

ERASMUS+ YOUTH EXCHANGE PROGRAM

“Let´s get it started”

3-10 June 2019 – Norway



Dear participant,

We are looking forward to welcome you in Norway, on our very first Youth Exchange Program. So, “Let´s get it started!”. We hope that you are as excited as us. The following Infopack contains all the information you need to know in order to attend our youth exchange. In addition, you will be able to find some information about Norway and the village of Evje- og Hornnes where the exchange will be held. Have a good time reading and discovering the practical aspect of the project.

If you have any questions, please contact us for answers.

Social media communication

Please, add yourself to the Facebook group for easier distribution of necessary information: Please click [here](#) for the Face Book group ! Here you will get information and can ask questions. You shall also introduce yourselves.

Arrange your travel

- ✿ Important that Norway is an EEA and not an EU-member country. That means all of ***you must have a VALID PASSPORT!*** Your ID-card will not be accepted travel document.
- ✿ Travel insurance and European Health Insurance Card. ***The European Health Insurance card is valid also in Norway.*** If there is any health detail, we need to be aware of please let us know!
- ✿ Remember to use paper boarding cards and that you must keep all your travel tickets! ***It is very important as we can only refund your travel costs if you have the tickets/boarding cards.***
- ✿ Please, start to search for travel options, search for flights or other means of transportation to Kristiansand. Before purchasing the ticket, please ask for approval from our side via the ydagder@gmail.com e-mail address.
 - Lithuania, France, Hungary, Croatia - 275 EUR/person
 - Spain - 360 EUR/person
- ✿ The destination airport is [Kjevik, Kristiansand](#), Norway. Transport will be arranged for the 3rd of June to our venue - once we know the arrival times, we will give you more information. Please, inform us of your arrival times by sending an [e-mail](#)
- ✿ We are organizing to welcome you at the airport with arranged transportation, that is why it is very important that you send us the exact information about your arrival. Any trouble, please contact us (Look for mobile numbers under “Contact information”).
- ✿ At the end of the training, on 10th of June there will be transport directly to Kjevik Airport by the enquired time before departure.
- ✿ In case participants are planning to stay longer than the programme of the exchange, please contact us in advance. All costs on these days must be covered by the participants.



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Practicalities

- ✿ If there is anyone under the age of 18, the sending organisation must get parental concession for this youth exchange.
- ✿ The venue is [Fennefoss Camping](#). It is located in [Evje og Hornnes](#), which is a small village about 1 hour from Kristiansand Airport.
- ✿ We will be accommodated in small, 4 and 5 beds huts (called Hytta in Norwegian) and these will be shared by same sex participants. The participants will be mixed by nationalities.
- ✿ Meals: 1 warm and 2 cold meals will be provided. Some snacks coffee and tea during the day will also be available. (If needed there are stores in the village in walking distance.)
- ✿ If you have **special needs or food allergies** you will have to let us know. You will receive a form to be filled out so we can work to meet your requirements prior to embarking the project.
- ✿ Alcohol in Norway. You must be 18 years old to buy alcohol (wine, beer) but 20 to purchase hard liquor (anything with an alcohol content of 22%).

Money

- ✿ The local currency is called Kroner (NOK). 1 Euro is approximately 10 NOK. **You cannot use Euro in Norway, but you can use credit and debit cards most of the places and there is a bank and several ATMs** in the village. Of course, you will also be able to exchange money at the Airport.
- ✿ If you have an online bank, we suggest ***opening your card for use in Northern-Europe, Norway***, this will allow you to use your card wherever.
- ✿ [Please, be aware that Norway is a high cost country!](#)





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What more to bring with you?







- 🌸 ***Yourself, of course!*** And again: Do not forget your Passport and your European Health Insurance Card.
- 🌸 Medicines - if you need them (anti-allergy pills, painkillers aspirin, your prescription medications, etc.).
- 🌸 Any music you like, especially in your own language. National snacks, drinks, easy foods, specialties for intercultural evenings.
- 🌸 There will be free WiFi.
- 🌸 Towels and bath accessories for the showers.
- 🌸 Please, be aware that the weather in Norway can be changing all the time, even in June. Please, bring warm clothes and good shoes as we will be doing a lot of outdoors activities and some hiking, too.
- 🌸 As well, we encourage you also to bring lighter clothing and swimwear, too. There will be possible to swim in the nearby river.
- 🌸 The average temperature in Evje and Hornes in June lays between 18-20 during the day but can quickly shift to 5-8 degrees Celsius during the night. Before leaving from your home country, please check the weather forecast for Evje og Hornnes at: www.yr.no





Be a responsible person!

And now some obvious, but appreciable rules and general responsibilities of YOU, the participants:

-  Respect the set time table of the activities.
-  Be able to attend and actively participate in the entire duration of the program.
-  Be responsible for personal and others safety. Promote a healthy lifestyle.
-  Follow the safety instructions. Take care of working space and training materials used.
-  Respect others and always ensure basic rights and freedom to the participants and facilitators.
-  All participants are entitled to fully participate regardless of nationality or ethnic origin, sex, gender identity, race, religion, language, or other status.

The Program

Please, find the program as a PDF file sent together with this Info Package.

The organizational team keeps the right to exclusion of participant from the exchange or influence the reimbursement of the ticket of participant in case that participant does not respect the responsibilities of the exchange listed above.

Contact information:

YDA Team ydagder@gmail.com

Primary contact: Ildikó Fleck-Baustian **+47 998 53 581**

Secondary contact: Maja Fleck-Baustian **+47 966 71 710**

Norway

If you would like to know

[SOME INFORMATION ABOUT NORWAY](#)

(Click on the text!)

before stepping out of the airport, check out the website.



Here are some non-official

[FUN FACTS about Norwegians](#)

(Click on the text!)



SEE YOU SOON!!!