

Co-funded by the
Erasmus+ Programme
of the European Union



Inspiration



PLACE AND DATE: (1ST – 10TH October, 2018) to Vindfjelltunet Gjestegaard, Norway

PARTICIPANTS: 50 young people (4 youth + 1 group leader from each country)

WHO: 18-30

COUNTRY: Partner countries will be from Norway, France, Croatia, Romania, Turkey, Czech Republic, Hungary, Bulgaria, Estonia, Lithuania.

LANGUAGE: The working language will be English.



SUMMARY OF PROJECT



Our project is called “Inspiration” and its main aim is to show the importance of environmental protection in small communities by the young participants through creative campaigns made using methods of non-formal education and through concrete actions to reduce the negative impact caused by man to nature. Also, we want a better communication and to create a durable link between the young participants of the project and local residents. The main activities of the program are:

- agreeing upon and taking as inspiration the ideas of European citizenship for good environmental practices (putting at work beneficial ideas for society, solidarity between people, care for the environment and reducing pollution)

- development of concrete collective actions (greening, recycling workshops) with positive impact on nature

- campaigns for awareness and promoting the best practices in an interactive way using the methods of non-formal education (flash-mobs, fairs)

- including local authorities within the group discussions and activities for establishing in the end a medium-term strategy to promote good environmental practices in the area



-including young people with fewer opportunities from rural areas of the region both in the preparation team and the dissemination target group.

“Inspiration” is a multilateral youth exchange that will gather 40 young people and 10 leaders (in total 50 participants) from 10 countries (Norway, France, Croatia, Romania, Turkey, Czech Republic, Hungary, Bulgaria, Estonia, Lithuania) during 1-10 October 2018 in Vindfjelltunet Gjestegaard, Norway.

The working methods of “Inspiration” come from the field of non-formal education, for us being very important that they are interactive and not formal or theoretical and rigid. Just like the schedule timeline shows, the following methods can be identified:

- name games (for improving communication)
- icebreaking games (for relaxing the group atmosphere and removing barriers created by shyness, hesitation and language)
- open space (to allow participants to think and act freely, to choose how and what to discuss)
- teambuilding activities (for the group cohesion, improving group work)
- treasure hunt (to stir curiosity, to revive the spirit of competition and to familiarize participants with the environment they are in)
- the Albatros (simulation game for intercultural learning - ICL)
- group discussions (to facilitate the exchange of ideas and to provide participants the opportunity to share their knowledge and experiences)
- group work (to facilitate teamwork and to give everyone a chance to be involved)
- Eco-Topics (to increase creativity and sense of initiative)
- Green Actions (for team work and active involvement in the community life)
- traditional evenings (for discovering new cultures).

Inspiration will have a strong impact on the young people, which will acquire new skills through non-formal education, will realize the importance of good environmental practices and environmental education and will raise awareness among the local community members with their actions.



ACTIVITIES AND METHODS



Working methods Summing up, the non-formal education methods used in “Inspiration” create a flexible and relaxed environment, perfect for participants to fully benefit from the learning process. They can stimulate imagination and creativity, increase adaptability to new situations, provide skills of team work, teach new theoretical concepts. This will contribute to the development of both social and personal development of the participants and the effects will be best observed through the acquired competences. In the end we will have participants who will act as multipliers to the project's results and who have improved their communication skills and competences, are more self-confident and know how to manage their time and set their goals according to their priorities.

Co-funded by the
Erasmus+ Programme
of the European Union



PARTNERS



The project will host participants from the following 10 organisations.
Partners are from Norway, France, Croatia, Romania, Turkey, Czech Republic, Hungary,
Bulgaria, Estonia, Lithuania.

Co-funded by the
Erasmus+ Programme
of the European Union



THE VENUE



More information about the venue, you can find on their web page; <http://www.vindfjell.no/>



Note: Organisers will not provide any accommodation for additional stay in Vindfjelltunet Gjestegaard. 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.

HOW TO REACH



Vindfjelltunet Gjestegaard is a place between is very small place in nature and between Siljan og Steinsholt i Lardal Municipality. You can take bus or train from Torp Airport Sandefjord OR Oslo to Vindfjelltunet Gjestegaard. You can fly to Oslo Gardermoen or Torp Sandefjord Airport. Both airports are the closest to this city.

If you fly to Oslo Gardermoen, so you can to take bus to Vindfjelltunet Gjestegaard with one change in Oslo Bus Terminal;

Please check example route;

<https://www.nor-way.no/nb-NO#/?showEarlierDepartureTrips=0&showLaterDepartureTrips=0&showEarlierReturnTrips=0&showLaterReturnTrips=0&originId=NSR%3AStopPlace%3A58211&originName=Oslo%20lufthavn%20OSL&step=2&destinationId=NSR%3AStopPlace%3A18578&destinationName=Steinsholt>

If you are coming to Torp Sandefjord Airport, you can find bus to Vindfjelltunet Gjestegaard with one change.

