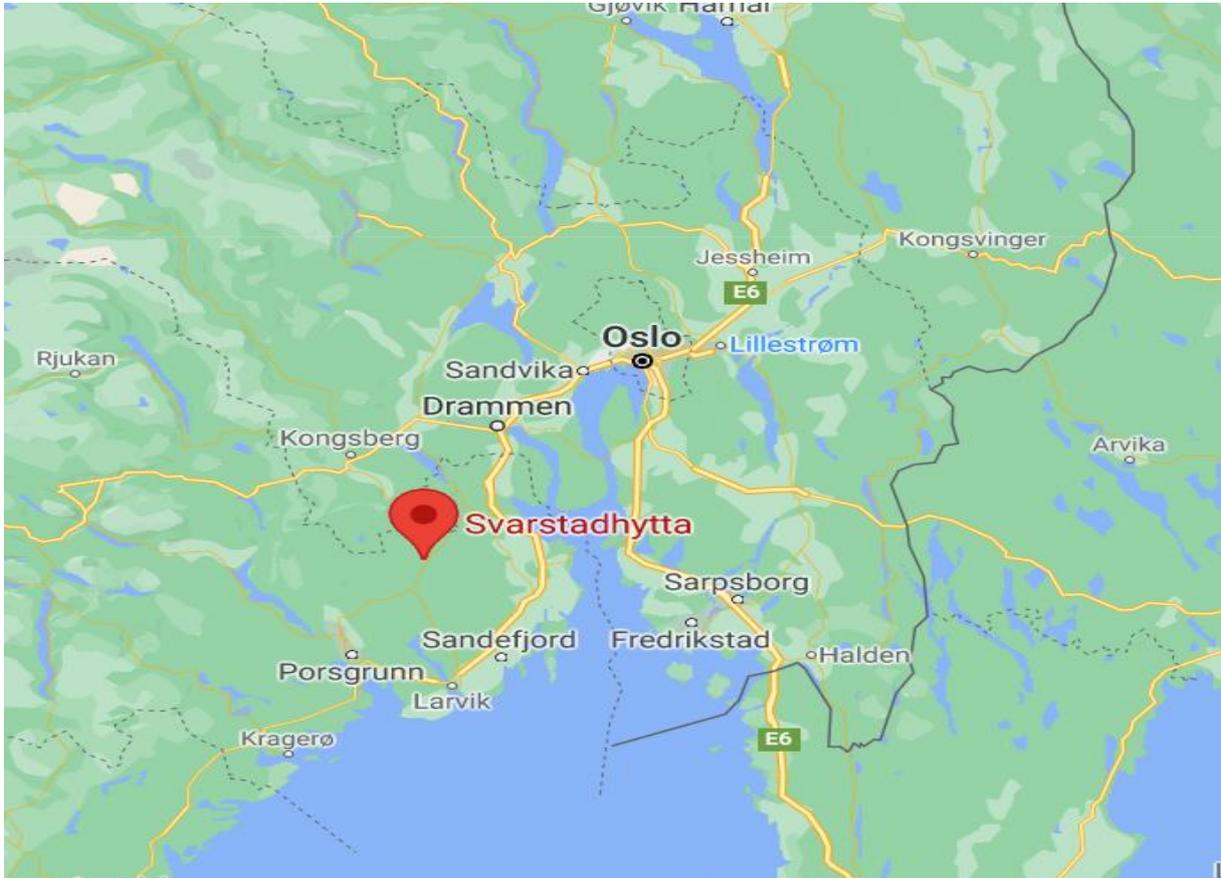




ERASMUS+ FOR ALL



TRAINING COURSE

SVARSTAD NORWAY

PLACE AND DATE: 25 OCTOBER-3 NOVEMBER- 2021, SVARSTAD NORWAY

PARTICIPANTS: 40 people (5 participants from each country)

COUNTRY: Partner countries will be from **Norway, Turkey, Hungary Estonia, Czech Republic, Poland and Croatia.**

AGE: 18+

LANGUAGE: The working language will be English.



SUMMARY



Participants of the training course will carry out workshops in their local communities (in Turkey, Norway and other participating countries) which aim to make young people more active, increase social capital and through their information providing help young people to develop new projects which in turn will help to raise the importance of active citizenship and raise awareness of European citizenship as such.

