



Erasmus+

AKTIV UNGDOM

TC "RURAL EXCHANGE"

Supporting Youth Leaders

05-13.05.2017, Trysil (Norway)



Shokkin Group
Norge



Shokkin Group
International

DESCRIPTION OF THE PROJECT

The training course "**Rural Exchange: Supporting Youth Leaders**" is organized by **Shokkin Group** and will take place in **Trysil (Norway)**, during the period of **5-13 May 2017**, including 21 participants and four trainers from **7 countries (Norway, Denmark, Estonia, Italy, Romania, Spain and Cyprus)**.

During the 7-day training course we will discuss the topics of rural areas, youth involvement, youth exchanges and Erasmus+ through a set of methods based on Non-Formal Education.

Number of participants per country: 3 pax per country (Denmark 4, Estonia 4, Norway 5)

The idea of the project "Rural Exchange: Supporting Youth Leaders" came from the need of communities where partner organizations are working. We see rural areas as a **great potential place for personal development and work**. We want to find ideas and ways to create sustainable and social business ideas for and with youngsters to be set in the rural areas of our countries. The ideas that will arise during the project will lead to the **implementation of youth exchanges** together with young people and those who work in NGOs connected to activities in rural areas.

PARTNERS



www.shokkin.org



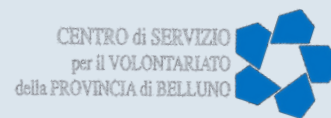
www.ticket2europe.eu



www.icye.dk



www.stropdefericire.ro



www.csvbelluno.it



www.planbe-ngo.com

AIM

The **aim** of this project is to promote youth exchanges as a tool for the development of rural areas and to activate young people through training youth leaders in order to initiate high quality youth exchange ideas tackling the topic of rural and natural areas.

OBJECTIVES

In order to achieve this aim, we established the following **objectives**:

- To foster mutual understanding of the issues of misuse of rural areas;
- To share real situation of youngsters' level of activity in the rural areas;
- To discover the potential of rural/natural areas for fostering entrepreneurship, environmental education, etc.
- To discover appropriate models of organizing youth exchanges in rural/natural areas with the local communities;
- To show potential career choices and promote rural/natural areas for young people;
- To develop ideas of youth exchanges that are relevant to the community and the young people involved in them;
- To share best practices of examples of youth exchanges done in the rural areas;
- To get to know quality aspects of youth exchange development and apply it to the rural areas.
- To promote rural/natural areas as potential field for employment by creating entrepreneurial ideas and spreading them around.

The methods used will be those of non-formal education, including creative workshops, debates and active inter-cultural learning processes that will encourage young people to become active citizens and to share their gained understanding and knowledge with others.



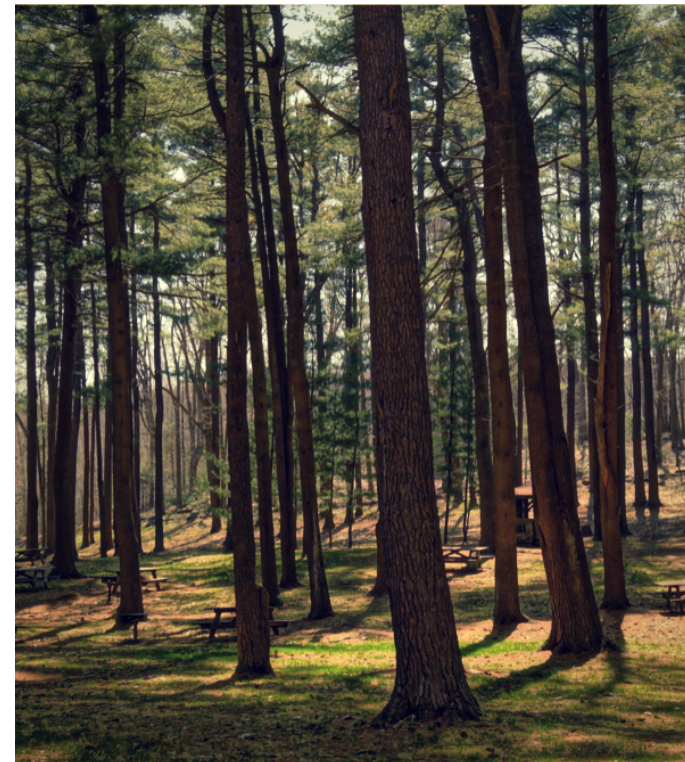


PARTICIPANT'S PROFILE

We are looking for youth workers/youth leaders living and working in rural areas who have some experience in youth work and who are active in this field as volunteers or NGO members. The ideal participant for this project will be an **active volunteer/member of an NGO or a youth leader** connected to a group of peers, who has less access to training programmes due to living in a rural area.

Participants should be at least **18 years old**, have **good level of English**, and be willing and committed to work hard and **actively participate in ALL sessions** (about 9 hours per day).

Besides, participants should commit to **keep to the deadlines** and carry out the **preparatory tasks** asked for by the organisers, and be willing to follow-up on the training course via active youth work, ideally in co-operation with their sending organisation.



LOCATION

TRYSIL (NORWAY)

Trysil is a municipality in the **eastern part of Norway**, close to the Swedish border. The area has **a lot of forest and beautiful nature**, and there is a big ski resort in the mountain that is a very popular tourist destination all year long. Trysil centrum has a lot of shops, some restaurants and other services.

