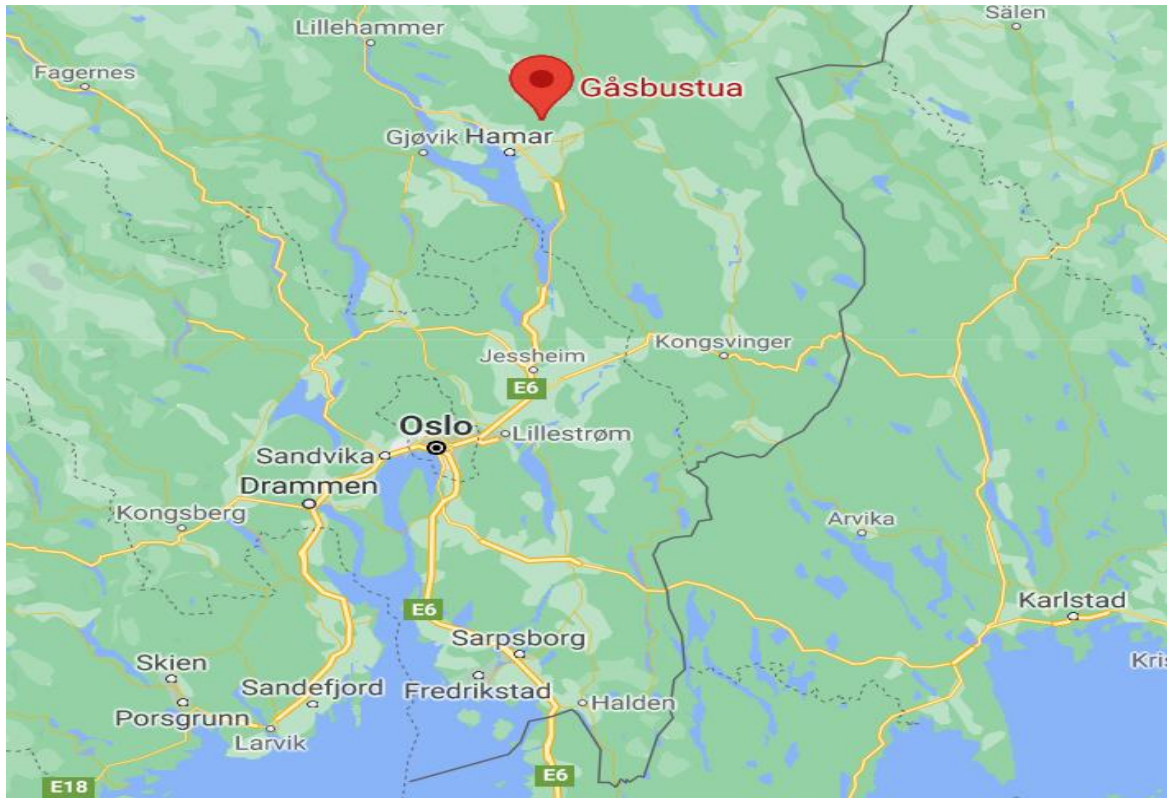




CHANGE



YOUTH EXCHANGE

GÅSBUSTUA, HAMAR NORWAY

PLACE AND DATE: 8-18 DECEMBER 2023, GÅSBUSTUA NORWAY

PARTICIPANTS: 60 people (10 youth + 2 group leaders from each country).

COUNTRY: Germany, Norway, Czech Republic, Latvia and Turkey.

LANGUAGE: The working language will be English.



SUMMARY



Recent studies suggest that promoting entrepreneurship is a practical way to address youth unemployment and foster competitiveness through innovation and creativity. According to the Ernst and Young study "Avoiding a Lost Generation," with the right support and streamlined administrative processes, young people can start their own businesses to find and create new job opportunities.

