

CHANGE

YOUTH EXCHANGE  
GASBUSTUA, NORWAY  
8-18 DEC 2023

 **JUGEND**  
für Europa



Erasmus+



# YOUTH EXCHANGE

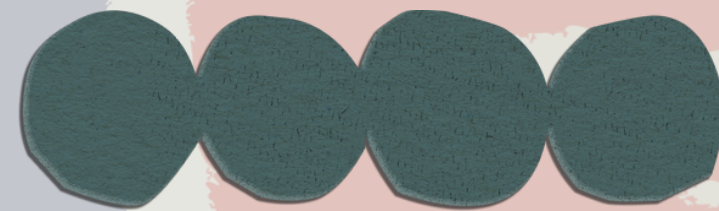
## Gåsbustua, Hamar NORWAY

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

When taking into consideration the need to foster competitiveness through innovation and creativity, recent studies have advocated for entrepreneurship as a viable solution to youth unemployment (Avoiding a lost generation-Ernst and Young study). With the right structure and facilitated administrative processes, young people could create enterprises as means to find and create new jobs. On the other hand, following the needs analysis that led to the desire to write / implement this project, we can underline:

- the needs of young people to have access to information on entrepreneurial and funding opportunities given the current economic context,
  - the needs for involvement and information on how to develop your own business,
  - lack of motivation and lack of knowledge about how to develop your own business being stuck in a system that is not able to produce enough jobs,
  - lack of an infrastructure to facilitate the transition process from school to labor market,
  - lack of professional experience (required by any employee regardless of age),
  - lack of jobs: young people are most affected by this provision because most employers protect the elderly (experience) rather than the young ones,
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# ACTIVITIES AND METHODS

## Working Methods

The activities planned for this youth exchange include methods and practices based on the concept of non-formal education and it will facilitate the learning process, support the development of creativity, entrepreneurship/employability and encourage cooperation and tolerance among young people from different cultures and backgrounds; these emphasizing the learning component and not the teaching one. The activities are thus designed to stimulate creativity and active involvement (setting up exercise companies, sketching business plans, public speaking, etc.) of Participants and to encourage their intervention in expressing their point of view and arguing / counter-arguing some ideas. YE will take place in the town of Bergen. Each day of activity will be divided into 3 working sessions and the evening will be reserved for the intercultural program of each participating country. The workshops will be the main way in which young people will take part in the proposed activities; we consider that the division of participants into small working groups facilitates group cohesion and offers the participants the appropriate / necessary framework for presenting their own ideas easily.



# WHO CAN PARTICIPATE IN THE YOUTH EXCHANGE?



## Background of the Participants:

- young people aged 18-30 years old from rural areas who face economic and cultural/social obstacles, as well as difficulties on the labor market, who are interested in the project topic and have a business idea or want to develop it.
- inactive/ unemployed young people,
- motivated to develop key competencies through non formal education,
- motivated to acquire /develop entrepreneurial/ employability skills in a multicultural environment,
- minimum level of English speaking,
- motivated to apply and develop in their community the non-formal techniques and entrepreneurial ideas learned/ developed in this YE.



# TRAVEL COSTS

Country of Origin	Country of Destination	Distance Band	No. of Participants	Travel Grant per Participant
GERMANY	NORWAY	500-1999 KM	12	275€
NORWAY	NORWAY	0-99 KM	12	23€
LATVIA	NORWAY	500-1999 KM	12	275€
CZECHIA	NORWAY	500-1999 KM	12	275€
TURKEY	NORWAY	3000-3999 KM	12	530€

ACCORDING TO NEW ERASMUS PLUS RULES, THE REIMBURSEMENT OF TRAVEL COSTS WILL BE CALCULATED USING A SPECIFIC PROGRAM CALLED DISTANCE CALCULATOR:



# TRAVEL COSTS

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.



