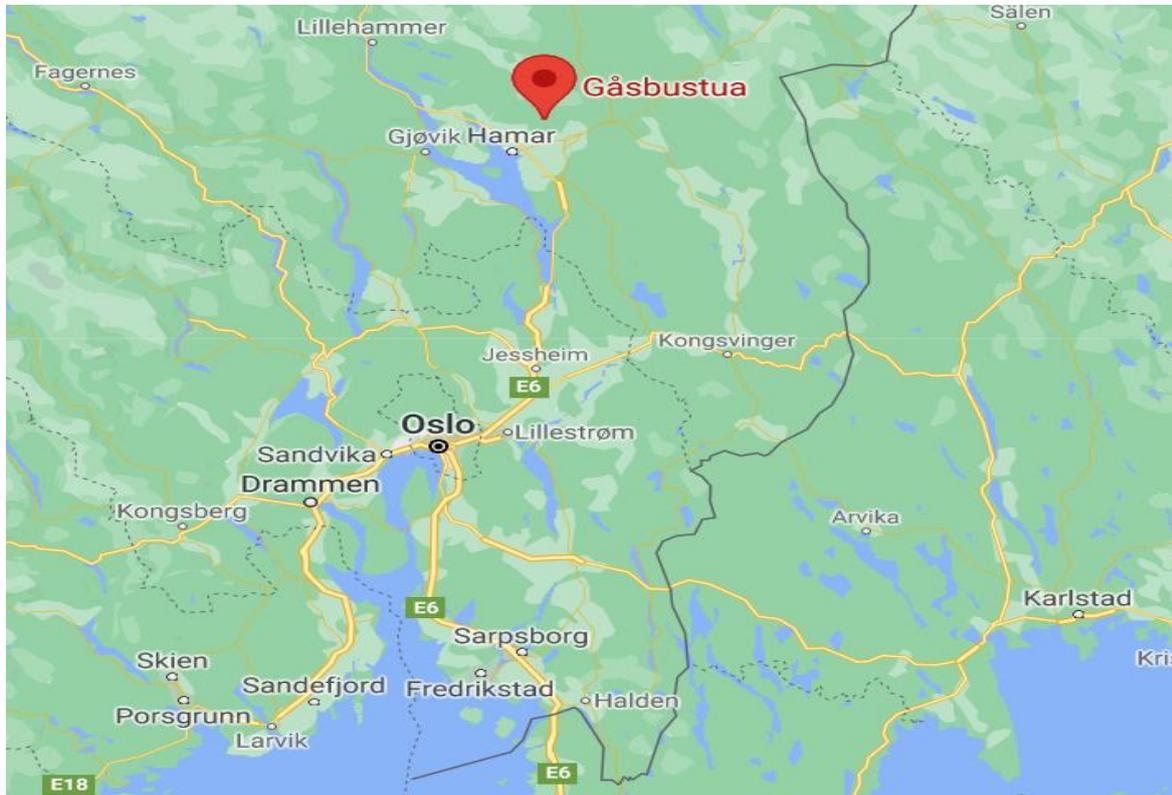




BE AWARE!



YOUTH EXCHANGE

GÅSBUSTUA, HAMAR NORWAY

PLACE AND DATE: 6-14 JUNE 2022, GÅSBUSTUA NORWAY

PARTICIPANTS: 60 people (8 youth + 2 group leaders from each country)

COUNTRY: Germany, Norway, Lithuania, Romania, Turkey and Croatia.

LANGUAGE: The working language will be English.



SUMMARY



This situation puts both their personal and societies collective health in danger which is reason why our project is needed to increase consciousness about the possible outcomes of this neglect. The main aim of the program is to widen the perception of youth in the case of infectious diseases. Throughout the project, participants will be informed on the topics of protection from illnesses and the procedures that they need to take in case of being infected by one.

Our goals during and after the end of the project are:

- *To explain the relationship between migration and the illnesses.
- * To enhance the potential of youth participation to these issues via the input of interested nations and the supporters of the project
- * To exchange information about common infectious diseases among participants
- * To show the effect of sports and nutrition and sleep on immunity
- *To minimize the possible intolerance against the individuals that are infected with mentioned contagious illnesses.



*Raise awareness of the youth on the topic of different cultures and further develop the idea of cultural tolerance.

*To help participants reach sufficient protection, prevention, early diagnosis, support and treatment with ease.

* Supporting the participation of disadvantaged people

* Awareness and promotion of Erasmus + programs and Youthpass certificate will be provided.

ACTIVITIES AND METHODS



Working Methods

Working methods to be used in these activities;

Motor Activity-Meeting - Presentation - Information - Non-formal learning - Reporting - Direct participation - Effective listening - Group discussion - Brainstorming - Visual learning - Cooperative learning - Seminar - Presentation - Lecture - Question answer - Discussion - Interview - Demonstration-Qualitative Analysis- Observation.

In line with all these, participants are expected not to interfere with their health checks, gain healthy eating, sleeping and hygiene habits, take precautions for infectious diseases on their way to a foreign country, not hesitate to speak foreign languages, meaning the impact of migration on infectious diseases, and participate in the project within the framework of compliance and respect.



Who can participate in the youth exchange?



The young participants of 60 come from 6 countries with multiple cultural, religious and social differences, which contributes to the multicultural spirit of the project. The project team drafted a profile of the participant, according to:

General elements:

- Age: between 15 and 30 years
- Sex: we want an equal ratio of boys / girls
- Education: most of the young people will be in the last years of high school, in the faculty / master and some will have the completed studies
- Work place: most of the young people are without a full-time job due to studies, but it is possible to have a percentage active in the labor market (part-time, freelancer); we have young people with reduced opportunities in the NEET category (who do not study and do not have a job)



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
GERMANY	Norway	500-1999 km	10	275.00
CROATIA	Norway	500-1999 km	10	275.00
LITHUANIA	Norway	500-1999 km	10	275.00
ROMANIA	Norway	500-1999 km	10	275.00
NORWAY	Norway	0 km	10	0.00
TURKEY	Norway	3000-3999 km	10	530.00

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-Lillehammar 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

Stole:	S	Sfri	S	S	Sfri	S
Gåsbu	13:00	16:05	...	16:50
Rapsstad	...	09:17
Kylgrådkrysset	...	09:19
Bekken	07:06	09:23	12:42	13:03	16:08	16:40
Øståsen	07:09	09:25	16:11	16:56
Kylgrådkrysset	16:13
Kylgrådkrysset	12:45	13:09	...	16:43
Libergstøjet	12:47	13:13	16:17	...
Grefnermoen	07:11	09:27	16:58
Wik matsenter	07:17	09:31	12:50	13:18	16:22	17:01
Lunden skole	07:18	09:32	12:51	13:19	16:23	17:02
Kapp	07:22
Hamar katedralskole	07:37
Kapp	...	09:36	12:55	13:23	16:27	17:06
Hamar skystasjon	07:47	09:47	13:06	13:38	16:42	17:21

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
Kylgårdskrysset	07:03
Kylgårdskrysset	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 nice dresses for Oscar Nights, Eurovision song contest!!!**

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



SEE YOU ALL IN HAMAR, NORWAY