Social cohesion is closely linked to the objectives of training course. If we go deep in the aims of the project, we want to reach different target groups, especially young people with fewer opportunities, the ones who are not the most active and to whom it's hard to reach (as there are so many active young people). For this reason, we have included partner organizations, which come from remote or rural areas or are working with specific target groups, who often have less opportunities (for example: less privileged ethnic, cultural, social background). Our participants are also from different European corners – they can exchange experiences between them (for example how to reach young people with less opportunities, how to involve everyone etc). All partners also promote tolerance working closely with different target groups in their homeland – there is a chance to get to know each others culture for participants and opposite – the youngsters, youth workers and decision makers will also get to know all the participants' cultures. Knowing is always better than not knowing and helps to foster mutual understanding and tolerance.



The training course will take place in the environment which fosters intercultural learning and cooperation. Participants will work in mixed teams and we have just 5 participants from same country, this is good for intercultural communication. Through sharing experiences, debating and doing things together, people learn to understand different cultures, not just what is on the tip of the ice-berg, but also below it. We have also planned workshops, which will help to understand the importance of intercultural learning, openness and effort which is needed to understand the other culture. During the carryout of the practical session, participants will work in intercultural environment as the target group is from Norway. We have considered intercultural aspect not only in choosing the participants, but also for the team, place and activities.

ACTIVITIES AND METHODS



Working Methods

Many of our partner organizations work with unemployed youth, so for them it's very important to focus on this target group and motivate young unemployed to take active part in civil society. For this the youth workers need to know what to offer for young unemployed, how to analyze their needs and after that to motivate them. For example – maybe it's not good idea to talk to them about strategic partnership, but it's better to talk about European Solidary Corps as a chance to gain work experience abroad? Of course, the final decision will be



reached by participants after the training course. Additionally, during the practical session, an event of information sharing will be directly organized for young unemployed people.

We also work on the topic of creativity, as to be able to give information in an attractive way, creativity is very important. To use different methods, tools, and multimedia - it all is needed to make information attractive to target groups.

During the first days of the training course we will work on participants' needs and expectations. During the training we don't provide solutions, we just direct participants, so they can find the solutions themselves. The motivation of participants is the key to success.

Who can participate in the youth exchange?



The total number will amount to 50 participants.

The training course is designed for experienced youth workers and youth leaders, who

- are motivated to learn about and make use of Erasmus+: Youth in Action Programme for creating or strengthening international partnerships, using 'Mobility of Youth Workers';
- have experienced an international event/activity before (not necessarily a project under the ERASMUS+: Youth in Action Programme);
- Both 'newcomers' and 'experienced' in the Erasmus+ YiA Program
- have the support of an organisation to attend the training course and are in the position to implement European youth projects in their organisation,
- are willing to work on the quality of their international projects;
- Ability to communicate in English
- Aged 18+ (based on gender balance)



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
Croatia	Norway	500 - 1999 km	5	275.00
Czech Republic	Norway	500 - 1999 km	5	275.00
Estonia	Norway	500 - 1999 km	5	275.00
Hungary	Norway	500 - 1999 km	5	275.00
Lithuania	Norway	500 - 1999 km	5	275.00
Poland	Norway	500 - 1999 km	5	275.00
Turkey	Norway	500 - 1999 km	5	275.00

AFTER SENDING their tickets and boarding cards, participants will receive the reimbursement of their travel costs. Travel (flights, other means of transport) expenses are compensated (up to 100%), based on the actual expenses incurred and the distance from your location of residence to the location of the project (**Norway**). These distances must be calculated using the distance calculator supported by the European Commission. We don't send money to each participant. We send only money to sender organization and sender organization will pay to participants. It may be that money from European Commission will be late; in that case, as mentioned, you will get your reimbursement after the course by bank transfer (be ready for that).

Keep your bus / train tickets as well! Travel by cars / taxis is not reimbursed.

Please note any extra days you wish to stay will be your own responsibility and your food etc.

Visa costs will be covered by participants.