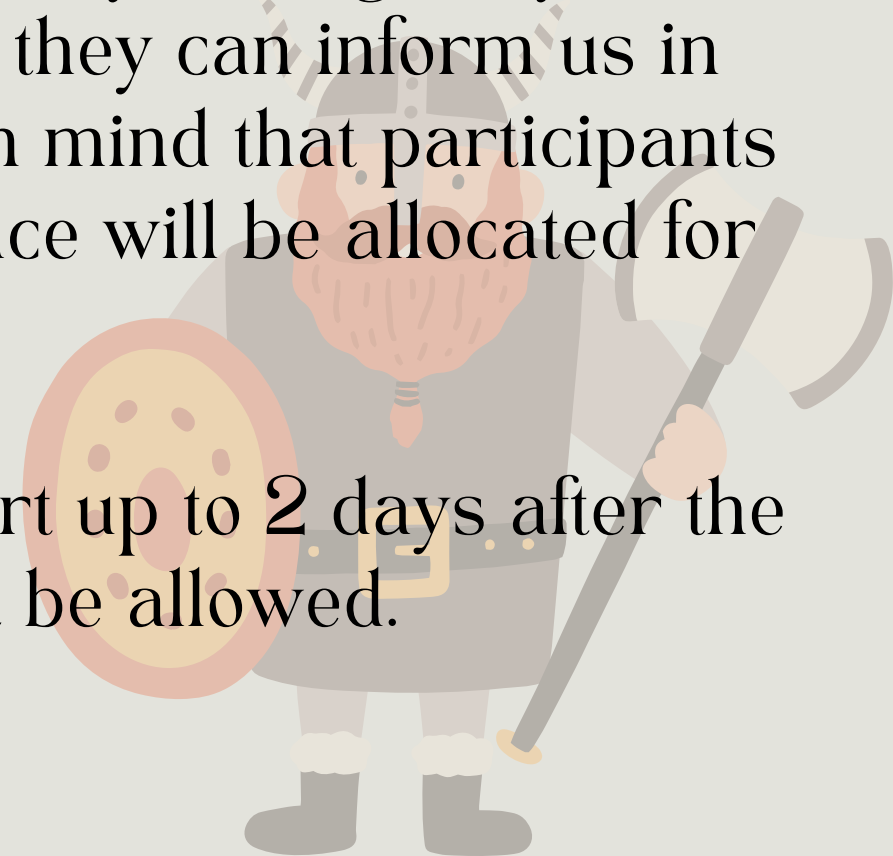
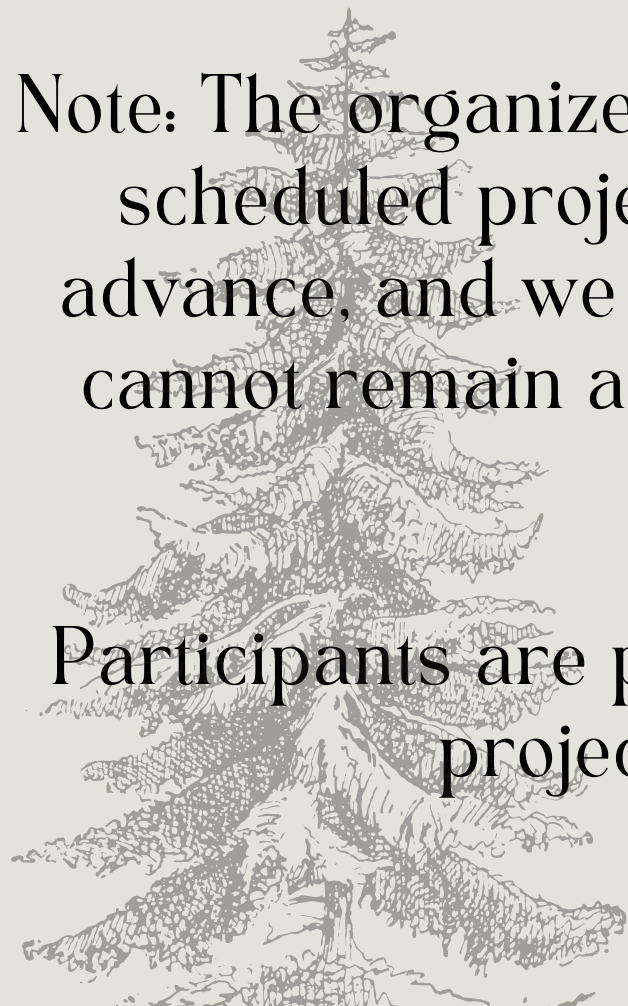
# THE VENUE

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!

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.

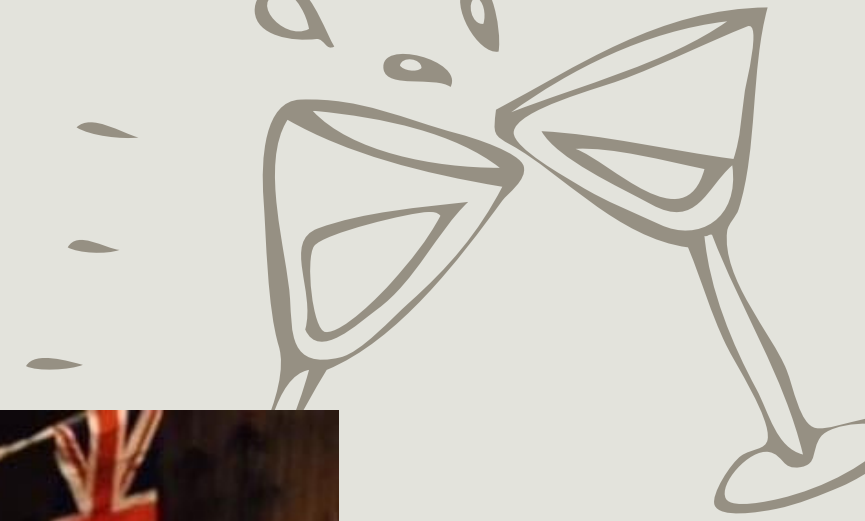
It is highly recommended that participants inform the organizers of any specific dietary requirements beforehand.



[www.gaasbu.no](http://www.gaasbu.no)



# 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.



# SEEING YOU IN HAMAR, NORWAY!



MAY 02, 2025