You must change the bus in Porsgrunn bus terminal;

<https://www.nor-way.no/nb->



[NO#/?showEarlierDepartureTrips=0&showLaterDepartureTrips=0&showEarlierReturnTrips=0&showLaterReturnTrips=0&originId=NSR%3AStopPlace%3A59247&originName=Sandefjord%20lufthavn&step=3&destinationId=NSR%3AStopPlace%3A18578&destinationName=Steinsholt&departureTime=18%3A09&departureDate=2018-08-01](#)

[Busstation and project venue is just 50 meters.](#)

We will not pick you up at the airport of Oslo and Torp Airport Sandefjord. Participants must come to venue by themselves.

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...

April –May period can be cold and rainy, so be prepared for all kind of weather. Sometimes it is sunny days and you will have possibilities to swim too.

ACCOMODATION

Vindfjelltunet Gjestegaard

Adresse:

Nordgardseterveien 16

NO-3277 Steinsholt

Telefon: (+47) 33 12 93 23

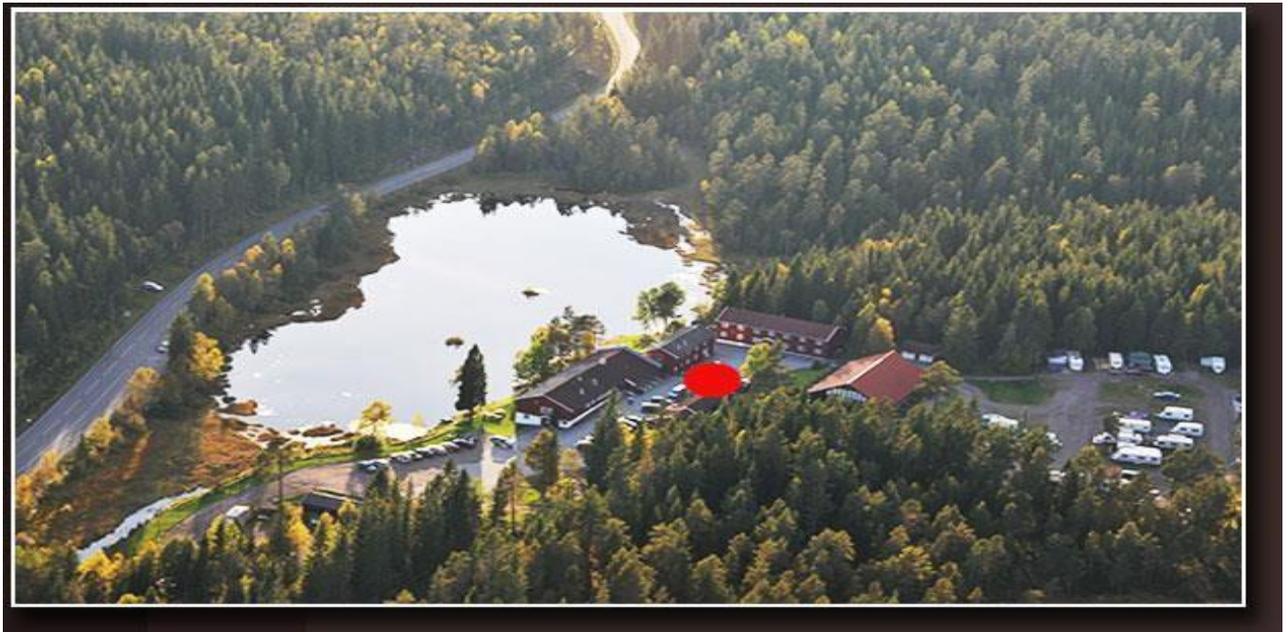
Epost: kontakt@vindfjell.no

Co-funded by the
Erasmus+ Programme
of the European Union



There are going to be 2-4-6 persons per room.

We can't arrange special room for couples. COUPLES ARE NOT WELCOME TO THIS PROJECT. Participants MUST prepare and make breakfast, lunch and dinner. 3 meals per day, plus coffee and snacks made by the participants in coordinated international work groups. Each participant must bring their own towels.



Co-funded by the
Erasmus+ Programme
of the European Union



Co-funded by the
Erasmus+ Programme
of the European Union





HEALTH INSURANCE

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 NORWAY are quite high if you don't have.

PREPARATION



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.
- ✓ Prepare a **presentation on diversity** in their country.
- ✓ 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. Also, please **prepare a mini (and, of course, fun) language course** for the others. We count on you to make these evenings as interactive and fun as possible.
- ✓ 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!!!**

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

BASIC RULES



All the participants will be expected to be present and active in all the activities, unless being ill.

Unauthorized absence from the activities and workshops won't be tolerated.

IF YOU ARE LATE ALL TIME AND DON'T OBEY THE RULES, YOU WILL BE SEND TO HOME.

Smoking is prohibited everywhere inside buildings, thus all the smokers will have to go outside or to specially designated areas for a cigarette.

ALCOHOL IS FORBIDDEN in our projects. Do not take any kind of alcohol with you even if it is for cultural evenings.

Co-funded by the
Erasmus+ Programme
of the European Union



SEE YOU ALL IN VINDEFJELLTUNET, NORWAY