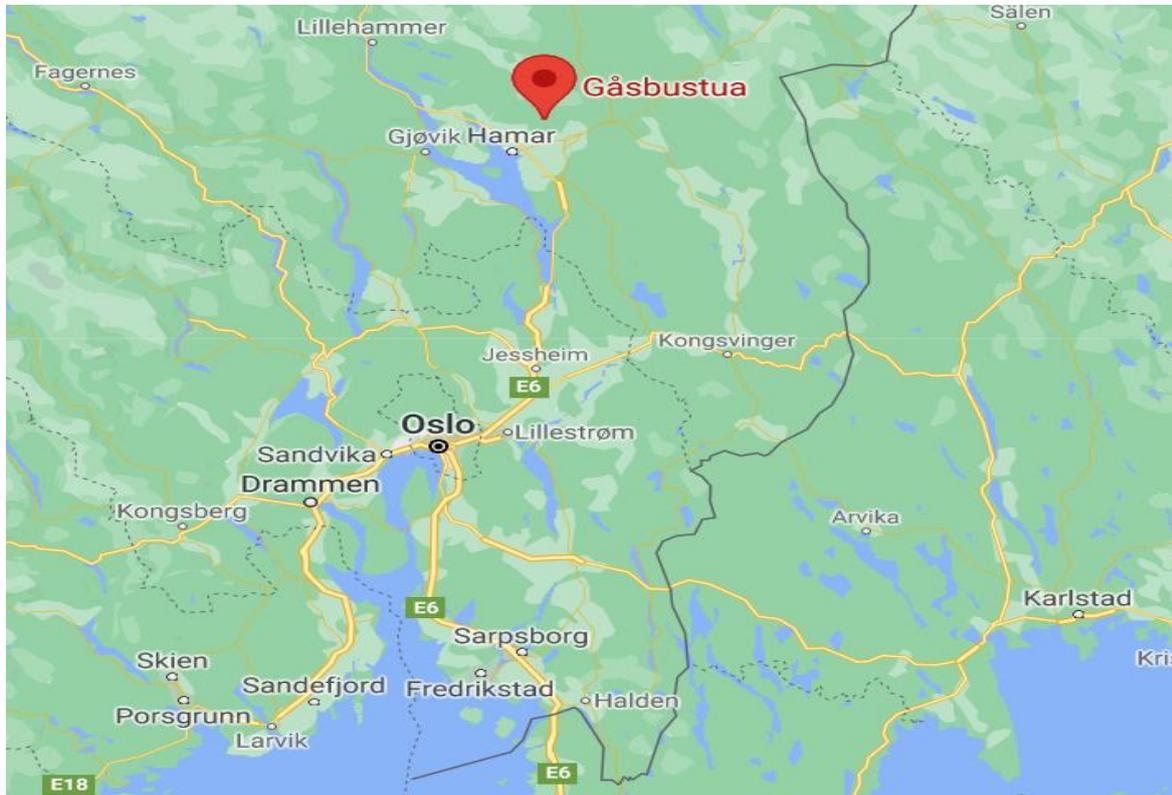




INCLUSIVE SOCIETY



YOUTH EXCHANGE

GÅSBUSTUA, HAMAR NORWAY

PLACE AND DATE: 7-15 FEBRUARY 2022, GÅSBUSTUA NORWAY

PARTICIPANTS: 50 people (8 youth + 2 group leaders from each country)

COUNTRY: UK, Norway, Macedonia, Lithuania and Turkey.

LANGUAGE: The working language will be English.



SUMMARY



The World Summit for Social Development, held in March 1995, established the concept of social integration to create an inclusive society, “a society for all”, as one of the key goals of social development. The Copenhagen Declaration and Programme of Action, a key outcome of the Summit, pledged to make the eradication of poverty, full employment and social integration overriding objectives of development. Member states made a commitment to promote social integration through fostering inclusive societies that are stable, safe, just and tolerant, and respect diversity, equality of opportunity and participation of all people, including disadvantaged and vulnerable groups and persons. There are different views in terms of how a socially inclusive society function. Integration in all its forms may simply imply the existence of a stable community in which people can find a niche. (Taylor, 2007). This simple expression touches the heart of the definition of social integration and social inclusion, which is: difference among members of society is acceptable. Social integration or social inclusion does not mean a uniformity of people but a society which has room for diversity and still fosters engagement. To achieve social integration and social inclusion, voices of people and their needs and concerns, need to be heard. For this to happen, legal, regulatory and policy frameworks need to be inclusive, and uphold and promote just and inclusive processes in all areas of implementation, so that equal access to basic education, public space, facilities and information are ensured, and diversity and cultural pluralism are respected and accommodated. For these reasons, disadvantaged youth in the EU need to have greater opportunities for international co-operation and improvement of their personal