THE VENUE



Note: Organisers will not provide accommodation for any additional stay in Norway. If participants plan to arrive a few days earlier or depart a few days later, they are kindly requested to inform us and we will be glad to offer assistance with booking a hotel

COVID-19 SPECIAL MEASURES:



do not sneeze in the palm of your hand



sneeze on your elbow or scarf



wearing mask



Wash food



Wash your hands

Entry quarantine and rules upon arrival in Norway

Beside the rules that we all know, and are respecting in our own countries, the following rules are necessary for the creation of a safe and productive learning environment:

- **All persons arriving in Norway from abroad, with the exception of green countries/regions in Europe, must go into quarantine, although certain exemptions apply.**

All persons travelling to Norway from abroad, except countries/regions in the EEA/Schengen/United Kingdom which have a sufficiently low infection rate (green countries/regions shown on the map below) must go into entry quarantine, unless they are covered by the exemption provisions of the COVID-19 Regulation.

Entry quarantine lasts for 10 days. Fully vaccinated persons and persons who have had COVID-19 during the past six months are exempt from entry quarantine. Protected persons who received their first vaccine dose between three and 15 weeks ago and children under 18 must go into entry quarantine, but may end their quarantine if they test negative no earlier than three days after arrival.



Currently, only presentation of a COVID-19 certificate (Norwegian, Danish, Swedish or EU digital COVID certificate) with a QR code which can be verified by the Norwegian authorities is considered to be a secure and verifiable way of proving vaccination or previous illness.

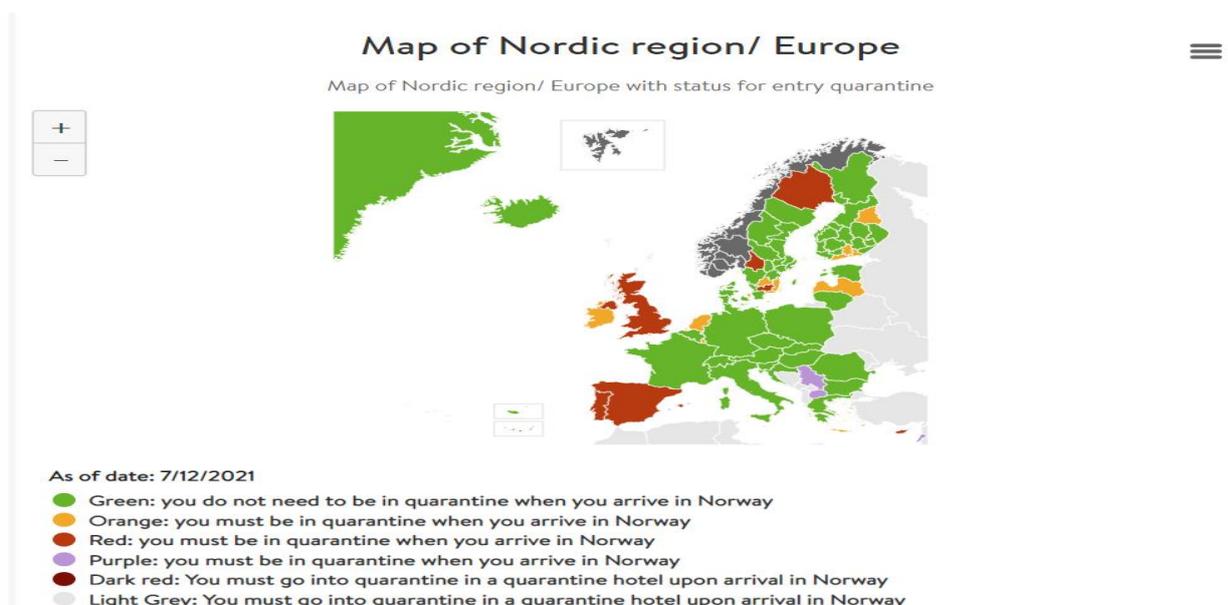
See your COVID-19 certificate www.helsenorge.no

Other persons in entry quarantine must take a PCR test seven days after arrival. If they then test negative for COVID-19 via a PCR test (not a rapid antigen test), they can end their quarantine.

