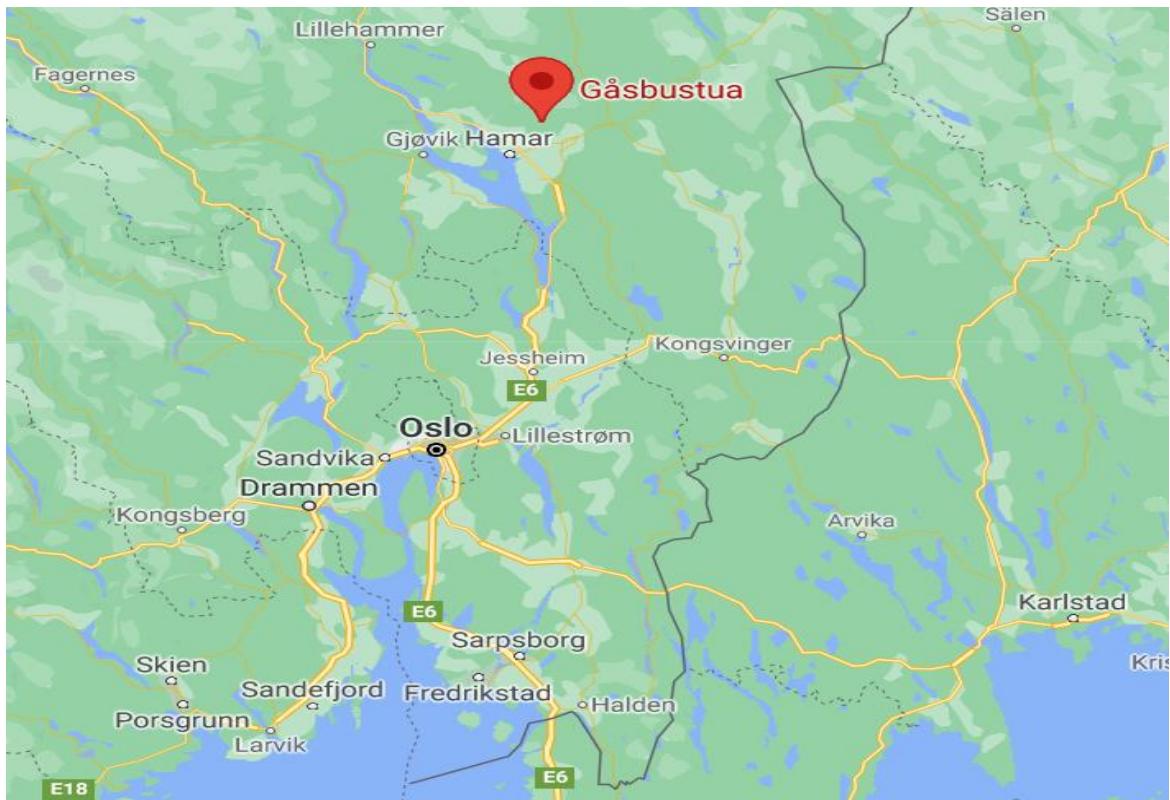




INSPIRATION



YOUTH EXCHANGE

GÅSBUSTUA, HAMAR NORWAY

PLACE AND DATE: 16-24 FEBRUARY 2022, GÅSBUSTUA NORWAY

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

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

LANGUAGE: The working language will be English.