competences. The Erasmus + program, with its capabilities, enables international youth cooperation at international level, and enhances their personal performance for active participation in open EU and program countries society. Partners who support this youth exchange have established a program and activities for building inclusive society for disadvantaged youth in the EU and program countries. Through these activities participants with fewer opportunities will have the opportunity to be part of an international cooperation

ACTIVITIES AND METHODS



Working Methods

All participants will have the opportunity to learn new ideas and improve their knowledge by participating in these activities:



- 1) Ice breaker games, Participants will participate daily in educational games for socialization and easy adaptation in an open international society
- 2) Sharing personal experience: Introduction to Erasmus + program and presentation of Youth Pass Certificate, Through, this activity participants will have the opportunity to share their personal experiences and will promote Erasmus + programme
- 3) Intercultural debate and presentation of personal opinions: What is an Inclusive society? Intercultural debate and the presentation of personal experiences, this debate will enable all participants to share their thoughts as well as move closer to model of inclusive society. 4) Word café: Creating an inclusive society, equal access and open society for all word cafe model will be used in process of structured knowledge sharing, where all participants in groups will debate how to create equal opportunities for all youth.
- 5) Daily evaluation process, Process of daily evaluation of participants.
- 6) Leaders evaluation meeting, all national group leaders will participate in evaluation meetings on a daily basis to follow the progress of participants
- 7) Intercultural nights, organizing events for promotion of different EU traditions and cultures
- 8) Workshop: Human rights of disadvantaged groups, all participants of exchange will participate in a workshop for designing and presenting a poster for defining the rights of disadvantaged participants
- 9) Intercultural debate: EU and Youth partnership, inclusion of marginalized youth with fewer opportunities in the activities, Social dialogue and discussion among all participants in this youth exchange and promotion of disadvantaged participants



Who can participate in the youth exchange?



This youth exchange will actively engage youth in international collaboration and create models for inclusive open societies for young people from disadvantaged communities. All participants in this youth exchange will jointly learn and become familiar with the problems of these persons and their barriers in the process of socialization and participation in social society. All partner organizations created a contract and defined mandatory participation of people with fewer opportunities. Each youth organization will include at least 4 participants with fewer opportunities.

The other group participants in this youth exchange need to have motivation, desire for cooperation, positive spirit and solid communication and use of English. All participants in this youth exchange will be between 18 and 30 years of age. Each organization will create a team of 10 participants (8+2 national group leader). The coordinating organization will create a gender equality plan. All partner organizations will participate in the process of gender equality among participants. Gender equality will be of great importance to all countries participating in this youth exchange. *National group leaders Each national group will necessarily select a national group leader who will be +18 years old, have excellent experience with the Erasmus + program, professional management skills, communication skills using English and professional management skills. National group leaders (10 in total) will be responsible for their national groups.



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 |
| Macedonia | Norway | 4000 - 7999 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 [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

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)

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, 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.

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



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 |
| Rapstad | ... | 09:17 | ... | ... | ... | ... |
| Kylgårdskryssset | ... | 09:19 | ... | ... | ... | ... |
| Bekken | 07:06 | 09:23 | 12:42 | 13:03 | 16:08 | 16:40 |
| Østås | 07:09 | 09:25 | ... | ... | 16:11 | 16:56 |
| Kylgårdskryssset | ... | ... | ... | ... | 16:13 | ... |
| Kylgårdskryssset | ... | ... | 12:45 | 13:09 | ... | 16:43 |
| Libergatastet | ... | ... | 12:47 | 13:13 | 16:17 | ... |
| Greflermoen | 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 skolefritidager
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 |
|------------------|-------|-------|-------|-------|-------|-------|-------|
| Skoole: | | | | 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.

📧 **Mehmet Altuntop**

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SEE YOU ALL IN HAMAR, NORWAY