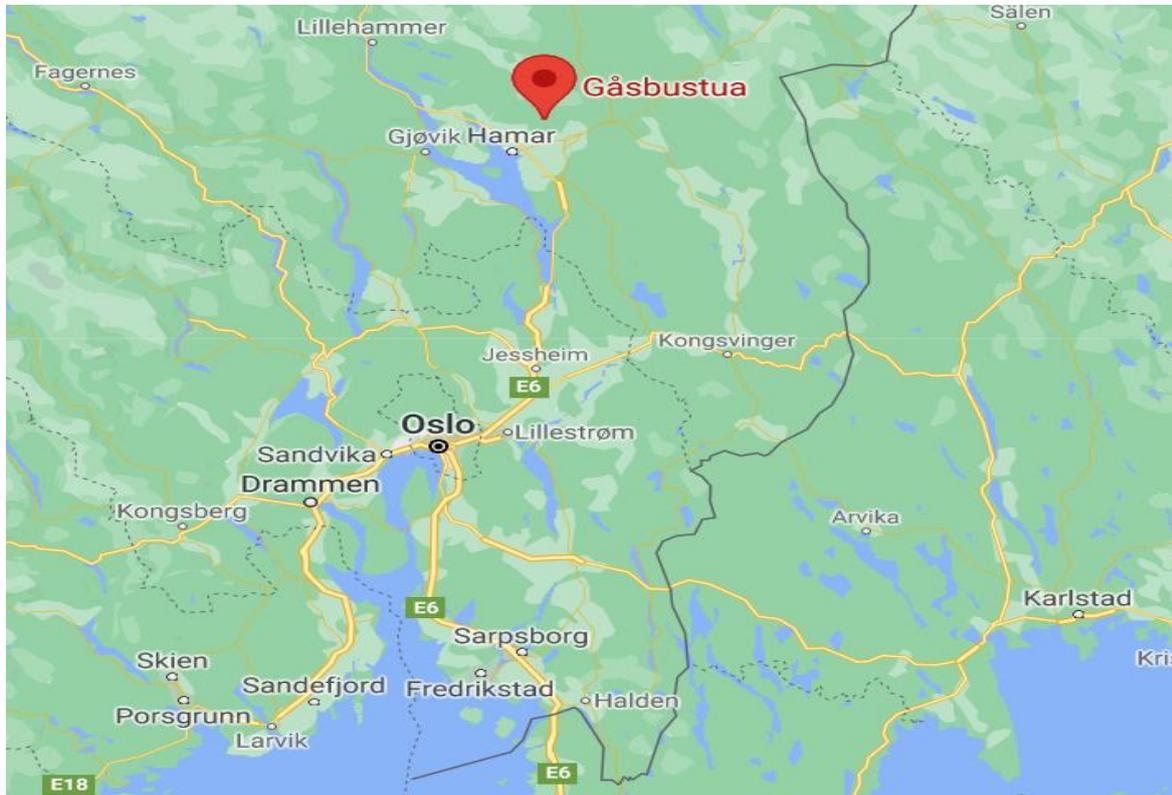




# YOUTH IN ACTION



## YOUTH EXCHANGE

### GÅSBUSTUA, HAMAR NORWAY

**PLACE AND DATE:** 6-14 MAY 2022, GÅSBUSTUA NORWAY

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

**COUNTRY:** Norway, Lithuania, Jordan, Bosnia and Herzegovina, Poland, Tunisia, Spain, Morocco, Turkey, Belarus.

**LANGUAGE:** The working language will be English.



# SUMMARY



The youth exchange has a main aim to give an opportunity to young people and young people with fewer opportunities to take part in outdoor-based activities and develop skills for life (problem-solving, teamwork, or conflict management). Also the youth exchange focuses on enabling these young people facing challenges and obstacles, and make them gain self-confidence and self-esteem by participating in outdoor-based events in a multicultural environment and inspire them to exchange their experiences with their peers and contribute to progress in their surroundings.

objectives:

- Increasing knowledge of the participants on outdoor education;
- Supporting sharing of practices, experiences, methods and techniques of outdoor education and increasing the quality of youth work targeting young people with fewer opportunities in participants' organizations;
- Providing outdoor learning experiences and to nurture awareness, appreciation, and stewardship for the environment;
- Motivating participants to develop positive attitudes toward learning through varied experiences in the natural environment.



## ACTIVITIES AND METHODS



### Working Methods

Working Methods: The youth exchange will be based on a holistic experiential education model - experiential learning cycle described by Kolb (1984). First, participants will be asked to undertake an activity. Next, they will reflect on what happened and why, how. Follow up by reflecting on transferring these experiences in their practices and realities. The youth exchange will contain behavioral simulations, activities based on theatre technique, role plays, outdoor exercises, case studies and problem-solving, group discussion, small groups, displays and field trips, etc.

Regularly, the youth exchange will be also included feedback and reflection activities (group meetings, mid-term and final evaluation, individual assignments). These activities will provide them with an opportunity to develop their competencies to receive and give feedback as well as to reflect on the self-learning process, meeting the settle learning objectives.

## Who can participate in the youth exchange?



Participants of the youth exchange will have the following profile:

- age 18 to 30 residence of participant's countries; aware of the positive impact of outdoor education on youth development and are strongly interested to gain deeper insight into the influence of outdoor education on self-esteem, self-awareness;
- strongly interested to explore the topic of outdoor education and how to deal with challenges connected with it.
- interested to get to know outdoor education practices from other countries and learn from their peers how to work with outdoor activities in an effective way e.g. in increasing awareness on certain issue/topic that is applying for them;
- ready to work in a mix-intercultural learning environment, to contribute to successful project implementation;
- motivated to work on the development of their personal and professional competencies in an international setting (communication, teamwork, problem-solving, conflict management, facilitation, and presentation);
- motivated to take part in Erasmus + project, work in an international team and share their experiences in follow up period;



## 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
Belarus	Norway	500-1999 km	5	275.00
Bosnia	Norway	500-1999 km	5	275.00
Jordan	Norway	3000-3999 km	5	530.00
Lithuania	Norway	500-1999 km	5	275.00
Morocco	Norway	3000-3999 km	5	530.00
Norway	Norway	0 km	5	0.00
Poland	Norway	500-1999 km	5	275.00
Spain	Norway	2000-2999 km	5	360.00
Tunisia	Norway	2000-2999 km	5	360.00
Turkey	Norway	2000-2999 km	5	360.00

**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

**The Ministry of Foreign Affairs' global travel advice was repealed on 1 October 2021. However, both the prevalence of infection and local restrictions can change at short notice and there may be sudden updates and travel advice for individual countries. You should check the entry rules and status at your destination.**

Advice and rules for entry into Norway

From 12.02.2022 there are no requirements for testing, quarantine or registration upon arrival in Norway.

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

- **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.

## 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	SFm	S	S	SFm	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  
SFm: Kun skolefritidager  
1.mandag, 2.tirsdag, 3.onsdag, 4.torsdag, 5.fredag



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**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	...	...
Kyldskryss	07:03	...	...	...	...	...	...
Kyldskryss	...	...	...	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.



**SEE YOU ALL IN HAMAR, NORWAY**