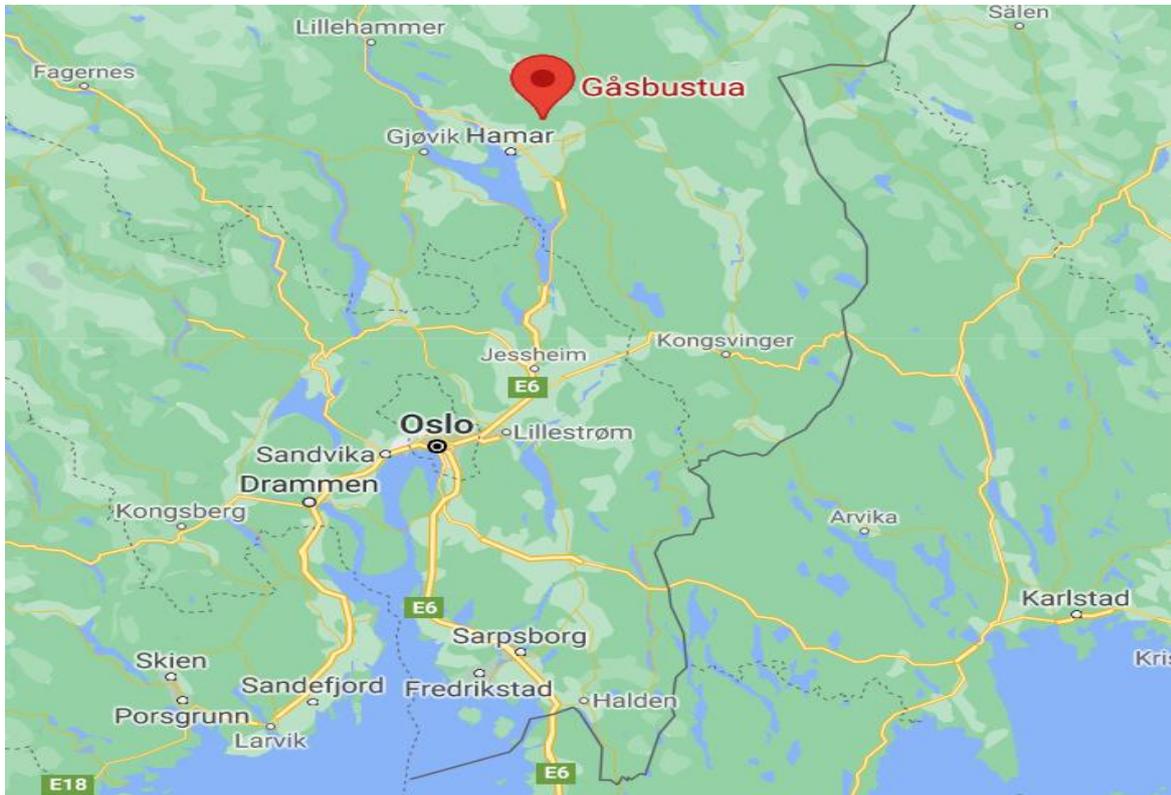




FOCUS ON HEALTH



YOUTH EXCHANGE

GÅSBUSTUA, HAMAR NORWAY

PLACE AND DATE: 1-13 NOVEMBER 2021, GÅSBUSTUA NORWAY

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

COUNTRY: Partner countries will be from **Norway, UK, Romania, Lithuania, Turkey and Serbia.**

LANGUAGE: The working language will be English.



SUMMARY



“Focus on Health” project will raise awareness about mental health issues specific to the covid-19 pandemic effects and will make young people understand the importance of physical and other stress-reducing activities for a healthier life, both from the mental and physical perspectives. We will use interactive non-formal education methods in a multicultural context and various practical activities (hiking, outdoor team sports, yoga, meditation, laugh therapy, etc).

Objectives:

1. To increase awareness about the mental health issues associated with the covid-19 pandemic and help generated solutions through small but effective behavioral changes for the 60 young people participating, during the 11 activity days.
2. To involve the 60 young people in practical learning activities, both physical (hiking, outdoor team sports, zip-line, canoeing) and mental (yoga, meditation, laugh therapy). A total of 8 methods will be used during the 11 activity days.
3. To inform 60 young people from each of the communities of the project partners about the importance of understanding mental health issues during this pandemic and how important it



is to create good habits (such as meditation, sports, yoga, etc), through local events organized by the young participants, supported by the partner organizations.

4. To develop 4 tools for promoting a healthy lifestyle on social media: 1 TikTok account, 1 Facebook page, 1 Instagram account, 1 WordPress blog. The target is to reach 5000 young people in total.

ACTIVITIES AND METHODS



Working Methods

The methods underlying the activities of the “Focus on Health” exchange come from the field of non-formal education and have various roles in obtaining the desired results from the implementation. They were chosen by young people and transposed into practical activities with the help of the project team. We grouped the methods according to their role:

INTEGRATIVE: To improve the dynamics between participants and stimulate group cohesion: name and knowledge games; team-building activities (Mission Impossible, Make your choice!, Broomsticks, Hot Potatoes); work in mixed and national groups (presentations, research, production of promotional clips); Outdoor physical activities and mental health workshops;



CREATIVE: To develop the artistic sense and inventiveness, giving participants freedom of expression: interactive presentations; theater sessions as manifestation of creativity; creating motivational clips; artistic presentations and manifestations from cultural evenings;

INTERCULTURAL LEARNING: To overcome prejudices and stereotypes about other cultures: The Albatross; the content of cultural evenings; the visit to Drammen and free time spent discovering local cultural elements;

EXPERIENTIAL LEARNING (learning by doing): To put participants outside their comfort zone through new situations for them and through which they will learn more about themselves (also about elements related to the organization and technique used in these types of activities): the outdoor physical and mental health related workshops (various styles and intensities); individual and team sports activities; interviews conducted in the visit to Drammen;

REFLECTION: To encourage young people to express their thoughts and provide constructive feedback: daily reflection; intermediate and final evaluation; the beginning and end sessions dedicated to Youthpass (because it helps the young people to discover more easily the skills obtained and to systematize the information).