The weather is **rather fresh in May** (specially for Southerners!). Average temperature is around **10° Celsius**, but it can be both warmer and colder. So please bring appropriate and warm clothes, wintershoes, hair dryer, etc!

The venue will be located in **Ljørdalen**, a small village in Trysil municipality. It is close to the nature, and there we'll have fresh air, forest and the river as neighbours. We have four cabins to share, so **we will be 6-7 people per cabin**.

Bedlinen and towels will be provided.

You can check the website of the venue in the following link: www.ljoratunet.no.



TRAVEL ARRANGEMENTS

Trysil is located **3 hours from Oslo**, and **2,5 hours from the main airport, Oslo Lufthavn**. We strongly recommend you to take the flight to Oslo Lufthavn, as it is cheaper and closer to Trysil than any other airport. Later on, both from the airport and Oslo you can take **bus 130 Trysilekspressen**, that goes directly to Trysil few times each day. You can check the timetable and book bustickets online in:

Timetable of line 130 in PDF

Website: www.nor-way.no/en-US

Arrival: you will be picket up at **Trysil bus station at your arrival on 5th of May**.

For this, it's important that you let us know about your travel plans beforehand.

Note that buses from Oslo to Trysil are not so frequent, so plan your journey accordingly!

Also, when buying the tickets, bear in mind that there is a **fixed maximum amount reimbursable for your individual trip costs from and to your home country**. These amounts vary from country to country, and are as follows:

Estonia (4), Denmark (4), Italy (3)	275 €
Romania (3), Spain (3)	360 €
Cyprus (3)	530 €

Reimbursements will be made by **bank transfer** within 14 days after the training course **ONLY on presenting ALL your booking documents. Keep all your tickets and boarding passes close**, so we can collect them once at the venue! As soon as you make the booking documents send them to:

marit@shokkin.org



REMEMBER!

To avoid misunderstandings and have an easy reimbursement process, we advise you to follow these steps:

- Arrange all your travel in advance based on **economy class tickets and plan the cheapest route possible** to the project venue and back home.
- **Taxi** rides can only be reimbursed if the trip is happening at night, when **no local buses or trains operate**.
- Please note that **car travel** can only be reimbursed in **certain conditions**, so please contact the coordinator if you must have any long-distance car travel.
- If you are over your personal given travel budget, the **excess amount will not be covered**.
- If you have any doubt about your travelling plans, please contact the coordinator **before booking tickets**.

*Failure to participating in a minimum of **80% of the content sessions or inappropriate behavior** might resolve in reimbursement not being given to the participant or even withdrawal from the course with a notice provided to the sending organization.*



PRACTICALITIES



TRAVEL INSURANCE

It is mandatory and your own responsibility to have a valid travel and medical insurance during your travel (i.e. **European Health Insurance Card**).

If you need help with this, please contact your organisation back home.



CURRENCY AND EXCHANGE

Food, accommodation and transport costs will be covered, but if you want to buy something, the best and easiest way is to use **credit card**.

If you want to exchange, the currency in Norway is **Norske Kroner (NOK)**: **1 NOK= 9,2 €**. It is not possible to exchange in Trysil, so do it before arriving!



MULTICULTI NIGHT

We'll have the opportunity to **discover one another's cultures and national delicacies** during multi-culti night.

For this, you can bring **traditional snacks or drinks from your country**, as well as songs, dances and stories to share. Be ready to present them!:))



PARTICIPATION FEE

There will be a **20€ participation fee** to be brought in cash at the beginning of the training course.

The money will be spent on the benefit of the project to provide extra activities and more fun times.

Training programme*

What should you expect? Getting to know each other personally and professionally, gaining tools for your work within your NGO, discovering the potential of youth exchanges in rural areas, actually working in an international group in the project writing process and, of course, having lots of fun in the evenings.

		Day 1 06.05.2017	Day 2 07.05.2017	Day 3 08.05.2017	Day 4 09.05.2017	Day 5 10.05.2017	Day 6 11.05.2017	Day 7 12.05.2017		
10.00-11.30	Arrivals	Getting to know each other	My Rural Areas (homework)	Under the microscope: Youth Exchange	Sea of Ideas	Project Cycle	Schedule Planning	Support Session	Departure	
11:30-12:00		Coffee Break								
12.00-13.30		Team-Building	My Rural Areas (homework)	Rural Potential	Quality of Youth Exchanges	Work in Groups	Work in Groups	Pitch Perfect		
13:30-15:00		Lunch								
15.00-16.30		Project-Topic presentation	Rural Needs	NGO Fair	Why this idea?	Discovering local realities	Deor & Impact	Action Planning		
16:30-17:00		Coffee Break					Coffee Break			
17.00-18.00		Non-formal Learning & YouthPass	Erasmus+	Let's Connect	Work in Groups		Work in Groups	Final Evaluation		
18.00-18.30		REFLECTION					REFLECTION			
19:00-20:00		Dinner					Dinner			

*This is the draft programme, that for sure we'll change in order to adapt it to the participants learning needs.

CHECK LIST

- ✓ Warm clothes and shoes.
- ✓ Brief presentation of your organization and your country/culture.
- ✓ Traditional snacks/drinks for multi-culti night.
- ✓ Bring your passion items (guitar, dancing monkeys, knitting set).
- ✓ Book transportation according to budget limits and send us the info.
- ✓ Join the official Facebook group of the project.



HERE

CONTACT INFORMATION

For any questions or clarifications regarding the project, feel free to contact your organisation or the coordinator of the project:

Marit: **marit@shokkin.org**

Looking forward to welcome you in Trysil!