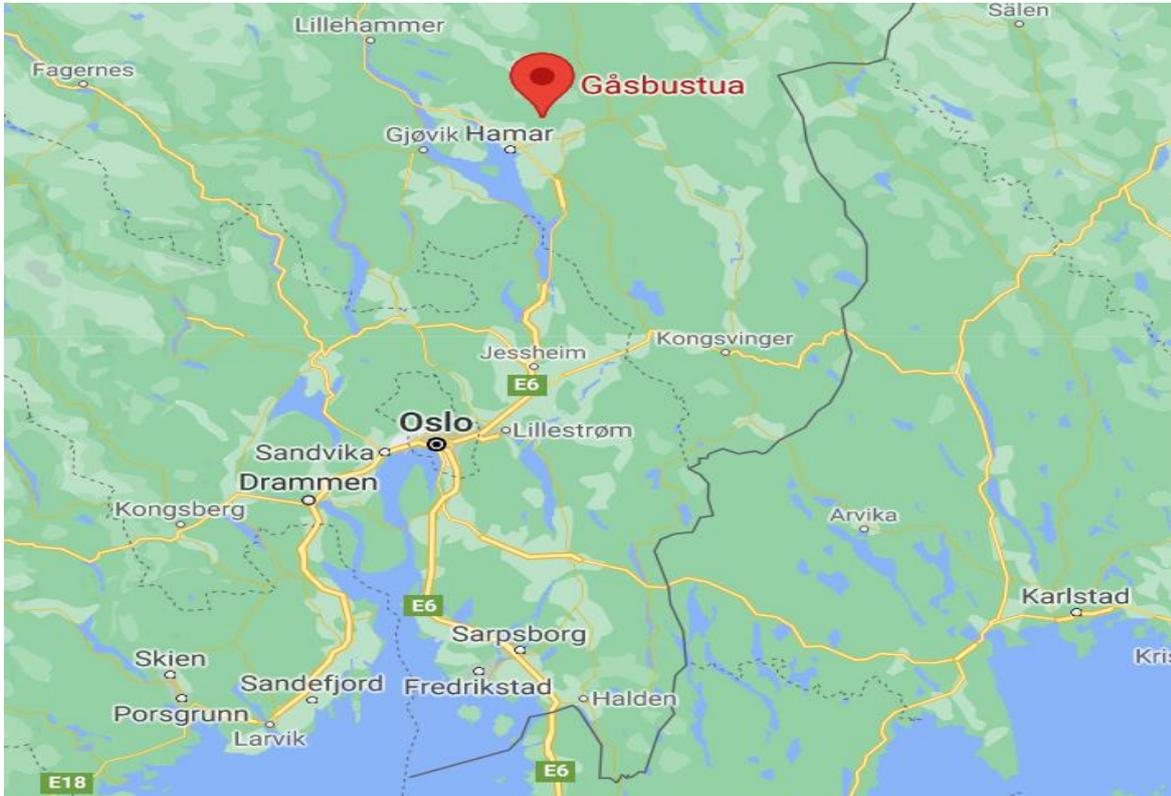




LIFE STORY



YOUTH EXCHANGE

GÅSBUSTUA, HAMAR NORWAY

PLACE AND DATE: 29 NOVEMBER-7 DECEMBER 2023, GÅSBUSTUA NORWAY

PARTICIPANTS: 60 people (12 youth + 3 group leaders from each country).

COUNTRY: Germany, Norway, Lithuania and Turkey.

LANGUAGE: The working language will be English.



SUMMARY



Preventing hate speech, discrimination, and social exclusion is a top priority for the partner organizations involved in this project. The idea for the youth exchange program called "Life Story" originated from young individuals who are engaged in local activities with these partner organizations. They expressed a strong desire and interest in a project that would allow them to learn more about hate speech, discrimination, and social exclusion. Furthermore, they sought an opportunity to discover new tools and practices to address these issues effectively.

Through discussions within the partner organizations and online conversations among the partners, it was decided to implement a youth exchange program. This program aims to empower young people by enhancing their knowledge about social exclusion, discrimination, and hate speech. Additionally, it offers them a chance to learn about "human libraries," which is a method of addressing stereotypes, prejudices, and discrimination through direct interaction between visitors and "living books." These living books represent groups that often face stereotypes, discrimination, and social exclusion.

During the exchange program, participants will also have the opportunity to organize and execute a small event based on the human library concept. They will be encouraged to share their experiences with their respective organizations and peers.



ACTIVITIES AND METHODS



Working Methods

This program is rooted in human rights principles and offers a valuable opportunity for interaction between individuals who represent minority and vulnerable groups (referred to as 'the book') and the local community (referred to as 'the visitors'). This methodology actively involves each individual and empowers them to think and interpret independently. It promotes critical analysis of real-life situations, leading to the empowerment of citizens and encouraging thoughtful and appropriate actions to promote and protect human rights.



Who can participate in the youth exchange?



The ideal candidates for the youth exchange program are young individuals aged between 15 and 30 who possess a solid grasp of the English language and can actively engage in discussions. It is important that they have a genuine interest in the subjects covered during the exchange, including discrimination, social exclusion, and hate speech. They should also be motivated to apply the knowledge they acquire within their own communities.

Furthermore, participants should be comfortable working in a diverse, multicultural environment, and they should be open to both individual and group tasks. Importantly, they should demonstrate a strong commitment to addressing and combatting social exclusion, discrimination, and hate speech.



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	15	275.00
Norway	Norway	0-99 km	15	23.00
Lithuania	Norway	500-1999 km	15	275.00
Turkey	Norway	3000-3999 km	15	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		
Kvilgrødkrysset	...	09:19		
Bekken	07:06	09:23	12:42	13:03	16:08	16:40	16:53		
Østas	07:09	09:25	16:11	...	16:56	
Kvilgrødkrysset	16:13	...		
Kvilgrødkrysset	12:45	13:09	...	16:43	...		
Libergstøjet	12:47	13:13	16:17		
Grefnermoen	07:11	09:27	16:58		
Vik 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 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:				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
Grefthemoen	...	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!