The quarantine check - what rules apply to you? (helsedirektoratet.no)

PEOPLE WHO LIVE IN THE GREEN COUNTRIES CAN TRAVEL TO NORWAY WITHOUT ANY RESTRICTIONS. HOWEVER, RULES ARE CHANGING RAPIDLY IN THE PANDEMIC. THEREFORE, WE ENCOURAGE THE PARTNER ORGANIZATIONS ABOUT THAT SELECTION PROCESS SHOULD BE BASED ON FOR THE FULL VACCINATED PEOPLE. BECAUSE, IN CASE OF CHANGING FROM THE GREEN TO RED OR ORANGE AREA, ONLY PEOPLE WHO HAVE QR VACCINATION CODE CAN TRAVEL TO NORWAY. PEOPLE WHO HAVE QR CODE CAN TRAVEL TO NORWAY FROM ALL AROUND THE WORLD WITHOUT RESTRICTION.

Our main priority is the safety of everyone, and we are sure that these rules and regulations will not stop us from having a good time and meeting amazing people from other countries. If anything is not clear to you or you have any questions, please feel free to contact us at any time.



<https://www.fhi.no/en/op/novel-coronavirus-facts-advice/facts-and-general-advice/entry-quarantine-travel-covid19/>

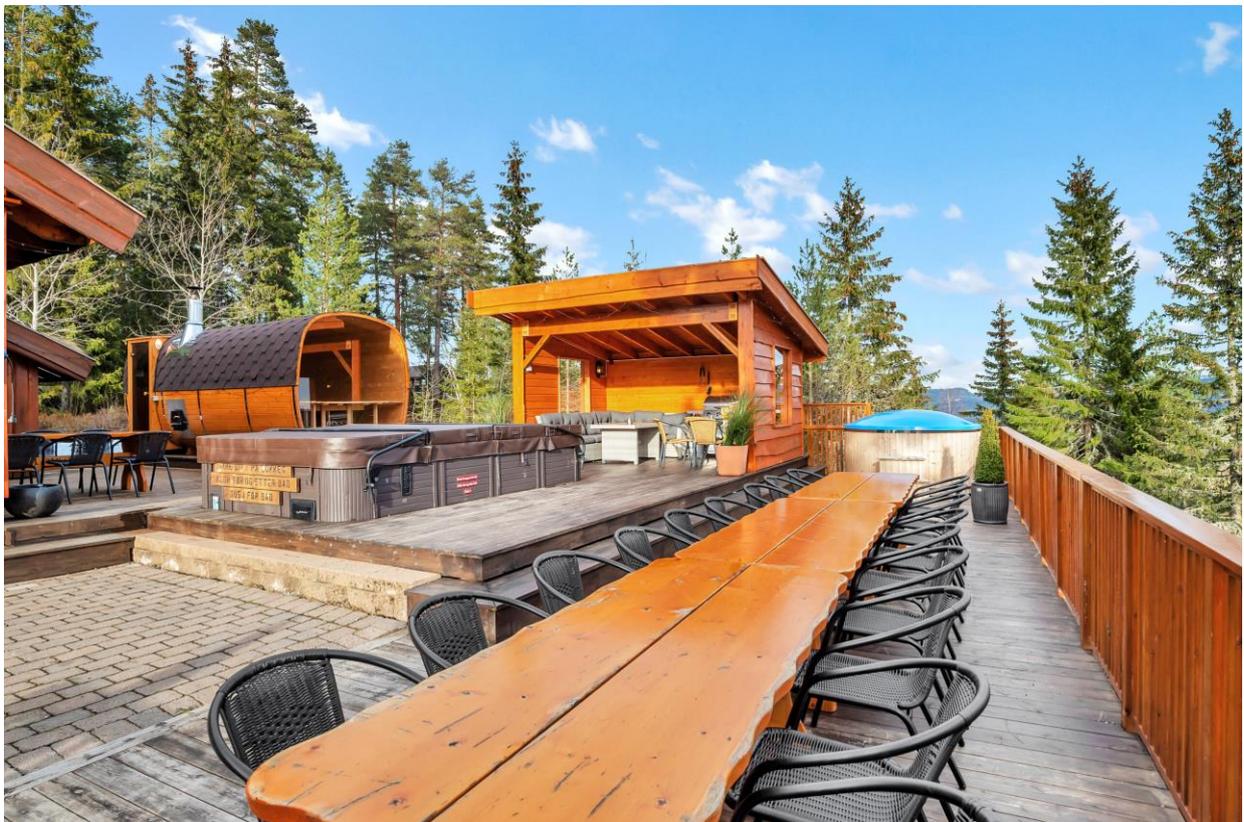


ACCOMMODATION PLACE

Lardalshytta!

