND METHODS



Working Methods

Each activity has concrete aim relevant to the objectives, learning outcomes and expected impact, but in addition these activities will promote such values like tolerance, respect of cultural diversity, gender equality and equity, mutual understanding, respect and solidarity. Each activity will be carried out/facilitated by youth with the support of group leaders through using non-formal and informal methodology. Each partner will be responsible for successful implementation of concrete activities, but besides this all countries will be participating in all activities equally. The project venue is perfect for the topic of our project as the participants will be in the nature with a fresh air, and surrounded with mountains.

The participants will create a space for 30 youngsters to extend their current knowledge and to acquire new ones with regards to health, disease, sports, social inclusion and generally about healthy lifestyle. Project activities and methodologies were set after brainstorming with our young beneficiaries from all five organizations. Later planned activities were improved in cooperation with experienced youth workers; some nice ideas were drawn up from Salto toolbox and some of them from our rich experience of being trainers and facilitators. Non-formal and informal methods were chosen accurately in order to create balanced fun and learning atmosphere for participants to share, listen, express, get involved, contribute, support each-other and develop new competencies. To give practical opportunities for improving physical and health competences, each day we will have sports or other physical activities. At the end of each day we will also organize group reflection in order to facilitate participants' learning process and to improve each upcoming day.

Who can participate in the youth exchange?



Participants of the youth exchange will have the following profile:

- age 18 to 30 residences of participant's countries; aware of the positive impact of outdoor education on youth development and are strongly interested to gain deeper insight into the influence of outdoor education on self-esteem, self-awareness;
- strongly interested to explore the topic of outdoor education and how to deal with challenges connected with it.
- interested to get to know outdoor education practices from other countries and learn from their peers how to work with outdoor activities in an effective way e.g. in increasing awareness on certain issue/topic that is applying for them;
- ready to work in a mix-intercultural learning environment, to contribute to successful project implementation;
- motivated to work on the development of their personal and professional competencies in an international setting (communication, teamwork, problem-solving, conflict management, facilitation, and presentation);
- motivated to take part in Erasmus + project, work in an international team and share their experiences in follow up period;



TRAVEL COSTS

According to new Erasmus Plus rules, the reimbursement of travel costs will be calculated used a specific program called Distance Calculator:

Country of Origin	Country of Destination	Distance Band	No. of Participants	Travel Grant per Participant
Slovakia	Norway	500-1999 km	5	275.00
Lithuania	Norway	500-1999 km	5	275.00
Poland	Norway	500-1999 km	5	275.00
Turkey	Norway	2000 - 2999 km	5	360.00
Romania	Norway	2000 - 2999 km	5	360.00
Norway	Norway	0 km	5	0.00

AFTER SENDING their tickets and boarding cards, participants will receive the reimbursement of their travel costs. Travel (flights, other means of transport) expenses are compensated (up to 100%), based on the actual expenses incurred and the distance from your location of residence to the location of the project (**Norway**). These distances must be calculated using the distance calculator supported by the European Commission. We don't send money to each participant. We send only money to sender organization and sender organization will pay to participants. **It may be that money from European Commission will be late; in that case, as mentioned, you will get your reimbursement after the course by bank transfer (be ready for that).**

Keep your bus / train tickets as well! Travel by cars / taxis is not reimbursed.

Please note any extra days you wish to stay will be your own responsibility and your food etc.

Visa costs will be covered by participants.



THE VENUE



Hamar [ˈhɑːmar] (About this soundlisten) is a town in Hamar Municipality in Innlandet county, Norway. It is part of the traditional region of Hedmarken. The administrative centre of the municipality is the town of Hamar. The municipality of Hamar was separated from Vang as a town and municipality of its own in 1849. Vang was reincorporated into Hamar on 1 January 1992.

The town is located on the shores of Mjøsa, Norway's largest lake, and it was the principal city of the former Hedmark county. It is bordered to the northwest by the municipality of Ringsaker, to the north by Åmot, to the east by Løten, and to the south by Stange.

Note: Organisers will not provide accommodation for any additional stay in Norway. If participants plan to arrive a few days earlier or depart a few days later, they are kindly requested to inform us and we will be glad to offer assistance with booking a hotel

COVID-19 SPECIAL MEASURES:



do not sneeze in the palm of your hand



sneeze on your elbow or scarf



wearing mask



Wash food



Wash your hands

Entry quarantine and rules upon arrival in Norway

The Ministry of Foreign Affairs' global travel advice was repealed on 1 October 2021. However, both the prevalence of infection and local restrictions can change at short notice and there may be sudden updates and travel advice for individual countries. You should check the entry rules and status at your destination.

Advice and rules for entry into Norway

From 12.02.2022 there are no requirements for testing, quarantine or registration upon arrival in Norway.

<https://www.fhi.no/en/op/novel-coronavirus-facts-advice/facts-and-general-advice/entry-quarantine-travel-covid19/>

- **For safety reasons, alcohol will not be allowed during the exchange. You are allowed to bring one bottle per team of your traditional drink for your cultural night, but don't bring any other alcohol to the exchange.** Please don't bring vodka, whiskey or other alcohol that is not a part of your culture and cultural night.



Our main priority is the safety of everyone, and we are sure that these rules and regulations will not stop us from having a good time and meeting amazing people from other countries. If anything is not clear to you or you have any questions, please feel free to contact us at any time.

ACCOMMODATION PLACE

Gåsbustua - storhytte!

