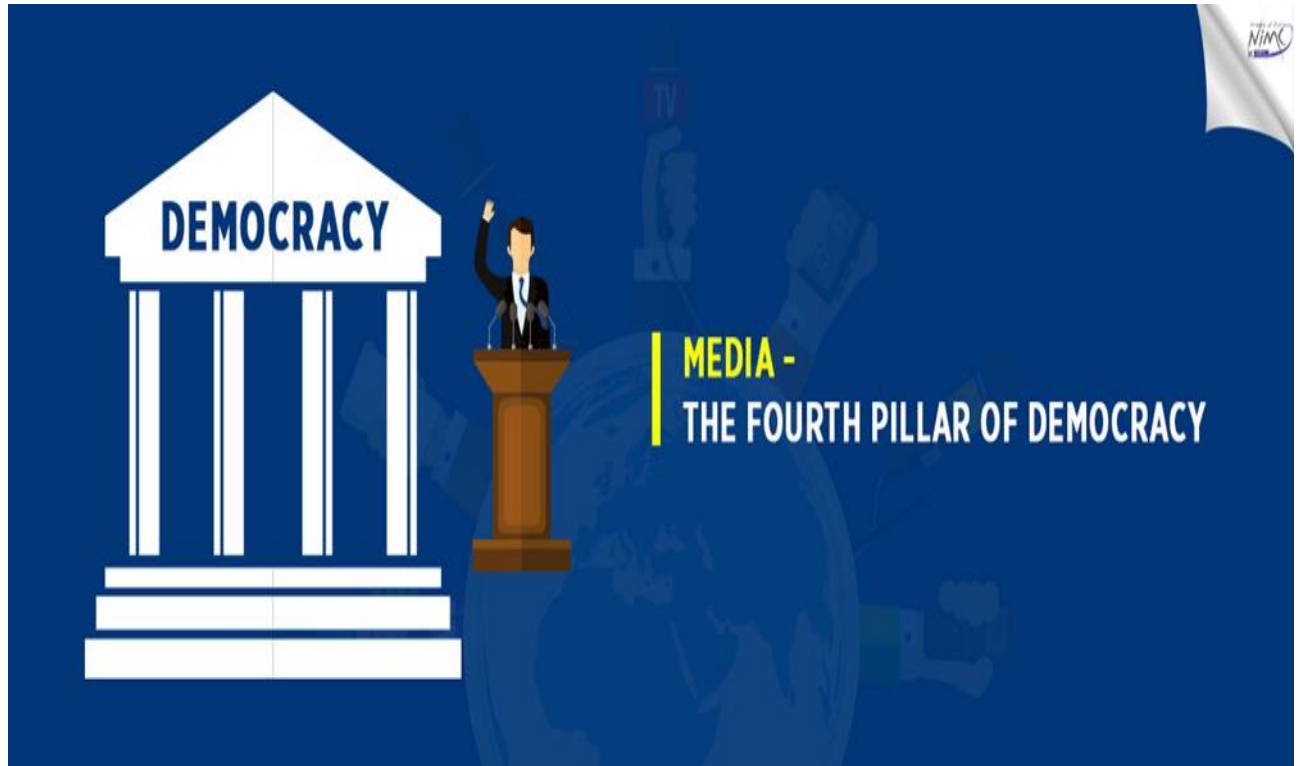
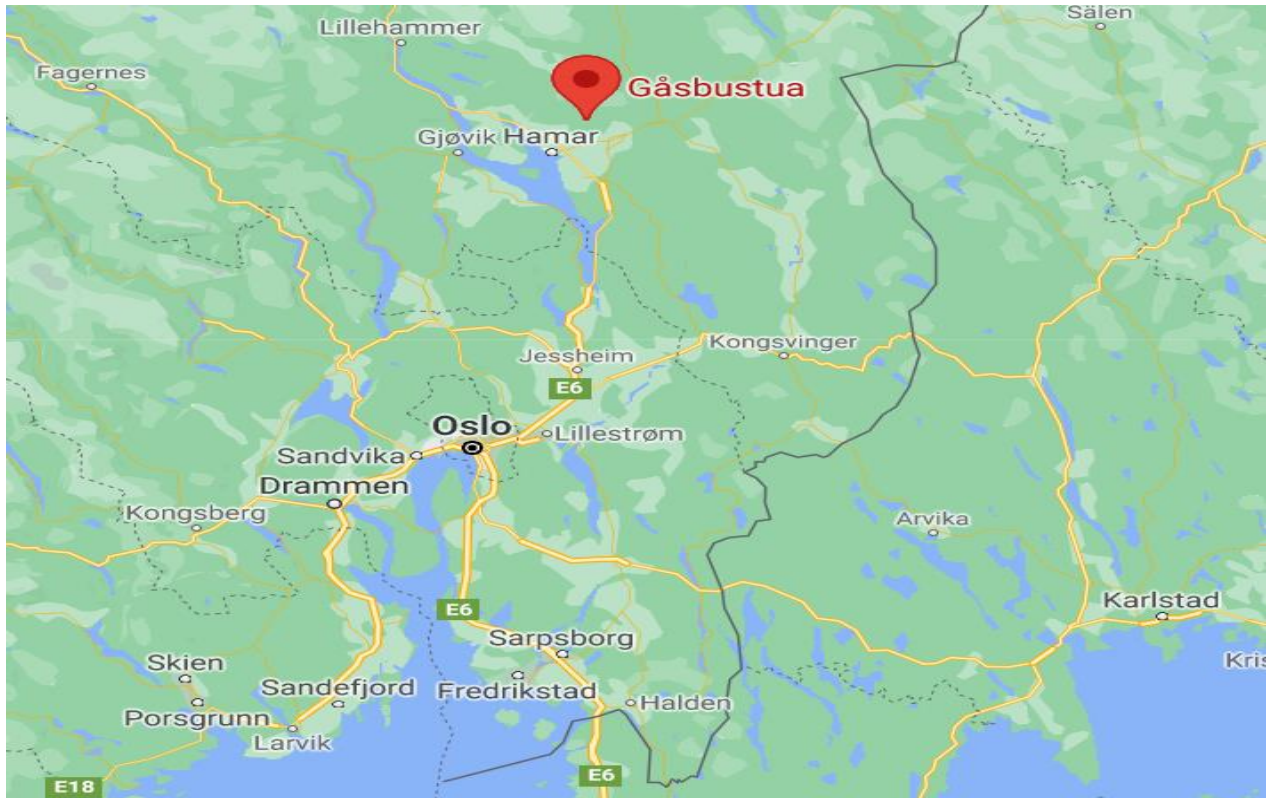


