



Policy development against discrimination



PLACE AND DATE: (19-30 January 2018) to Oslo, Norway

PARTICIPANTS: 36 young people

WHO: 16-30

COUNTRY: Partner countries will be from Norway, Czech Republic, France, Lithuania and Turkey.

LANGUAGE: The working language will be English.



SUMMARY OF PROJECT



This Project involves a series of youth activities of five countries that are Norway, Czech Republic, France, Lithuania under the coordination of Turkey, aims to create awareness against discriminations. Discrimination is very comprehensive subject so, just four main topics were determined to be discussed by young people. These topics were formed according to socio-cultural structure of places that young participants belong to. In this Project 7 group leaders and 53 young people will take place actively. The socio-cultural of these young people:

- Disabled young who are exposed to discrimination
- LGBTs exposed to discrimination
- Young people who have traumatic background
- Young refugees and young people who participated in NGOs and projects in that field.

Discrimination is a human right problem that is not only in one country but also in a lot of countries in Europe. There are not specific policies against discrimination in our country. Youngs from five countries were aimed to meet in Oslo to exchange consideration to improve the policies about discrimination.

The activities that our group (POLGE) aimed to form the basics in this project;



- Activities for improving the policies against discrimination
- to influence the society by means of awareness activities
- Activities for improving the skills of empathy
- To create an atmosphere to discuss
- To try to provide empathy instead of i language.
- Activities about discovering different cultures
- Workshops
- To Inform young people about the basic Eu human rights
- to visit the organisations that Works in the field of these four determined topics in Norway.
- Discussing the discrimination legislation of EU
- To explain the discrimination with arts
- To try to understand people by means of cross Exchange.
- To create accounts in social media to share the activities and to make more people see about the activities
- To help young people provide, who are insufficient in foreign language, the importance of the different languages
- In this activities young people will use group discuss, brain-storm, learning strategies based on co-op, rol playing, disputation methods. Also new methods will be included according to process of Project.



ACTIVITIES AND METHODS



Working methods We designed the activities of this project to provide the tools to the participants to reach the objectives of the project.

We will create a friendly environment where the participants will be encouraged to use their creativity and feel free to express themselves and by the use of different non formal education methods work together as a team. We will motivate them to actively participate in all the workshops and to share their experiences in the topics of the project, and by sharing these situations the participants will learn from each other different methods of communication and self-development skills.

Through open discussions and different non formal methods we want to encourage participants to talk about different ways of communication, why is it important in our personal and professional lives, what is charisma, how to use communication skills in social media, time management, self-confidence and setting personal goals. We will present the different opportunities they have in the Erasmus + programme and encourage sharing of good practices between the participants who have experience in the Erasmus + programme.

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.

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PARTNERS



The project will host participants from the following 5 organisations.
Partners are from Norway, Czech Republic, France, Lithuania and Turkey.





THE VENUE



Oslo is the capital and the most populous city in Norway. It constitutes both a county and a municipality. Founded in the year 1040, and established as a kaupstad or trading place in 1048 by Harald Hardrada, the city was elevated to a bishopric in 1070 and a capital under Haakon V of Norway around 1300. Personal unions with Denmark from 1397 to 1523 and again from 1536 to 1814 and with Sweden from 1814 to 1905 reduced its influence. After being destroyed by a fire in 1624, during the reign of King Christian IV, the city was moved closer to Akershus Fortress and renamed Christiania in the king's honour. It was established as a municipality (formannskapsdistrikt) on 1 January 1838. Following a spelling reform, it was known as Kristiania from 1877 until 1925, in which year its original Norwegian name of Oslo was restored.

Note: Organisers will not provide any accommodation for additional stay in Oslo. 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 OSLO



Transport to Oslo

Travel to Oslo by train, bus, ferry, plane or car. See which companies offer direct routes to Oslo.

<https://www.visitoslo.com/en/transport/to-oslo/>

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...



January period can be very cold and snowy, so be prepared for all kind of weather. Sometimes it is sunny days and you will have possibilities to swim too.

ACCOMODATION

Anker Apartment

Adresse:

Adresse: Københavngata 10, 0566 Oslo
Tlf: +47 22 99 30 00

<https://ankerapartment.no>

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. Participants don't need to bring bedlines,

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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.

Stress, nerves and bad mood is prohibited everywhere.

Bring your best mood and big smile with you and keep it through the exchange!

Prepare for fun! Those who fail to do that will be expelled from the exchange.

OUR PARTNERS MUST PROVIDE;

- **Full Police checks for staff who are working with organisation and those who are participating youth exchange.**
- **Partner Organisations' Policies relating to Child Protection, Data Protection and Health and Safety.**
- **If you have participants under the 18 years old, participants must provide "Parental Consent form".**

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SEE YOU ALL IN OSLO, NORWAY