Who can participate in the youth exchange?





The total number will amount to 60 participants.

The young participants of “Focus on Health” 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:

GENERALITIES

- Age: between 18 and 30 years;
- Gender: 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 experience: 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
Lithuania	Norway	500-1999 km	10	275.00
Romania	Norway	4000 - 7999 km	10	275.00
Serbia	Norway	500-1999 km	10	275.00
UK	Norway	500-1999 km	10	275.00
Turkey	Norway	2000-2999 km	10	360.00
Norway	Norway	0 km	10	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 ['hâ:mar] (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

Beside the rules that we all know, and are respecting in our own countries, the following rules are necessary for the creation of a safe and productive learning environment:

- **All persons arriving in Norway from abroad, with the exception of green countries/regions in Europe, must go into quarantine, although certain exemptions apply.**

All persons travelling to Norway from abroad, except countries/regions in the EEA/Schengen/United Kingdom which have a sufficiently low infection rate (green countries/regions shown on the map below) must go into entry quarantine, unless they are covered by the exemption provisions of the COVID-19 Regulation.

Entry quarantine lasts for 10 days. Fully vaccinated persons and persons who have had COVID-19 during the past six months are exempt from entry quarantine. Protected persons who received their first vaccine dose between three and 15 weeks ago and children under 18 must go into entry quarantine, but may end their quarantine if they test negative no earlier than three days after arrival.



Currently, only presentation of a COVID-19 certificate (Norwegian, Danish, Swedish or EU digital COVID certificate) with a QR code which can be verified by the Norwegian authorities is considered to be a secure and verifiable way of proving vaccination or previous illness.

See your COVID-19 certificate www.helsenorge.no

Other persons in entry quarantine must take a PCR test seven days after arrival. If they then test negative for COVID-19 via a PCR test (not a rapid antigen test), they can end their quarantine.

Special requirements have been established regarding the quarantine accommodation when you complete your quarantine at home or in other suitable accommodation.

The quarantine check - what rules apply to you? (helsedirektoratet.no)

PEOPLE WHO LIVE IN THE GREEN COUNTRIES CAN TRAVEL TO NORWAY WITHOUT ANY RESTRICTIONS. HOWEVER, RULES ARE CHANGING RAPIDLY IN THE PANDEMIC. THEREFORE, WE ENCOURAGE THE PARTNER ORGANIZATIONS ABOUT THAT SELECTION PROCESS SHOULD BE BASED ON FOR THE FULL VACCINATED PEOPLE. BECAUSE, IN CASE OF CHANGING FROM THE GREEN TO RED OR ORANGE AREA, ONLY PEOPLE WHO HAVE QR VACCINATION CODE CAN TRAVEL TO NORWAY. PEOPLE WHO HAVE QR CODE CAN TRAVEL TO NORWAY FROM ALL AROUND THE WORLD WITHOUT RESTRICTION.

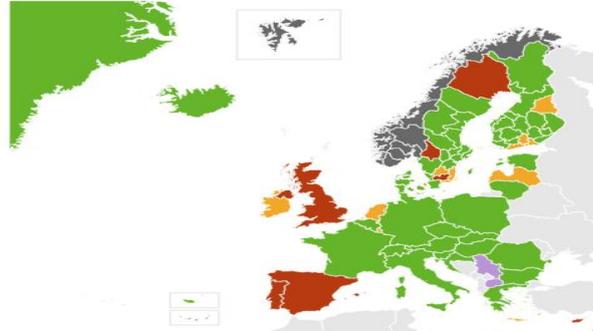
- For safety reasons, **alcohol will not be allowed during the exchange**. You are allowed to bring one bottle per team of your traditional drink for your cultural night, but don't bring any other alcohol to the exchange. Please don't bring vodka, whiskey or other alcohol that is not a part of your culture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

Map of Nordic region/ Europe



Map of Nordic region/ Europe with status for entry quarantine



As of date: 7/12/2021

- Green: you do not need to be in quarantine when you arrive in Norway
- Orange: you must be in quarantine when you arrive in Norway
- Red: you must be in quarantine when you arrive in Norway
- Purple: you must be in quarantine when you arrive in Norway
- Dark red: You must go into quarantine in a quarantine hotel upon arrival in Norway
- Light Grey: You must go into quarantine in a quarantine hotel upon arrival in Norway

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



ACCOMMODATION PLACE

Gåsbustua - storhytte!

<https://www.gasbu.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 should bring 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	...
Kylgårdskryssset	12:45	13:09	...	16:43
Lbergstajet	12:47	13:13	16:17	...
Grieflønneen	07:11	09:27	16:58
Wik mattsenter	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
Hamar katedralskole	07:37
Kapp	...	09:36	12:55	13:23	16:27	...
Hamar skyssstasjon	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
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 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.

 **Emre Yilkiran**

endevelop@hotmail.com



SEE YOU ALL IN HAMAR, NORWAY