There are several reasons why this project is needed:

- Young people need information about entrepreneurial opportunities and funding options, especially in the current economic climate.
- They need guidance and information on how to start and grow a business.
- Many young people lack the motivation and knowledge to start their own businesses, especially when the job market is struggling to create enough jobs.
- There is not enough infrastructure to help young people transition from school to the workforce.
- Lack of work experience is a common requirement for jobs, regardless of age, which makes it difficult for young people to find jobs.
- Young people are disproportionately affected by job scarcity, as employers often prefer older candidates with more experience.



ACTIVITIES AND METHODS



Working Methods

The youth exchange program will focus on non-formal education activities that are designed to:

- Help participants learn new things
- Promote creativity
- Develop entrepreneurship and employability skills
- Encourage cooperation and tolerance among young people from different cultures and backgrounds

The emphasis will be on learning, not teaching.

The activities will be engaging and stimulating, and will involve tasks such as creating mock companies, drafting business plans, and practicing public speaking. Participants will be encouraged to express their opinions and engage in constructive debates.

The youth exchange will be held in Hamar, Norway. Each day will consist of three working sessions, and evenings will be dedicated to intercultural programs representing each participating country.

The primary method for participants to engage in the activities will be through workshops. We believe that dividing participants into small working groups will foster group cohesion and provide a supportive environment for them to confidently present their ideas.



Who can participate in the youth exchange?



Background of the Participants:

The participants in this youth exchange program will be young people aged 18-30 from rural areas who face economic, cultural, and social challenges, as well as difficulties finding employment. They are interested in the project's theme of entrepreneurship and either have a business idea or want to develop one.

The participants are currently not working or unemployed. They are very motivated to improve their essential skills through non-formal education. They are excited to learn and improve their entrepreneurial and employability skills in a multicultural setting. They have a basic level of English speaking skills.

The participants are eager to use and develop the non-formal techniques and entrepreneurial ideas they learn and develop during this youth exchange in their own communities.



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
Germany	Norway	500-1999 km	12	275.00
Norway	Norway	0-99 km	12	23.00
Latvia	Norway	500-1999 km	12	275.00
Czech Republic	Norway	500-1999 km	12	275.00
Turkey	Norway	3000-3999 km	12	530.00

Participants are requested to provide their travel tickets and boarding passes to be eligible for reimbursement of their travel expenses. These expenses, which encompass transportation costs like flights and other modes of travel, will be reimbursed up to **100% based on the actual costs incurred and the distance** from the participant's place of residence to the project location in **Norway**. To calculate this distance accurately, the European Commission's distance calculator must be used.

Please note that we do not transfer funds directly to the participants but rather to their respective sending organizations, who will then be responsible for distributing the funds to their members. It's essential to be aware that there might be a delay in receiving the reimbursement from the European Commission, which could take several months (up to 6 months in some cases). In such instances, participants will receive their reimbursement through a bank transfer.

Please keep in mind that expenses related to travel by car or taxi will not be eligible for reimbursement. Additionally, any extra days a participant chooses to stay beyond the project's scheduled duration will be their own responsibility, including expenses for food and accommodation. Visa costs will also be the responsibility of the participants.



THE VENUE



Hamar is a municipality and town situated in Innlandet county, Norway. It lies within the region of Hedmarken and serves as the administrative centre of the municipality. Originally, Hamar was part of Vang municipality but became a separate municipality and town in 1849. Vang was later reintegrated into Hamar in 1992.

Situated on the shores of Mjøsa, Norway's largest lake, Hamar was formerly the major city of Hedmark county. The town shares borders with Ringsaker to the northwest, Åmot to the north, Løten to the east, and Stange to the south.

Note: The organizers will not take responsibility for arranging accommodation for any days that go beyond the scheduled project duration. Nevertheless, if participants desire to extend their stay, they can inform us in advance, and we will gladly help them with hotel reservations. It's essential to keep in mind that participants cannot remain at the project location after the project's official conclusion, as the space will be allocated for other purposes.

Participants are permitted to arrive up to 2 days prior to the project's start and depart up to 2 days after the project's conclusion. Any extension beyond this specified duration will not be allowed.



