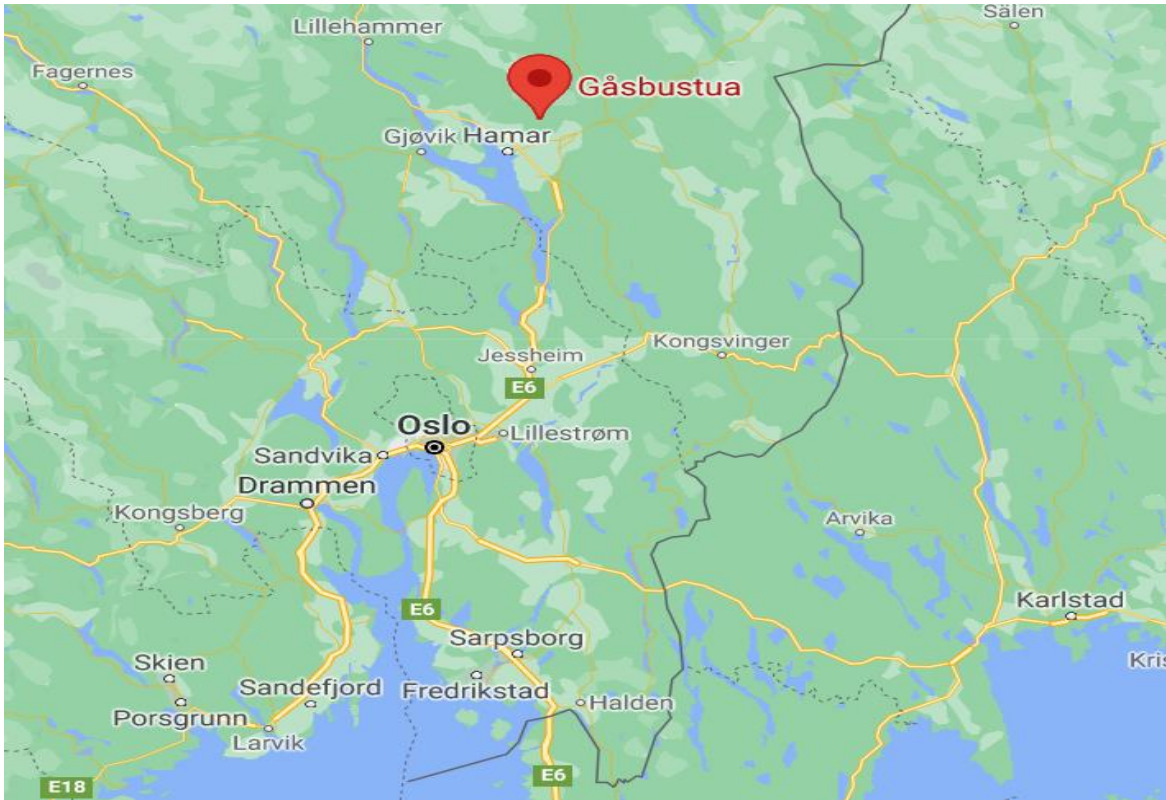




# MUSIC IN EUROPE TOGETHER





## **YOUTH EXCHANGE**

### **GÅSBUSTUA, HAMAR NORWAY**

**PLACE AND DATE:** 2-11 APRIL 2024, GÅSBUSTUA NORWAY

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

**COUNTRY:** France, Türkiye, Czechia, Lithuania, Spain Norway.

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





# SUMMARY



Rapid developments in technology have led to significant advancements in the music industry. The proliferation of media outlets, the increasing availability of music streaming apps and video platforms, and the ease of downloading music for free online, have turned music into commercial endeavour. This situation destroyed traditional music cultures and caused the birth of different styles of music. The rise in popularity of contemporary music styles among young people is diminishing the presence of traditional folk music. It is vital to



