

INFOPACK

ERASMUS+ YOUTH EXCHANGE PROJECT

Celebrate!

CULTURE & EXPRESSION LINK TO EMPOWERMENT AND BALANCE IN
RELATIONSHIPS THROUGH AUTHENTICITY, TEAMWORK AND EXCITEMENT

09.06.2025. - 18.06.2025.
HAMAR, NORWAY

CREATIVE MINDS
for culture



Co-funded by
the European Union

AIM OF THE PROJECT

This Erasmus+ project aims to bring together 30 young people aged 18-30 from Latvia, Lithuania, Norway and Sweden **to explore EU Youth goals**, especially :

#2 Equality of all Genders;

#3 Inclusive Societies;

#5 Mental Health & Wellbeing;

#8 Quality Learning.

It will be done through the scope of **community building**, exploring topics such as **healthy relationships, self expression and efficient communication** in various group-based settings.

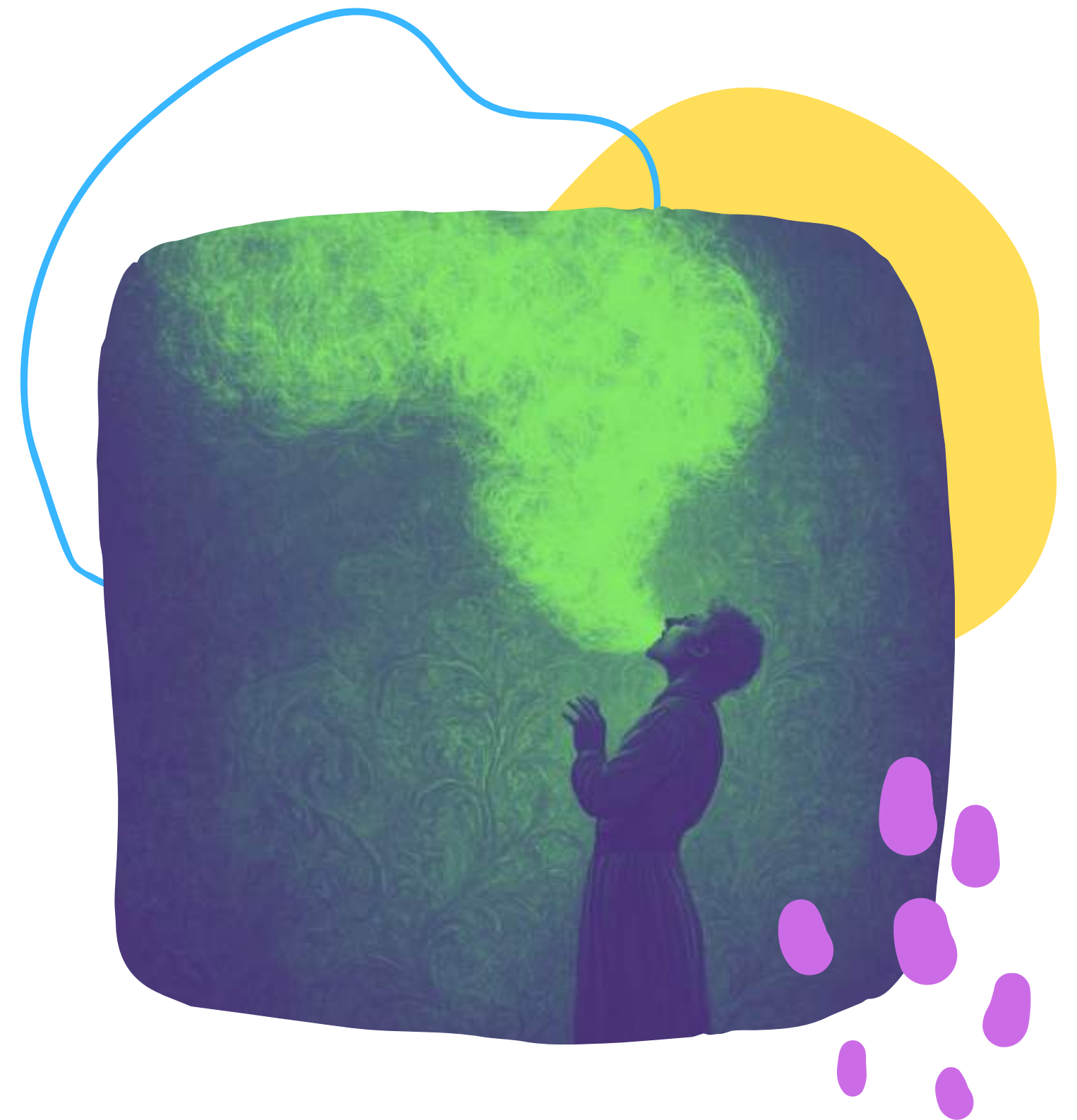
This project also aims to provide an opportunity for the participants to immerse themselves in European culture and values.



