

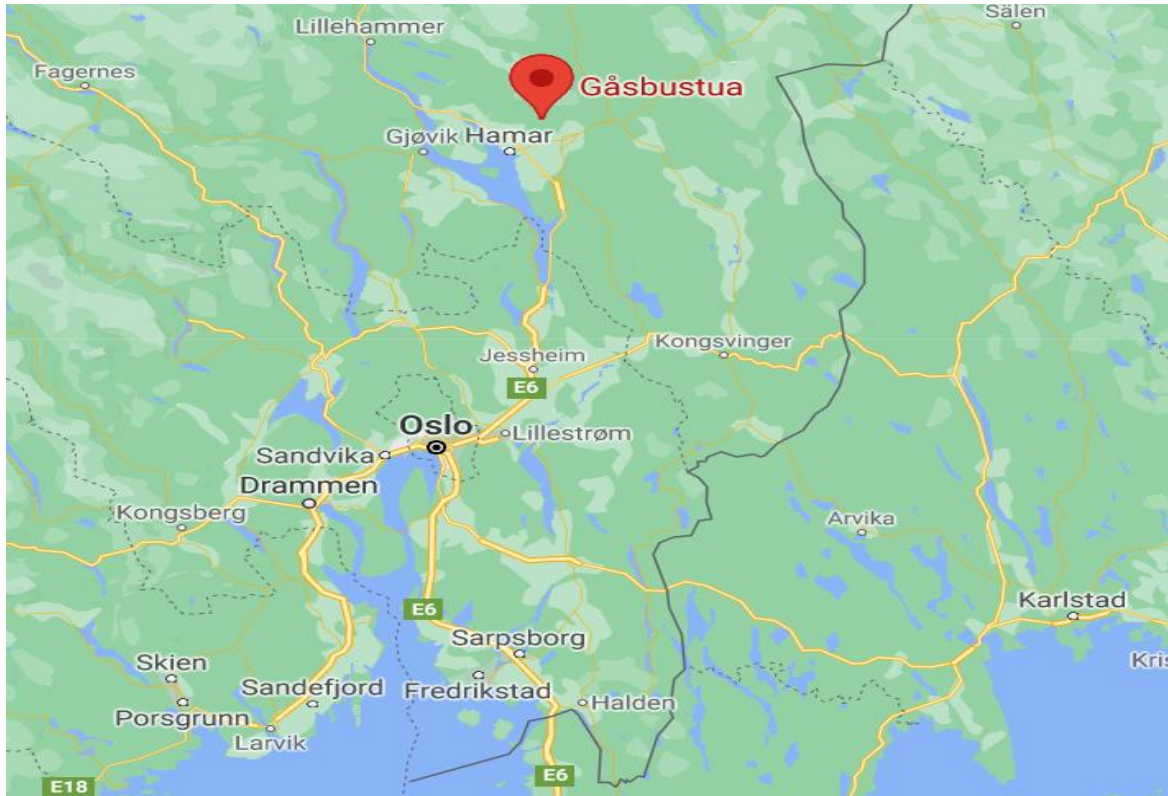
# REACTING WITH CONFIDENCE





## **YOUTH EXCHANGE**

# **GÅSBUSTUA, HAMAR NORWAY**



**PLACE AND DATE: 13-22 MARCH 2024, GÅSBUSTUA NORWAY**

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

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

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



# SUMMARY



A firefighter and paramedic, who volunteers, started a project to study how well young people in Europe know about first aid and how many accidents happen. The study showed that many young people don't know much about first aid. This is a problem because lots of accidents happen and people need help quickly.

In some countries many people know first aid. But in others, like Bulgaria and Croatia, not many do. Most schools don't teach first aid, so only a few students learn it. This lack of knowledge makes it hard for people to follow safety rules on the road.

The research found that many young people want to learn first aid but don't have the chance. They also don't have role models or know much about how to help with the emotional side of accidents.

To fix this, a plan was made to teach 30 young people and 6 leaders from 6 countries about emergencies. The goal is to help them understand when something is an emergency, know the risks, and know what to do.

They'll learn basic skills for first aid in different situations, like accidents, drowning, burns, and more. The aim is to help them help others right away and maybe save lives.

They'll also get support to think about volunteering in first aid. This could help more people get help during emergencies and give these young people important skills and experience.



## ACTIVITIES AND METHODS



### Working Methods

The program is made to help participants learn and let them try their own ideas and activities. It's made so that everyone, especially those who might not have many chances, can take part. The program uses different ways to teach, like workshops, games, discussions, and more.

Participants will get to think about what they've learned every day and write about it in their journals. At the end, they'll see how they can use what they've learned in their own communities. All the groups involved will work together well and make sure everyone is supported at every step.

### Who can participate in the youth exchange?





The youth program is for young people aged 15 to 30 who are working on eco-friendly projects in their communities. We want those who want to grow in environmental work and bring green practices into their lives. We want a good mix of boys and girls, and our partners care about this too.

Our goal is to have a diverse group, including people from different backgrounds like minorities, migrants, and those who might have challenges with money or where they live. By having people from different backgrounds, we hope everyone learns to accept each other better. Each day, people can talk about what they've learned and write about it. Then, they can use these lessons back in their communities. Our partners are as committed as we are and will help everyone involved.



## 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
Hungary	Norway	500-1999 km	6	275.00
Norway	Norway	0-99 km	6	00.00
Lithuania	Norway	500-1999 km	6	275.00
Turkey	Norway	3000-3999 km	6	530.00
Latvia	Norway	500-1999 km	6	275.00
Romania	Norway	500-1999 km	6	275.00

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	...
Groffernmoen	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	...

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
Skoole:	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	...	...
Kyldgardskryss	07:03	...	...	...	...	...	...
Kyldgardskryss	...	...	...	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.



## **TRAVEL AND HEALTH INSURANCE ARE OBLIGATION**

The organizers will not provide travel and 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 purchases 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!**