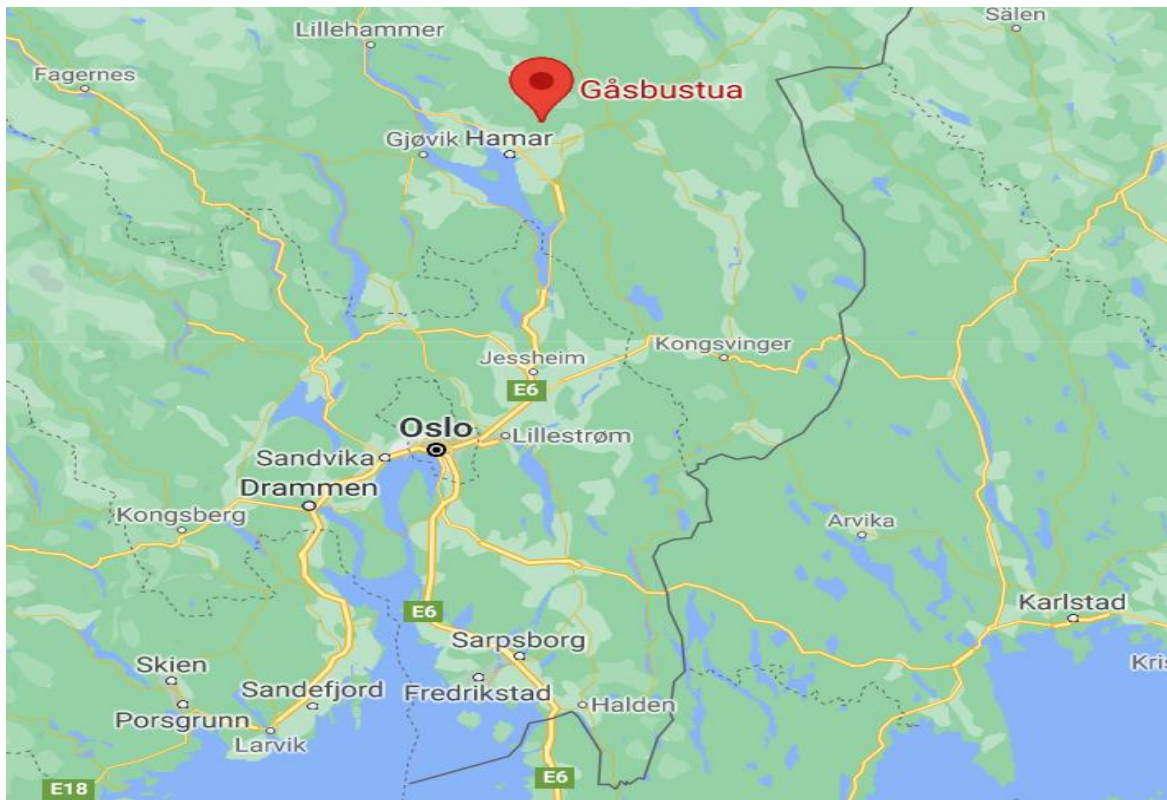




MENTAL HEALTH



YOUTH EXCHANGE

GÅSBUSTUA, HAMAR NORWAY

PLACE AND DATE: 23 APRIL-5 MAY 2022, GÅSBUSTUA NORWAY

PARTICIPANTS: 60 people (8 youth + 2 group leaders)

COUNTRY: France, Norway, Estonia, Lithuania, Slovakia and Turkey.

LANGUAGE: The working language will be English.



SUMMARY



“Mental Health” project will raise awareness about mental health issues specific to the covid-19 pandemic effects and will make young people understand the importance of physical and other stress-reducing activities for a healthier life, both from the mental and physical perspectives. We will use interactive non-formal education methods in a multicultural context and various practical activities (hiking, outdoor team sports, yoga, meditation, laugh therapy, etc).

Objectives:

1. To increase awareness about the mental health issues associated with the covid-19 pandemic and help generated solutions through small but effective behavioral changes for the 60 young people participating, during the 11 activity days.
2. To involve the 60 young people in practical learning activities, both physical (hiking, outdoor team sports, zip-line, canoeing) and mental (yoga, meditation, laugh therapy). A total of 8 methods will be used during the 11 activity days.
3. To inform 60 young people from each of the communities of the project partners about the importance of understanding mental health issues during this pandemic and how important it is to create good habits (such as meditation, sports, yoga, etc), through



local events organized by the young participants, supported by the partner organizations.