have an in-depth understanding of the cultural and historical significance of traditional music to protect it from extinction and for young people to appreciate it. By preserving and promoting traditional music, we can ensure that it remains an integral part of our cultural heritage. French folk music culture dates back to at least the Middle Ages, with the earliest recorded examples of traditional songs and dances dating back to the 12th century. The cultural and historical significance of folk music, which has deep roots, is quite extensive. It is important to transmit this knowledge to young people and share it with other cultures in order to preserve our heritage. Our organization aims to safeguard this cultural legacy and pass it on to future generations by carrying out this task. Our organization aims to bring together 6 different cultures in Hamar, Norway with this youth exchange program. The program will feature the introduction of local instruments and provide a platform for young people to perform their music, challenge their stereotypes, and collaborate to create music with diverse cultural influences. In this youth exchange program, young people will first share the cultural and historical background of their music before performing it. Each country will use their traditional instruments while playing their own music, introducing different instruments for each culture, and increasing interest in folk music.

## **ACTIVITIES AND METHODS**





The our project, will feature the introduction of local instruments and provide a platform for young people to perform their music, challenge their stereotypes, and collaborate to create music with diverse cultural influences. In this youth exchange program, young people will first share the cultural and historical background of their music before performing it. Each country will use their traditional instruments while playing their own music, introducing different instruments for each culture, and increasing interest in folk music. Following the presentation of each country's culture, the participants will collaborate to combine different instruments and create new music together. This shared experience of creating music will foster unity among young people from various countries, while also highlighting the importance of cooperation and preservation of folk music.





## Who can participate in the youth exchange?



Our project features a 10-day youth exchange program that will bring together 60 young people from 6 different countries. The leaders will be over 18 years of age and the participants will be between 15-30. This age range was chosen to promote effective peer-learning within the project as it will be easier for participants of similar age to communicate and engage with each other. Additionally, we have agreed with each partner organization to ensure a balanced gender distribution in the selection of participants and this requirement is reflected in our internal partnership agreement.



The participants' entrepreneurship, duties and activity methods at all stages of the project will increase, and they will be able to become active citizens. Their skills, opportunities and language proficiency for local, regional and European employment will be bolstered. Social inclusion, participation in politics and civil society will be developed. Non-formal education techniques will raise the educational roles and educational aspirations of the participants... Our participants, both students and teachers, will gain an understanding of the music, instruments, lifestyles, traditions, cuisines, and beliefs of different cultures, and their prejudices will be removed, with an increased sense of diversity and tolerance. They will have the opportunity to play an instrument from a different nation and culture, and learn about the music history and important personalities of different cultures. By hosting meetings and conducting informative visits during the project, we can ensure that the local impact of the project is sustainable. Additionally, by sharing the outcomes of the project with local institutions and organizations, and through press releases, the community's understanding and appreciation of art and music can be significantly improved.

## **TRAVEL COSTS**

According to new Erasmus Plus rules, the reimbursement of travel costs will be calculated used a specific program called Distance Calculator:

<b>Country of Origin</b>	<b>Country of Destination</b>	<b>Distance Band</b>	<b>No. of Participants</b>	<b>Travel Grant per Participant</b>
<b>France</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	2000 - 2999 km	<b>10</b>	<b>360.00</b>
<b>Czech Republic</b>	Norway	500-1999 km	<b>10</b>	<b>275.00</b>
<b>Spain</b>	Norway	2000 - 2999 km	<b>10</b>	<b>360.00</b>

**Participants in the Youth Exchange program will receive reimbursement of their travel costs upon sending their tickets and boarding cards to the sender organization. The travel expenses, including flights and other means of transport, will be compensated up to 100% based on the actual expenses incurred and the distance from the participant's location of residence to the project location in Norway. The distances must be calculated using the distance calculator supported by the European Commission.**