FOURTH PILLAR OF DEMOCRACY





TRAINING COURSE

GÅSBUSTUA, HAMAR NORWAY

PLACE AND DATE: *21-29 MARCH 2023, GÅSBUSTUA NORWAY*

PARTICIPANTS: *40 people (5 participants from each country).*

COUNTRY: *Germany, Norway, Portugal, Hungary, Italy, Romania, Spain, Macedonia and Turkey.*

LANGUAGE: The working language will be English.

Participant Fee: each participant must pay 40 €.



SUMMARY



Media is known as the 4th pillar of democracy as it plays an important role in keeping democracy alive. It is a connecting link between the Government and the people, as it helps to communicate to the latter about the policies and efficiency/ inefficiencies that may impact them.

Also the media has a role of that of a watchdog, one who will represent the masses and also keep a track of the reckless spending of public money by the people in power. Hence, the role of the media cannot be sidelined in any way. People often get influenced by what they read, hear and see on the news that is brought in front of them via newspapers, radio, television and now social media too. It cannot be ruled out that the audience's opinions are often influenced by this news and helps them to choose their representative in the Panchayat, Municipality, Assembly or the Parliament.

But what has happened to such a strong medium in recent years? Are we really seeing ethical journalism or has the media just become a mouth-piece for vested interests?



ACTIVITIES AND METHODS



Working Methods

The methods underlying the activities of the training course 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. To meet this challenge, social media popular with the target group, such as Instagram, TikTok and their counterparts, can be harnessed. In addition to self-promotion and product placement, these apps and their features such as photo stories, reels, etc. can also be used to disseminate educational content in a compact and target group-oriented manner to combat fake news.

This is where the project comes in. On a medium relevant to them the project fosters the critical reflection of news and information among young people and teaches them digital skills as well as digital media production within the framework of youth work (e.g., youth organizations or school).

We would like to carry out this project to empower youth workers and youth activists to help and teach young people how to become conscious media and news consumers, to apply their critical thinking skills and to contribute to more inclusive and tolerant societies through non-formal education methods like debates, role play games, open discussions, working in small groups, etc.



Who can participate in the training course?



Participants will be youth workers with a desire to be group leader in international youth exchange. Participants are tightly connected with their sending organization as being part of the collective or active volunteers of organizations. Participants must be actively working with young people and they must be ready to support youngsters in youth exchange (either as hosting or going with youngsters abroad). Participants have a clear need to gain new competences, to be able to be successful group leaders. They have motivation to learn and also exchange experiences, so they can in the future support participants' preparation, make sure the safety of participants is guaranteed, solve conflicts successfully, motivate and support participants in all stages of the project and understand group dynamics and include youngsters with various backgrounds in the team. Participants will be also connected to their organizations (staff or long-term volunteers), so they can use their organization's experience (both good and bad practice) and share it with others; at the same time, it is possible to take the new knowledge back to organization and improve future projects / partnerships and train other group leaders.

Age limit is 18+. There is no upper age limit.



TRAVEL COSTS

According to new Erasmus Plus rules, the reimbursement of travel costs will be calculated using 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	5	275.00
Norway	Norway	0 km	5	0.00
Hungary	Norway	500-1999 km	5	275.00
Italy	Norway	2000-2999 km	5	360.00
Portugal	Norway	2000-2999 km	5	360.00
Romania	Norway	2000-2999 km	5	360.00
Spain	Norway	2000-2999 km	5	360.00
Macedonia	Norway	2000-2999 km	5	360.00
Turkey	Norway	3000-3999 km	5	530.00

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 (Payment for travel costs will be done 1st of SEPTEMBER 2023! 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.

You can come **2 days before the project** and **You can stay 2 days extra after project**. More than this will be not accepted!



ACCOMMODATION PLACE

Gåsbustua - storhytte!

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



Rooms: Participants will be accommodated in **3,4,6, 8** 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.

Each country will prepare breakfast one day and will be part of the washing dishes that day.

Participants MUST bring bed sheets, pillow cover, 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 VENUE

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/>



innlandstrafikk.no/regtopp/pdf/periode_F/660_660_Hamar%20-%20Øståsen%20-%20Gåsbu_21-08-16,22-06-19_F.pdf

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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:							
Hamar skystasjon	06:40	12:15	12:15	13:50	14:20	16:15	16:15
Ener 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
Ingelsrud	...	12:40	...	14:26	14:56
Grefthen	...	12:45	...	14:31	15:01
Grefternoen	...	12:48	12:36	16:36	16:37
Libergstajet	07:01	14:37	15:07
Kylgardskryset	07:03
Kylgardskryset	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



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