ACCOMMODATION PLACE

Gåsbustua - storhytte!

www.gaasbu.no/kopi-av-hytteutleie-st-olav



Rooms: The participants will be allocated rooms for accommodation that can accommodate 3, 4, 6, or 8 people. The accommodation also has a main activity room for the project, and Wi-Fi internet connection will be provided. The organizers will take care of providing the participants with three daily meals, which will be served to them.

Every day, one of the participating countries will be responsible for preparing breakfast and cleaning the dishes.

It is mandatory for participants to bring their own bed sheets, pillow covers, duvet covers, towels, as well as personal care products.

It is highly recommended that participants inform the organizers of any specific dietary requirements beforehand.



HOW TO REACH THE VENUE

There are two airports that you can fly into for this project: Gardermoen Airport or Torp/Sandefjord Airport.

In case you arrive at Gardermoen Airport, you can use the train services operated by Vy (<https://www.vy.no/>) to get to Hamar Sentral Station, and from there, take a bus to reach our venue.

If you arrive at Torp/Sandefjord Airport, you can take the Larvik-Lillehammer train to Hamar Sentral Station and then take a bus to the project venue. You can find more information about train schedules and tickets on the website <https://www.vy.no/>.

660 Gåsbu - Øståsen - Hamar Gyldig: 16.08.2021 - 19.06.2022

Mandag til fredag

Stasjon	S	SFri	S	S	SFri	S
Gåsbu	13:00	16:05	...	16:50
Rapsstad	...	09:17
Kylgårdsryssset	...	09:19
Bekken	07:06	09:23	12:42	13:03	16:08	16:40
Østås	07:09	09:25	16:11	...
Kylgårdsryssset	16:13	...	16:56
Kylgårdsryssset	12:45	13:09	...	16:43
Libergstajet	12:47	13:13	16:17	...
Greflenmoen	07:11	09:27	16:58
Wik målsenter	07:17	09:31	12:50	13:16	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
Kjøpp	...	09:38	12:55	13:23	16:27	17:06
Hamar skyssstasjon	07:47	09:47	13:06	13:38	16:42	17:21

Merknader:
S: Kun skoledager
SFri: Kun skolefridager
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
Skole:				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
Kylgårdskrysset	07:03
Kylgårdskrysset	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



As a part of the international evening, we warmly invite each participant to bring a traditional, well-known, or tasty dish or beverage from their home country. This will be a chance to showcase your country and introduce your culture to others. You are welcome to bring any kind of food or drink that you prefer.



HEALTH INSURANCE

The organizers will not offer health insurance to the participants, and it will not be refunded. We strongly advise all participants to obtain private travel insurance, as the expense of private healthcare in Norway can be high if you are not insured.



We would like to emphasize to all participants that the organizers will not supply any form of insurance. It is strongly advised that each participant procures their own travel insurance covering the entire course duration, as private healthcare expenses in Norway can be notably high without insurance. Moreover, for those who qualify, please make sure you possess a valid EU healthcare insurance card.

For each participating country, it is important to take note of the following:

- All travel documents should be brought, including printed copies, as there will be no printing facilities available.
- Prepare a presentation about your sending organization, including previous initiatives and non-formal learning methods used. This is a great opportunity to get to know each other and potentially collaborate in the future.
- Find interesting videos, games, exercises, or educational activities on diversity to share with the group.
- Prepare energizers that can be done in the morning.
- Plan for your country's cultural evening, and be creative with activities such as video presentations, dances, songs, games, quizzes, posters, and flyers. Bring national drinks, dishes, or snacks to share with others.
- Check the weather forecast before arrival and bring adequate clothing. Additionally, bring clothing and shoes suitable for strenuous activities such as dancing, Oscar nights, and Eurovision.
- Finally, bring a positive attitude, joy, and happiness!

Consider bringing your own laptops, digital cameras, smartphones, and tablets if possible, as we will be doing some multimedia work that requires mobile equipment.



**Looking forward to
seeing you in Hamar, Norway!**