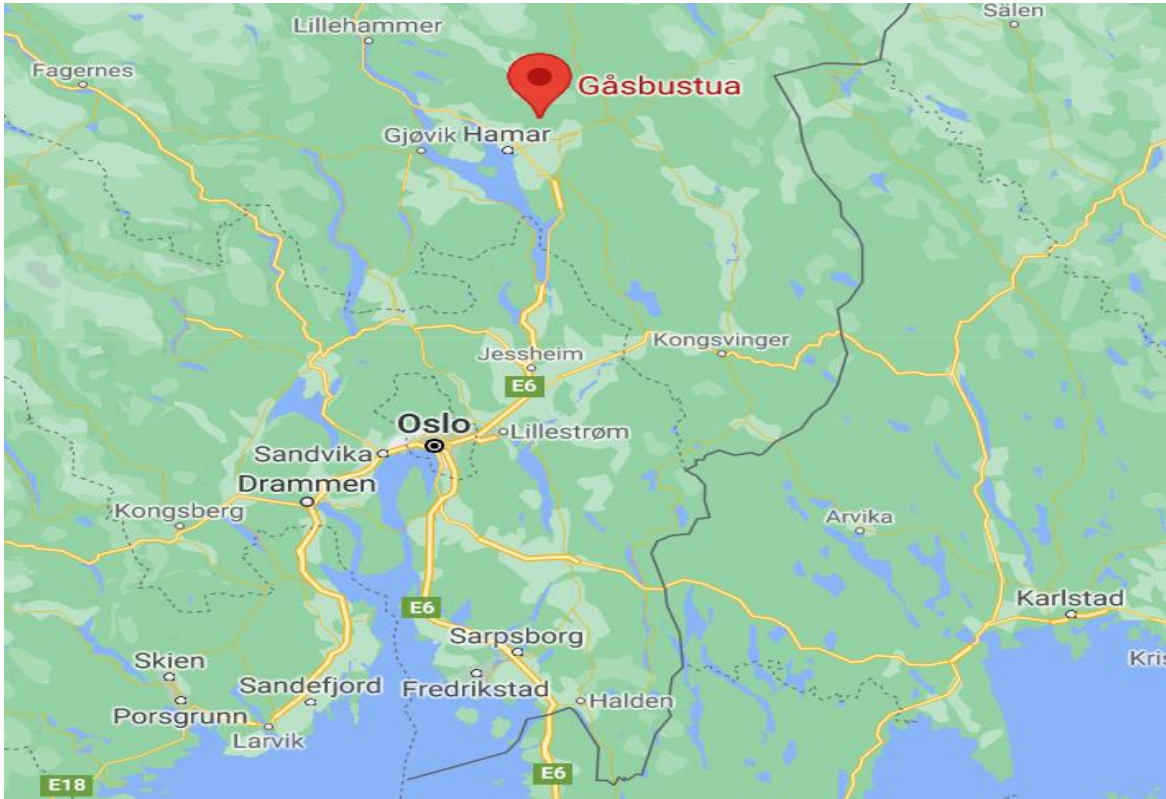




NO TO HATE



YOUTH EXCHANGE

GÅSBUSTUA, HAMAR NORWAY

PLACE AND DATE: 1-10 JUNE 2023, GÅSBUSTUA NORWAY

PARTICIPANTS: 60 people (8 youth + 2 group leaders from each country).

COUNTRY: Germany, Norway, Lithuania, Romania, Turkey and Croatia.

LANGUAGE: The working language will be English.

Participant fee: 40€



SUMMARY



The youth exchange aims to achieve several goals, including enhancing the understanding of the participants and organizations involved on the nature and impact of hate speech, especially its connection to hate crime. The exchange also seeks to equip participants with skills to address disconnected and online hate speech within their communities, and combat stereotypes, prejudice, discrimination, and racism, especially against minorities and refugees. Additionally, the program aims to build the capacity of participants and organizations to develop and implement campaigns and awareness-raising activities that address the root causes of hate speech and hate crime. The youth exchange will also provide participants with the necessary skills to effectively use various media platforms, including social media, for promoting awareness on the issue of hate speech. Finally, the program seeks to promote intercultural communication, cooperation, and service skills among the participants in multicultural settings.

The location and date of the project is set for **Gåsbustua, Norway** from **June 1st to June 10th, 2023**. There will be a total of **60 participants**, consisting of **8 youth** and **2 group leaders** from each of the following countries: **Germany, Norway, Lithuania, Romania, Turkey, and Croatia**. Please note that the working language for this project will be English.



