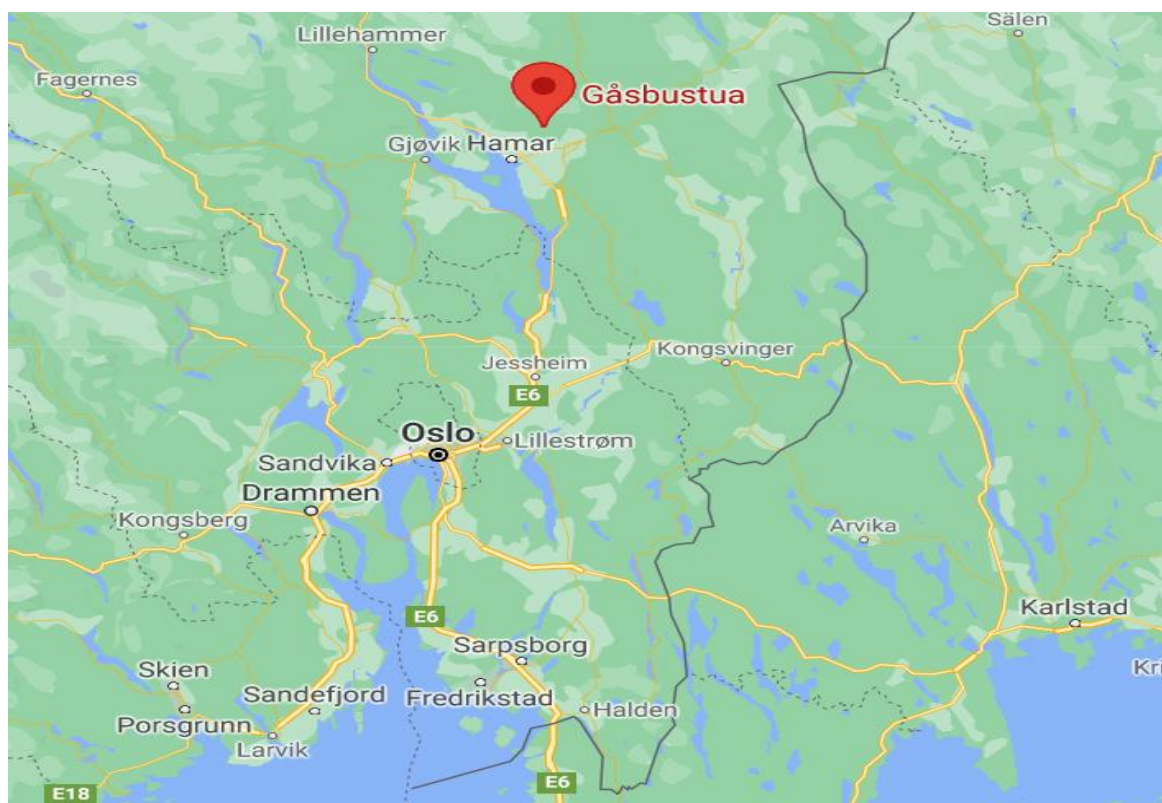




# 3RS



## YOUTH EXCHANGE

### GÅSBUSTUA, HAMAR NORWAY

**PLACE AND DATE:** 7-16 SEPTEMBER 2023, GÅSBUSTUA NORWAY

**PARTICIPANTS:** 36 people (5 youth + 1 group leader from each country).

**COUNTRY:** Norway, Hungary, Lithuania, Romania, Latvia and Turkey.

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



# SUMMARY



Our project is centered around the idea that we cannot sustain unlimited wants on a planet with limited resources. Therefore, we must responsibly balance our desires with an understanding of our responsibilities. The 2030 Agenda for Sustainable Development, adopted by the 70th UN General Assembly, prioritizes the Sustainable Development Goals (SDGs), which include waste reduction, recycling, pollution control, climate change mitigation, and promotion of a circular economy. Our project aims to address these issues by utilizing the principles of the 3Rs, circular economy, and creative recycling. We believe that these approaches will help younger generations realize the significant impact of their individual actions on the environment in the long term.

Our project aims to achieve the following objectives within the context of sustainable development, focusing on the 3Rs, circular economy, and creative recycling:

- Increase awareness of the unsustainable consumerist patterns that lead to pollution and depletion of natural resources.
- Promote sustainable lifestyles through the use of 3Rs, circular economy, and creative recycling tools.
- Encourage appreciation of the value of our natural resources and environment.
- Promote alternative business ideas that prioritize environmental protection.



## **ACTIVITIES AND METHODS**



### Working Methods

The program is designed to cater to the learning needs of participants and provides them with opportunities to implement their own ideas and activities. The program also ensures inclusion for young people with fewer opportunities. The program uses a range of working methods, including but not limited to workshops, structured input sessions, role-playing and simulation games, experience and goal-oriented activities, debates and discussions, 3Rs techniques, reflection and recreation activities, energizers and team-building activities, ice-breaking activities, presentations/public speaking, and reflection and self-reflection activities. The program also incorporates outdoor activities in nature, open space technology, and world cafe.