PROJECT: CELEBRATE

PARTICIPANT PROFILE

- Young people (18-30 years young)
- Medium level of English - able to communicate
- First hand to candidates with little or no experience in E+ projects
- First hand to candidates with fewer opportunities (economical, geographical, social etc. obstacles)
- Curiosity about EU Youth goals, self-development as well as healthy relationship building within all sorts of communities is recommended.



ACTIVITIES

Through this project, participants will:

- Gain a **better understanding of the EU Youth goals**, especially the ones regarding equality, inclusion, wellbeing and quality learning.
- Engage in **local volunteering activities** in order to gain practical insights about community building in creative/cultural environments;
- Learn about how **cultural expression and community environment** build our sense of self and shape the way we interact and relate to the world and other people;
- Learn about **Erasmus+ program and its contribution** towards youth development all over Europe.



ACTIVITIES

Program will consist of:

- Group building activities;
- Sessions on Erasmus+, Youthpass, EU Youth goals;
- Discussions and practical workshops about community building and healthy relationships;
- Developing our own little community and taking care of it - doing some cooking, sharing responsibilities etc.
- Getting to know the volunteer culture and good practice examples around Hamar Middelalderfestival and its community;
- Creative tasks to engage in local culture and share traditions of all the countries involved;
- Evaluating the learning process and sharing participants' own experiences;
- Sharing the results, planning the next steps and ideas under the possibilities of the Erasmus+ program.



Q U O T E

"This exchange is an excellent opportunity to learn more about yourself, the togetherness of people and building true connections that last a lifetime."

FROM A PARTICIPANT, 2023



ARRIVAL AND DEPARTURE

Youth exchange program takes place from 09 June, 2025, until 18 June, 2025.

Arrival day is 09th of June, departure day - 18th of June.



LAND IN OSLO AIRPORT

This is the closest airport.
After landing you will take a
train to Hamar.

You are also encouraged to
use green travel (car, bus,
train) if you live in Sweden or
Norway.



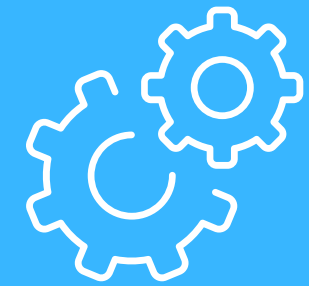
SPORTY HOSTEL

Arrival in the
accommodation for the
participants is planned
on 09.06.2025.. after 3PM and
departure from the
accommodation - on
18.06.2025. until 10am.



EXTRA TIME

It is possible to come to
Norway 1-2 days earlier
and/or leave 1-2 days later,
but then participants
have to plan it and to cover
all the additional costs
by themselves.



OUR SERVICES

Costs covered by EU
Erasmus+ programme
funding: training, materials,
accommodation, food,
travel insurance, green travel
(according to
Erasmus+ travel distance
limits) and support for
youth with fewer
opportunities;

Before you buy the tickets, please inform us and receive the approval.

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REIMBURSEMENT

Reimbursement will take place after all the participants have submitted their travel documents, including ticket originals and filled the reimbursement form correctly. Reimbursement limits for each country are:



LATVIA

309 EUR

NORWAY

28 EUR

LITHUANIA

309 EUR

SWEDEN

211 EUR

ACCOMMODATION

20

MINUTE WALK

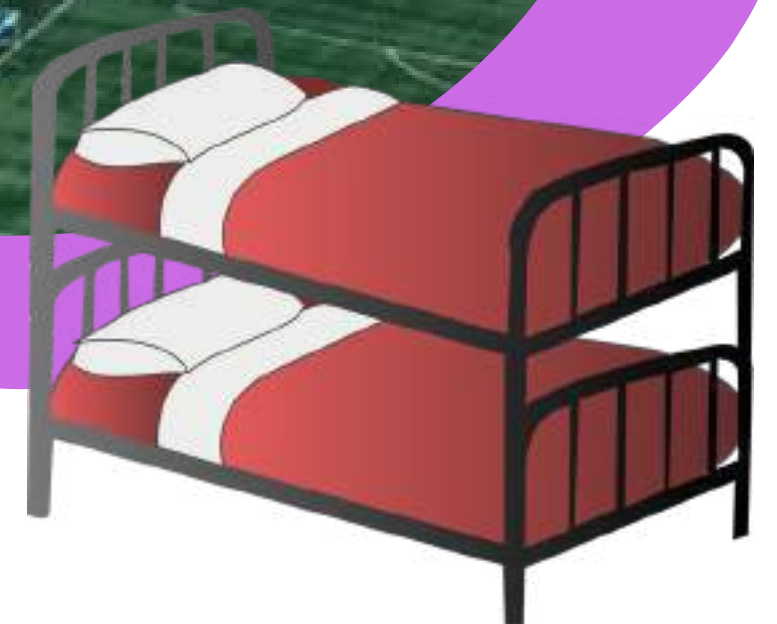
30+

HOT SHOWERS

1

FOOTBALL FIELD!

Accommodation will be organised in a sports hostel within the city of Hamar. It is just a short walk away from the activity venue and the walk is really scenic - goes right by the beautiful Mjosa lake. In the hostel you will find rooms housing 3-5 people and common showers and toilets.



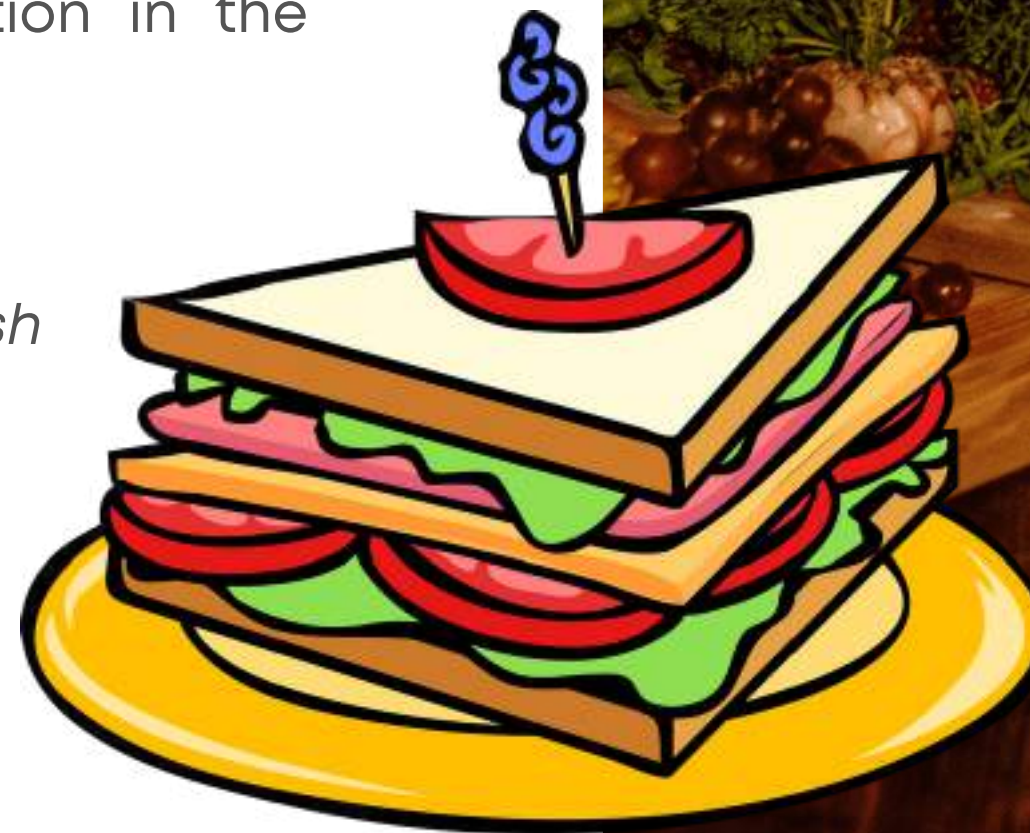
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MEALS

Meals will be provided 3 times a day (breakfast, lunch and hot dinner) at the activity venue during the activity program.

If you have special needs regarding food (vegetarian, any allergies etc.), you must provide this information in the application form before your arrival.

NB. There is also a shop nearby if participants wish to use their pocket money for snacks, local souvenir chocolates etc.



Methods of the program

The youth exchange is based on non-formal education methods, so the program is based on the activities that promotes learning by doing, involves your active participation, gives opportunity of exchanging experiences, are based on participants needs, develops knowledge, skills and attitudes of the participants and involves individual and group work methods.

A big part of the program activities will be implemented outdoors/in nature, but it will not be based on physically hard survival type of activities that require specific equipment, skills and experience, we just ask you to prepare good outdoor shoes, a comfortable type of sandals that would work with a medieval outfit, a hat for sunny weather and a raincoat in case of wind/rain.