SUMMARY



Our local volunteers participated in a Youth Exchange “Inspiration” with a similar topic and came up with this project idea and presented to us at our organisation. After their presentation and the discussion that followed, we agreed that should be developed even further. Thus, we provided them help and support to work on the idea and created this Youth exchange with mutual effort. We believe that providing support for social and personal development of youth through music, dance and creative expression, is of crucial importance for them to increase their intellectual, moral, and emotional capacities in order to act as effective multipliers as role models in the society. Such action will lead to improving their intercultural competencies and will help participants overcome stereotypes and prejudices. We would like to show participants how they can recognize their strengths and weaknesses, increase their creativity and exploit their talents in order to use their time usefully and towards a positive cause. We are expecting this Youth exchange to serve as inspiration for all participants of what can be done by putting our talents, skills and abilities into practice. Consequently, we believe that it will set a positive example and will motivate them to develop and implement other initiatives that will help other youth and their societies. Therefore, giving an opportunity to young people across Europe to explore their cultural backgrounds and create their own public event where they will be also performing, will inspire other generations of youth. Given that, we want to show participants that open communication and cooperation can help them achieve great things, instead of using bad language, negative attitude, force or degradation. Finally, with this Youth exchange we seek to prove that positive impact can be done by using music,

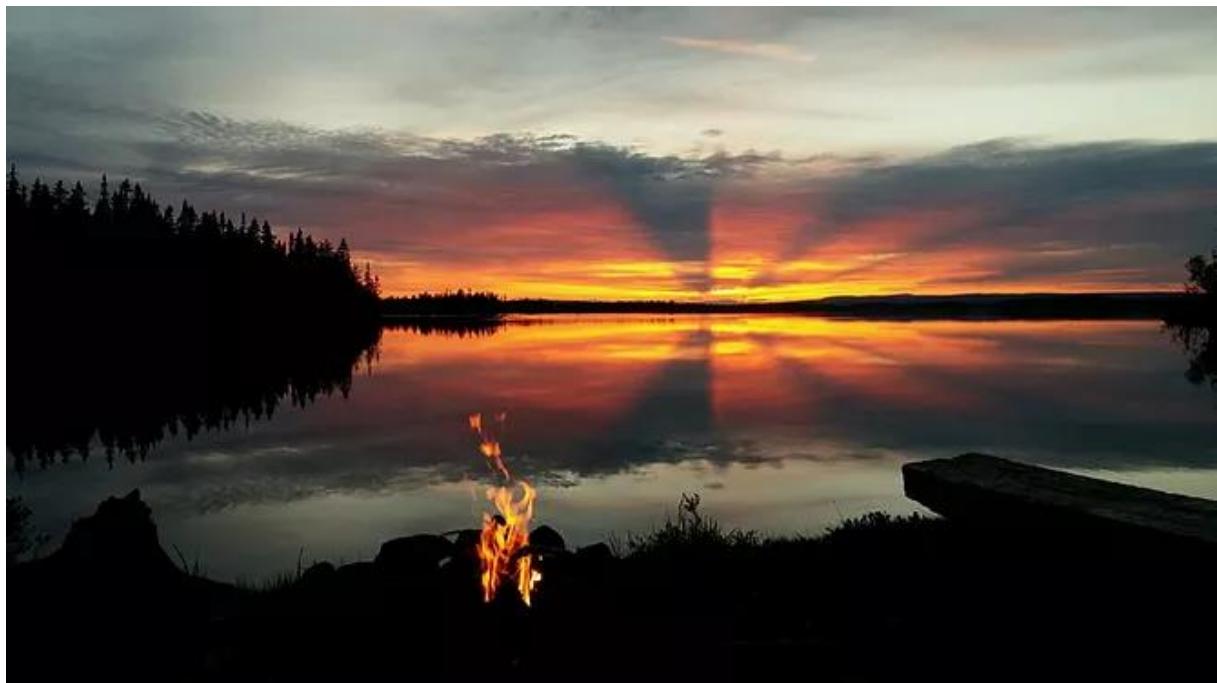


dance and performance as a tool for breaking barriers between youngsters across Europe coming from different countries, cultures and backgrounds.