Participants will have the opportunity to reflect on their learning in daily reflection groups and through filling in their learning journals. The final part of the program will focus on the participants' learning outcomes and how they can apply them in their communities through follow-up activities. All partners will contribute transparently and effectively to achieve the project's aims and objectives. They will also ensure that they select motivated participants and provide support at all stages of the program.



## Who can participate in the youth exchange?



This youth exchange program is tailored for young people aged between 15 and 30 who are actively engaged in ecological and sustainable development initiatives in their communities and organizations. The ideal participants are those seeking to professionally develop in the environmental sector and wish to implement green practices in their personal and professional lives. We strive to ensure gender balance in the group by selecting partners who share our commitment to gender equality and will actively promote this balance among participants.

The program aims to bring together a diverse group of individuals from various backgrounds, including minorities, migrants, those at risk of social exclusion, and those facing economic or geographic challenges. By fostering a multicultural and inclusive environment, we hope to promote tolerance and understanding of diversity among participants. Daily reflection groups and learning journals will provide participants with the opportunity to reflect on their experiences and learning outcomes, and to translate them into practical applications within their communities. Our partners share our commitment to the program's aims and objectives and will support participants throughout the project.



## 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
<b>Hungary</b>	Norway	500-1999 km	<b>10</b>	<b>275.00</b>
<b>Norway</b>	Norway	0-99 km	<b>10</b>	<b>23.00</b>
<b>Lithuania</b>	Norway	500-1999 km	<b>10</b>	<b>275.00</b>
<b>Turkey</b>	Norway	3000-3999 km	<b>10</b>	<b>530.00</b>
<b>Latvia</b>	Norway	500-1999 km	<b>10</b>	<b>275.00</b>
<b>Romania</b>	Norway	500-1999 km	<b>10</b>	<b>275.00</b>

Participants are required to provide their tickets and boarding cards to receive reimbursement for their travel expenses. The travel costs (including flights and other modes of transport) will be compensated up to 100% based on the actual expenses incurred and the distance from the participant's place of residence to the project location in **Norway**. The European Commission's distance calculator must be used to calculate the distance. Please note that we do not send money directly to the participants, but to the sending organization who will be responsible for disbursing the funds to their members. It's important to keep in mind that there may be a delay of several months in receiving the reimbursement from the European Commission (**up to 6 Months! BE READY FOR THAT**). If this occurs, the participant will receive their reimbursement via bank transfer. Please be aware that travel by car or taxi will not be reimbursed. Additionally, any additional days that a participant wishes to stay beyond the duration of the project will be their responsibility, including expenses related to food and lodging.

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 be responsible for arranging accommodation for any extra days beyond the duration of the project. However, if participants wish to extend their stay, they can inform us in advance and we will be happy to assist them in booking a hotel. It is important to note that participants cannot stay at the project location beyond the project duration, as the place will be booked for other purposes. Participants are allowed to arrive up to 2 days before the start of the project and depart up to 2 days after the end of the project. Any extension beyond this duration will not be permitted.



## **ACCOMMODATION PLACE**

# **Gåsbustua - storhytte!**

[www.gasbu.no/kopi-av-hytteutleie-st-olav](http://www.gasbu.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

Skole:	S	SFri	S	S	SFri	S
Gåsbu	...	...	13:00	16:05	...	16:50
Rapsstad	...	09:17	...	...	...	...
Kylgårdskryssset	...	09:19	...	...	...	...
Bekken	07:06	09:23	12:42	13:03	16:08	16:40
Øståsen	07:09	09:25	...	...	16:11	...
Kylgårdskryssset	...	...	...	...	16:13	...
Kylgårdskryssset	...	...	12:45	13:09	...	16:43
Lbergstajet	...	...	12:47	13:13	16:17	...
Groffhermoen	07:11	09:27	...	...	...	16:58
Wik matsenter	07:17	09:31	12:50	13:16	16:22	...
Lunden skole	07:18	09:32	12:51	13:19	16:23	...
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  
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:	06:40	12:15	12:15	13:50	14:20	16:15	16:15
Hamar skystasjon	...	...	...	14:07	14:37	...	...
Ener ungdomskole	06:52	12:27	12:27	14:13	14:43	16:27	16:27
Kapp	06:56	12:36	12:31	14:22	14:52	16:31	16:31
Lunden skole	...	...	...	...	...	...	...
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	...	...
Kyldgårdskrysset	07:03	...	...	...	...	...	...
Kyldgårdskrysset	...	...	...	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 part of the international evening, we kindly request that each participant bring a dish or drink that is traditional, famous, or delicious from their home country. This will be an opportunity to represent your country and share your culture with others. You can bring any type of food or drink that you like.



## **HEALTH INSURANCE**

The organizers will not provide health insurance for the participants and it will not be reimbursed. We highly recommend that all participants purchase private travel insurance, as the cost of private healthcare in Norway can be expensive if you are not insured.



We want to remind all participants that the organizers will not provide any type of insurance. It is highly recommended that each participant purchase their own travel insurance for the entire duration of the course, as private healthcare costs in Norway can be quite expensive without insurance. Additionally, for those who are eligible, please ensure that you have 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!**