<https://www.gaasbu.no/kopi-av-hytteutleie-st-olav>



Rooms: Participants will be accommodated in 3 or 6 people each room. Bed linen and towels will be provided. The main activity room is located in the hotel. Wi-Fi internet connection is available. Organisers will provide participants with three meals per day. Food will be served.

Because of corona situation and personal hygiene, participants MUST bring bed sheets, pillow and duvet cover, towels and their personal care products.

We strongly recommend each participant to inform the organizers about any special dietary needs in advance.



HOW TO REACH THE HOTEL

You can fly to Gardermoen Airport or Torp/Sandefjord Airport.

If you come to Gardermoen Airport, you can take train to Hamar Sentral Station (<https://www.vy.no/>) and then take bus to our venue.

If you come to Torp/Sandefjord Airport, you can take Larvik-Lillehamar train to Hamar Sentral Station and then take bus to project place. <https://www.vy.no/>

660 Gåsbu - Øståsen - Hamar Gyldig: 16.08.2021 - 19.06.2022

	Mandag til fredag					
Skole:	S	SFri	S	S	SFri	S
Gåsbu	13:00	16:05	...	16:50
Råpslåd	...	09:17
Kylgårdskryssset	...	09:19
Bekken	07:06	09:23	12:42	13:03	16:08	16:40 16:53
Østås	07:09	09:25	16:11	...
Kylgårdskryssset	16:13	...	16:56
Kylgårdskryssset	12:45	13:09	...	16:43
Lbergstajet	12:47	13:13	16:17	...
Grieflønneen	07:11	09:27	16:58
Wik møttester	07:17	09:31	12:50	13:16	16:22	...
Lunden skole	07:18	09:32	12:51	13:19	16:23	...
Kapp	07:22	17:01
Hamar katedralskole	07:37	17:02
Kapp	...	09:36	12:55	13:23	16:27	...
Hamar skystasjon	07:47	09:47	13:06	13:38	16:42	...

Merknader:
S: Kun skoledager
SFri: Kun skolefridager
1.mandag, 2.tirsdag, 3.onsdag, 4.torsdag, 5.fredag



660_Hamar - Øståsen - Gåsbu_21-08-16_22-06-19_.pdf

660 Hamar - Øståsen - Gåsbu Gyldig: 16.08.2021 - 19.06.2022

Mandag til fredag

Dager:	S	S	Sfri	1245	3	Sfri	S
Skole:				S	S	Sfri	S
Hamar skystasjon	06:40	12:15	12:15	13:50	14:20	16:15	16:15
Ener ungdomskole	14:07	14:37
Kapp	06:52	12:27	12:27	14:13	14:43	16:27	16:27
Lunden skole	06:56	12:36	12:31	14:22	14:52	16:31	16:31
Wik matsenter	...	12:38	12:33	14:24	14:54	16:33	16:33
Ingelsrud	...	12:40	...	14:26	14:56
Grefthen	...	12:45	...	14:31	15:01
Grefthenmoen	...	12:48	12:38	...	16:36	16:37	...
Libergstøjet	07:01	14:37	15:07
Kyldgardskryss	07:03
Kyldgardskryss	14:39	15:09
Bekken	07:08
Østås	...	12:50	12:38	14:41	15:11	16:38	16:39
Bekken	...	12:53	12:40	14:44	15:14	16:40	16:42
Gåsbu	...	12:57	...	14:48	15:18	...	16:46

Merknader:
S: Kun skoledager
SFri: Kun skolefridager
1: mandag, 2: tirsdag, 3: onsdag, 4: torsdag, 5: fredag

WHAT TO BRING



Since there is going to be an international evening, we will ask you to bring something traditional, famous or delicious from home - that you would like to represent your country with, and share with the others, it can be any kinds of food, drink...



HEALTH INSURANCE

Health insurance is not provided and will not be reimbursed by the organisers. All participants are strongly advised to purchase private travel insurance, as costs of private health care in Turkey are quite high if you don't have.



The organizers will not provide the participants with any kind of insurance! Therefore, we strongly recommend every participant to acquire travel insurance at their own expense for the whole duration of the course. Also, please have a valid EU healthcare insurance card (if applicable).

Each of the participating countries should;

- ✓ Bring all your **travel documents** as presented above. **Print out all your documents even if they are online. We don't have printing opportunities.**
- ✓ Prepare a **presentation about the sending organization** (initiatives they have previously participated in, non-formal learning methods used, etc.). We want to get to know each other, to find out how people work with youth in other countries, and maybe to cooperate in the future.
- ✓ Find **interesting videos / games / exercises / educational activities on diversity.**
- ✓ Prepare **energisers** that could be done in the morning.
- ✓ Prepare for your **country's cultural evening**. Please, try to be fun and creative for this! :) No one likes regular .ppt presentations! Any kind of activities are welcome (e.g. video presentations, dances, songs, games, quizzes, posters, flyers etc.). Don't forget to **bring your national drinks, dishes or snacks** to share with others
- ✓ check the weather forecast before arrival and **bring adequate clothes**. Please also **bring clothing and shoes that can be used for strenuous activities** (such as dancing).
- ✓ **Bring good spirit, joy and happiness!!!**

Whenever possible, bring your laptops, digital cameras, smart phones and tablets – we will be doing some multimedia work that requires mobile equipment!

CONTACTS!

If you have any questions, please contact us via email or Facebook.



SEE YOU ALL IN HAMAR, NORWAY