We believe that such action will help them increase their intercultural competencies and will help them communicate better with people who are culturally different than them. In that regard, the projects' objectives are set as following:

- to enable intercultural dialogue between young people from different backgrounds and to strengthen respect for cultural diversity;
- to explore different perspectives in culture and to encourage exchange of different cultural experiences, habits and beliefs;
- to explore participants' musical experiences while learning techniques to develop creatively;

ACTIVITIES AND METHODS



Working Methods



The creative workshops must lead to an original and unique creation to show how the music can break down barriers between cultures, languages, stereotypes and backgrounds. We intend to encourage creation between participants from different countries and artistic backgrounds. In that regard, participants will be strongly encouraged to bring their own instruments and musical equipment. Thus, during the whole Youth exchange participants will be performing music, traditional dances and other activities which will be promoted during the final public event, also organised by participants. Besides that, participants will host intercultural evenings in order to present their countries and cultures and add value to the intercultural dimension of this project.

Who can participate in the youth exchange?



The target group of participants involved in this project are youngsters who want to acquire and advance skills, knowledge and competencies in the field intercultural communication, music, dances, performance and cultural expression, given the principles of non-formal education. Those who sing, play instruments and dances, joined the writing the project. We already have most of Norwegian participants because the idea came from them and they were part of writing and preparation part.



Participant's age is between 15 and 30 years, including two group leaders per country who must be 18+ years old, coming from 6 programme countries: UK, Turkey, Norway, Lithuania, Romania and Macedonia.

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
Romania	Norway	500-1999 km	10	275.00

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 sound listen) 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:



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/>

The screenshot shows a bus schedule for route 660 from Gåsbu to Hamar. The page title is "660 Gåsbu - Øståsen - Hamar" and the validity period is "Gyldig: 16.08.2021 - 19.06.2022". The schedule is for "Mandag til fredag". The table lists stops and departure times:

Skole	S	SFr	S	S	SFr	S
Gåsbu	13:00	16:05	...	16:50
Rapstad	...	09:17
Kyrgårdskrysset	...	09:19
Bekken	07:06	09:23	12:42	13:03	16:08	16:40
Østål	07:09	09:25	16:11	...
Kyrgårdskrysset	16:13	...
Liberstajet	12:45	13:09	16:43	...
Grefsenmoen	07:11	09:27	12:47	13:13	16:17	...
Wlk matsetner	07:17	09:31	12:50	13:16	16:22	...
Lunden skole	07:18	09:32	12:51	13:17	16:23	...
Ytre	07:23
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
SFr: Kun skoletredager
1:mandag, 2:tirsdag, 3:onsdag, 4:torsdag, 5:fredag



innlandstrafikk.no/regtopp/pdf/periode_F/660_660_Hamar%20-%20Øståsen%20-%20Gåsbu_21-08-16_22-06-19_F.pdf

660_660_Hamar - Øståsen - Gåsbu_21-08-16_22-06-19_F.pdf

Mandag til fredag

Gyldig: 16.08.2021 - 19.06.2022

Dager:	S	S	SFri	1245	3	S	SFri	S
Skole:								
Hamar skysstasjon	06.40	12.15	12.15	13.50	14.20	16.15	16.15	
Ener ungdomsskole	14.07	14.37	
Kapp	06.52	12.27	12.27	14.13	14.43	16.27	16.27	
Lundens skole	06.56	12.30	12.31	14.22	14.52	16.31	16.31	
Wk matasenter								
Ingebrud	...	12.38	12.33	14.24	14.54	16.33	16.33	
Grefsen	...	12.40	...	14.26	14.56	
Grefsenmoen	...	12.45	...	14.31	15.01	
Løbergstøjet	07.01	14.37	15.07	
Kylgårdskrysset	07.03	14.37	15.07	
Kylgårdskrysset	14.39	15.09	
Bekken	...	12.50	12.38	14.41	15.11	16.38	16.39	
Østas	...	12.53	12.40	14.44	15.14	16.40	16.42	
Bekken	...	12.57	...	14.48	15.18	...	16.46	
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

endevelop@hotmail.com



SEE YOU ALL IN HAMAR, NORWAY