4. To develop 4 tools for promoting a healthy lifestyle on social media: 1 TikTok account, 1 Facebook page, 1 Instagram account, 1 WordPress blog. The target is to reach 5000 young people in total.

ACTIVITIES AND METHODS



Working Methods

The methods underlying the activities of the youth exchange come from the field of non-formal education and have various roles in obtaining the desired results from the implementation. They were chosen by young people and transposed into practical activities with the help of the project team. We grouped the methods according to their role:

INTEGRATIVE: To improve the dynamics between participants and stimulate group cohesion: name and knowledge games; team-building activities (Mission Impossible, Make your choice! Broomsticks, Hot Potatoes); work in mixed and national groups (presentations, research, production of promotional clips); Outdoor physical activities and mental health workshops;

CREATIVE: To develop the artistic sense and inventiveness, giving participants freedom of expression: interactive presentations; theatre sessions as manifestation of creativity; creating motivational clips; artistic presentations and manifestations from cultural evenings;



INTERCULTURAL LEARNING: To overcome prejudices and stereotypes about other cultures: The Albatross; the content of cultural evenings; and free time spent discovering local cultural elements;

EXPERIENTIAL LEARNING (learning by doing): To put participants outside their comfort zone through new situations for them and through which they will learn more about themselves (also about elements related to the organization and technique used in these types

Who can participate in the youth exchange?



The young participants of project come from 6 countries with multiple cultural, religious and social differences, which contributes to the multicultural spirit of the project. The project team drafted a profile of the participant, according to:

GENERALITIES;

-Age: between 15 and 30 years;

-Gender: we want an equal ratio of boys/girls;

-Education: most of the young people will be in the last years of high school, in the faculty / master and some will have the completed studies;

-Work experience: most of the young people are without a full-time job due to studies, but it is possible to have a percentage active in the labor market (part-time, freelancer); we have young people with reduced opportunities in the NEET category (who do not study and do not have a job).



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
FRANCE	Norway	500-1999 km	10	275.00
Estonia	Norway	500-1999 km	10	275.00
Lithuania	Norway	500-1999 km	10	275.00
Slovakia	Norway	500-1999 km	10	275.00
NORWAY	Norway	0 km	10	0.00
TURKEY	Norway	2000-2999 km	10	360.00

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 several months; 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



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: 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. You can not stay at project place extra because the place is booked after the project.



COVID-19 SPECIAL MEASURES:



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 participants MUST have fully vaccinated for entering to Norway.

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.

Special requirements have been established regarding the quarantine accommodation when you complete your quarantine at home or in other suitable accommodation.

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

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, 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.

- For safety reasons, alcohol will not be allowed during the exchange. You are allowed to bring one bottle per team of your traditional drink for your cultural night, but don't bring any other alcohol to the exchange. Please don't bring vodka, whiskey or other alcohol that is not a part of your culture and cultural night.

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

Gåsbustua - storhytte!

www.gaasbu.no/kopi-av-hytteutleie-st-olav





Rooms: Participants will be accommodated in 3 or 6 people each room. The main activity room is located in the accommodation. 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 MUST bring bed sheets, 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

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 then take bus to project place. <https://www.vy.no/>



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660 Gåsby - Øståsen - Hamar Gyldig: 16.08.2021 - 19.06.2022

Mandag til fredag

Støtte:	S	S	S	S	S	S
Gåsby	...	09:17	...	13:00	16:05	16:50
Raspstad	...	09:19
Kylgardskrysset	...	09:23	12:42	13:03	16:08	16:53
Bekken	07:06	09:25	16:10	16:56
Østås	07:09	16:11
Kylgardskrysset	12:45	13:09	16:43	...
Kylgardskrysset	12:47	13:13	16:17	...
Libergstajet	07:11	09:27	16:58
Greftenmoen
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 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 - Gåsby Gyldig: 16.08.2021 - 19.06.2022

Mandag til fredag

Dager:	S	S	S	1245	3	S	S
Støtte:	S	S	S	S	S	S	S
Hamar skystasjon	06:40	12:15	12:15	13:50	14:20	16:15	16:15
Enner 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
Greften	...	12:45	...	14:31	15:01
Greftenmoen	...	12:48	12:36	16:36	16:37
Libergstajet	07:01	14:37	15:07
Kylgardskrysset	07:03
Kylgardskrysset	14:39	15:09
Bekken	07:06
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
Gåsby	...	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...

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, 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!



SEE YOU ALL IN HAMAR, NORWAY