**However, it's important to note that the money will not be sent directly to each participant. Instead, the sender organization will receive the reimbursement, and they will be responsible for paying the participants. In some cases, there may be delays in receiving the reimbursement from the European Commission, which could result in a delay of up to **6 months before** participants receive their reimbursement.**

**It's also important to keep in mind that travel by cars or taxis is not reimbursed, and any extra days that participants wish to stay will be their own responsibility. Participants will need to cover their own expenses for food, accommodation, and other costs associated with any additional days they choose to stay.**

**Additionally, participants will need to cover their own visa costs, as they will not be covered by the program. It's important for participants to plan ahead and make sure they have the necessary documentation and funds to cover any additional costs associated with their participation in the program.**

## **THE VENUE**







Hamar ['hâ:mar] (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:** Participants should note that the organizers will not provide accommodation for any additional stay in Norway beyond the 2 days before or after the project. If participants plan to arrive earlier or depart later, they are kindly requested to inform the organizers, who will be glad to offer assistance with booking a hotel.

It's important to keep in mind that the project place is booked after the project, so participants cannot stay there for any extra days. Additionally, participants are not allowed to stay more than 2 days before or after the project.

Participants should plan their travel accordingly and make sure they have adequate accommodation arrangements for any additional days they plan to stay in Norway. The organizers can offer assistance with hotel bookings, but participants are responsible for covering the costs of their accommodation.



## **ACCOMMODATION PLACE**

# **Gåsbustua - storhytte!**

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



Participants will be accommodated in shared rooms with **3, 4, 6, or 8 people per room**. The main activity room is located in the accommodation, and a Wi-Fi internet connection is available for participants to use.





The organizers will provide participants with three meals per day, which will be served at the accommodation. **Each country will be responsible for preparing breakfast one day and will also help with washing dishes on that day.**

It's important to note that participants are required to **bring their own bed sheets, pillow covers, duvet covers, towels, and personal care products.** We strongly recommend that each participant informs the organizers about any special dietary needs in advance, so they can ensure that suitable meals are provided.

Participants **MUST** also keep in mind that the accommodation is shared with others, so it's important to be respectful of each other's space and keep the room tidy.

## **HOW TO REACH THE VENUE**



**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-Lillehammar train to Hamar Sentral Station and than 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	SFri	S	S	SFri	S
Gåsbu	...	...	09:17	13:00	16:05	16:50
Rapsstad	...	...	09:19	...	...	...
Bekken	07:06	09:23	12:42	13:03	16:08	16:40 16:53
Østås	07:09	09:25	...	...	16:11	16:56
Kyllgårdskrysset	...	...	...	...	16:13	...
Kyllgårdskrysset	...	...	12:45	13:09	16:13	16:43
Libergstajet	...	...	12:47	13:13	16:17	...
Greflemmoen	...	...	...	...	16:17	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 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

**660 Hamar - Øståsen - Gåsbu** Gyldig: 16.08.2021 - 19.06.2022

Mandag til fredag

Dager:	S	S	SFri	1245	3	SFri	S
Hamar skyssstasjon	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
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
Ingelrud	...	12:40	...	14:26	14:56	...	...
Greflemmoen	...	12:45	...	14:31	15:01	...	...
Libergstajet	...	12:48	12:36	...	16:36	16:37	...
Kyllgårdskrysset	07:01	...	...	14:37	15:07	...	...
Kyllgårdskrysset	07:03	...	...	...	...	...	...
Bekken	07:06	...	...	14:39	15:09	...	...
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...

## **TRAVEL AND HEALTH INSURANCE**

Travel and Health insurance are not provided and will not be reimbursed by the organizers. All participants are strongly advised to purchase private travel insurance as the costs of private healthcare in Norway can be quite high if you do not have insurance. **In case some of cancelation, you can get refund from your travel insurance.**

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, Oscar nights, Eurovision).
- ✓ **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!





**Have a safe trip and enjoy your stay in Norway!**

**SEE YOU ALL IN HAMAR, NORWAY**