<https://svarstadhytta.no/lardalshytta/>

<https://svarstadhytta.no/lillelardal/>



Rooms: Participants will be accommodated in 3 or 6 people each room. Bed linen and towels will be provided. The main activity room is located in the hotel. Wi-Fi internet connection is available. Organisers will provide participants with three meals per day. Food will be served.

Because of corona situation and personal hygiene, participants should bring pillow and duvet cover, towels and their personal care products.

We strongly recommend each participant to inform the organizers about any special dietary needs in advance.



HOW TO REACH THE HOTEL

Svarstad is very small place in nature and it has no airport. You can take bus or train from Torp Airport Sandefjord OR Oslo to Svarstad. You can fly to Oslo Gardermoen or Torp Sandefjord Airport. Both airports are the closest to this city.

If you fly to Oslo Gardermoen, so you can to take bus to Svarstad with one change in Oslo Bus Terminal; Please check example route;

<https://www.nor-way.no>

[https://www.nor-way.no/nb-NO?page=trips&when=2017-02-09%2000%3A00&tripDeparture=2017-02-09%2006%3A40&trip=4bd3e3a1fe3b35ad3823f103baf0a643e237e70a&originID=761008823&originText=Oslo%20Lufthavn%20\(Oslo%20lufthavn\)&destinationID=761033548&destinationText=Svarstad](https://www.nor-way.no/nb-NO?page=trips&when=2017-02-09%2000%3A00&tripDeparture=2017-02-09%2006%3A40&trip=4bd3e3a1fe3b35ad3823f103baf0a643e237e70a&originID=761008823&originText=Oslo%20Lufthavn%20(Oslo%20lufthavn)&destinationID=761033548&destinationText=Svarstad)

<https://www.nor-way.no/nb-NO?page=trips&when=2017-02-09%2000%3A00&tripDeparture=2017-02-09%2006%3A00&trip=c2dfc197dca7c5e1893b4dfffa055adcda31a5748&originID=761032426>

<https://www.nor-way.no/nb-NO?page=trips&when=2017-02-09%2000%3A00&tripDeparture=2017-02-09%2006%3A00&trip=c2dfc197dca7c5e1893b4dfffa055adcda31a5748&originID=761032426>

If you are coming to Torp Sandefjord Airport, you can find bus to Svarstad with one change. You must change the bus in Porsgrunn bus terminal;

<https://www.nor-way.no/nb-NO?page=trips&when=2017-02-09%2000%3A00&tripDeparture=2017-02-09%2006%3A00&trip=c2dfc197dca7c5e1893b4dfffa055adcda31a5748&originID=761032426>

<https://www.nor-way.no/nb-NO?page=trips&when=2017-02-09%2000%3A00&tripDeparture=2017-02-09%2006%3A00&trip=c2dfc197dca7c5e1893b4dfffa055adcda31a5748&originID=761032426>

<https://www.nor-way.no/nb-NO?page=trips&when=2017-02-09%2000%3A00&tripDeparture=2017-02-09%2006%3A00&trip=c2dfc197dca7c5e1893b4dfffa055adcda31a5748&originID=761032426>



[&originText=Sandefjord%20lufthavn%20Torp%20\(Torp\)&destinationID=761033548&destinationText=Svarstad](#)

We will not pick you up at the airport of Oslo and Torp Airport Sandefjord. Participants must come to venue by themselves.

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...

HEALTH INSURANCE

Health insurance is not provided and will not be reimbursed by the organisers. All participants are strongly advised to purchase private travel insurance, as costs of private health care in Turkey are quite high if you don't have.



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).
- ✓ **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!

CONTACTS!

If you have any questions, please contact us via email or Facebook.

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SEE YOU ALL IN SVARSTAD, NORWAY