WHAT TO BRING WITH YOU

- **European Health Insurance Card** (EHIC)
- Personal **toiletries** (SHAMPOO, SOAP, TOOTHBRUSH, **TOWEL** etc.);
- **Suncream** and a **hat**!
- Appropriate **clothes and footwear** for the activities **outside** in various weather.
- For men - **dark leggings** for medieval costumes;
- Your own **water bottle**! Also, metal fork and spoon if you prefer.
- A **swimsuit** (water in the lake is cold, but swimmable)
- **Medicine**, if you need;
- Typical **food and drinks from your country**. We will have an intercultural lunch, when participants will present their culture.
- Extra **pocket money** (if you'd like to buy some souvenirs etc.)

FINANCIAL TERMS

Accommodation, meals, materials and activity costs during the program will be covered by Erasmus+. Maximum grant for travel per participant from:

Latvia - 309 EUR,
Lithuania - 309 EUR,
Sweden - 211 EUR,
Norway - 28 Eur

TRAVEL EXPENSES & REIMBURSEMENT

- Reimbursement will be done according to the real costs and original travel documents and proof of payment.
- Travel reimbursement will be done via bank transfer after all the original travel documents will be presented to the organizers, and participant have fully participated in the training till its last day and have sent the needed information to the organiser.

- **According to the rules of the Erasmus+ Programme, we can refund expenses for your travel cost, if the following points are fulfilled:**
- Before you buy the tickets, you must have approval from organiser (Creative Minds for Culture) - eli.creativeminds@gmail.com;
- Your travel route is from your hometown to Hamar in Norway and back;
- You have chosen reasonable and economic means of transportation;
- Your travel dates are according to the programme (2-3 days more is possible if the transport costs are reasonable and not more than original dates. Please compare the travel options);
- You have a receipt or invoice for the cost of your plane ticket and the boarding cards or the train/bus tickets. If you go by plane and book an e-ticket, please send us a copy by email to eli.creativeminds@gmail.com;

- After you have booked your tickets, please send us the following details as soon as possible: Name of the traveler (Participant), Date and time of the Arrival and Departure, Price of the tickets;
- **IMPORTANT!**
- Make sure you have a valid ID card or a valid Passport until the day of your departure from Norway;
- EEA residents must bring their European Health Insurance Card, but we also recommend travel insurance too;
- Only public transportation will be reimbursed (e.g.: taxi at your own expense)

The Project is organised by NGO Creative Minds for Culture (Latvia). It is funded by the support of the European Commission's program "Erasmus+: Youth in Action" which is administered in Latvia by the Agency for International Programs for Youth. (project no. 2024-1-LV02-KA151-YOU-000223550)

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FEWER OPPORTUNITIES SUPPORT

In case you are a youngster with fewer opportunities by the definition of the Erasmus+ guidelines, you are eligible for extra support and we can help you with the purchase of your travel tickets, evaluating the need on a case-to-case basis.

Please consult your group leader to get more info about the support you may receive!

FEWER OPPORTUNITIES CATEGORIES ARE:

- **Social obstacles:** young people facing discrimination (because of gender, ethnicity, religion, sexual orientation, disability, etc.), young people with limited social skills or anti-social or risky sexual behaviours, young people in a precarious situation, (ex) offenders, (ex) drug addicts, young and/or single parents, orphans, young people from broken families, etc.

- **Cultural differences:** young immigrants or refugees or descendants from immigrant or refugee families, young people belonging to a national or ethnic minority, young people with linguistic adaptation and cultural inclusion problems, etc.
- **Health problems:** young people with chronic health problems, severe illnesses or psychiatric conditions, young people with mental health problems, etc.
- **Geographical obstacles:** young people from remote, rural or hilly areas, young people living on small islands or peripheral regions, young people from urban problem zones, young people from less serviced areas (limited public transport, poor facilities, abandoned villages...), etc.

- **Economic obstacles:** young people with a low standard of living, low income, dependence on social welfare system, long-term unemployed youth, homeless young people, young people in debt or in financial problems, etc.
- **Disability:** young people with mental (intellectual, cognitive, learning), physical, sensory or other disabilities.
- **Educational difficulties:** young people with learning difficulties, early school-leavers and school dropouts, lowly or non-qualified persons, young people that didn't find their way in the school system, young people with poor school performance because of a different cultural/linguistic background, etc.



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See you soon!

*in case of questions, please contact Eli:
eli.creativeminds@gmail.com
Whatsapp: +371 26188328*