ACTIVITIES AND METHODS



Working Methods

The youth exchange activities are based on non-formal education methods and serve different purposes to achieve the desired outcomes. Young people have chosen these methods, and the project team has adapted them into practical activities. We have categorized the methods according to their role:

INTEGRATIVE: To enhance participant dynamics and encourage group cohesion, we have included name and knowledge games, team-building activities (such as Mission Impossible, Make your choice!, Broomsticks, Hot Potatoes), work in mixed and national groups (such as presentations, research, production of promotional clips), outdoor physical activities, and mental health workshops.

CREATIVE: To develop the artistic sense and encourage creativity, we have included interactive presentations, theatre sessions, motivational clip creation, artistic presentations, and cultural evenings.

INTERCULTURAL LEARNING: To overcome prejudices and stereotypes about other cultures, we have included The Albatross, cultural evening content, and free time to discover local cultural elements.

EXPERIENTIAL LEARNING (learning by doing): To challenge participants and provide them with new experiences to learn more about themselves and the organization, we have included activities outside their comfort zones (such as techniques and methods used in these types of activities).

Who can participate in the youth exchange?



The ideal participants for the youth exchange are young people between the ages of 15 and 30 who have a good command of English and are capable of actively participating in discussions. They should also have a strong interest in the topics addressed by the exchange, which include discrimination, social exclusion, and hate speech, and should be motivated to apply the knowledge gained in their own communities. In addition, participants should be willing to work in a multicultural setting, be open to both individual and group assignments, and be committed to combating 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	10	275.00
Norway	Norway	0-99 km	10	23.00
Lithuania	Norway	500-1999 km	10	275.00
Turkey	Norway	3000-3999 km	10	530.00
Croatia	Norway	500-1999 km	10	275.00
Romania	Norway	500-1999 km	10	275.00

Participants are required to provide their tickets and boarding cards to receive reimbursement for their travel expenses. The travel costs (including flights and other modes of transport) will be compensated up to 100% based on the actual expenses incurred and the distance from the participant's place of residence to the project location in Norway. The European Commission's distance calculator must be used to calculate the distance. Please note that we do not send money directly to the participants, but to the sending organization who will be responsible for disbursing the funds to their members. It's important to keep in mind that there may be a delay of several months in receiving the reimbursement from the European Commission (**up to 6 Months! BE READY FOR THAT**). If this occurs, the participant will receive their reimbursement via bank transfer. Please be aware that travel by car or taxi will not be reimbursed. Additionally, any additional days that a participant wishes to stay beyond the duration of the project will be their responsibility, including expenses related to food and lodging.

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 be responsible for arranging accommodation for any extra days beyond the duration of the project. However, if participants wish to extend their stay, they can inform us in advance and we will be happy to assist them in booking a hotel. It is important to note that participants cannot stay at the project location beyond the project duration, as the place will be booked for other purposes. Participants are allowed to arrive up to 2 days before the start of the project and depart up to 2 days after the end of the project. Any extension beyond this duration will not be permitted.



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/>.



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660 Gåsbu - Øståsen - Hamar Gyldig: 16.08.2021 - 19.06.2022

Mandag til fredag

Skole:	S	SFri	S	S	SFri	S
Gåsbu	13:00	16:05	...	16:50
Råpslad	...	09:17
Kylgårdskryssset	...	09:19
Bekken	07:06	09:23	12:42	13:03	16:08	16:40
Østås	07:09	09:25	16:11	16:56
Kylgårdskryssset	16:13
Kylgårdskryssset	12:45	13:09	...	16:43
Libergstajet	12:47	13:13	16:17	...
Grefthenmoen	07:11	09:27	16:58
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 - 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
Ingelrud	...	12:40	...	14:26	14:56
Grefthen	...	12:45	...	14:31	15:01
Grefthenmoen	...	12:48	12:36	16:36	16:37
Libergstajet	07:01	14:37	15:07
Kylgårdskryssset	07:03
Kylgårdskryssset	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
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 part of the international evening, we kindly request that each participant bring a dish or drink that is traditional, famous, or delicious from their home country. This will be an opportunity to represent your country and share your culture with others. You can bring any type of food or drink that you like.

HEALTH INSURANCE

The organizers will not provide health insurance for the participants and it will not be reimbursed. We highly recommend that all participants purchase private travel insurance, as the cost of private healthcare in Norway can be expensive if you are not insured.



We want to remind all participants that the organizers will not provide any type of insurance. It is highly recommended that each participant purchase their own travel insurance for the entire duration of the course, as private healthcare costs in Norway can be quite expensive without insurance. Additionally, for those who are eligible, please ensure that you have 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!