

**YOU (th)  
LEAD**



# Info-Pack

## Youth Exchange in Kristiansand Norway 1-7 May 2025

This info-pack contains essential information about your participation in the project. Please read it carefully to ensure a smooth experience. If you have any questions, don't hesitate to reach out using the contact details provided.



## 1. DESCRIPTION OF THE PROJECT

The project Youth Leadership, Engage, and Advocate for Democracy (Youth-LEAD) is the mobility of young people with and without fewer opportunities and special needs to share, explore, practice and co-create tools and practices of effective youth engagement. The youth exchange will be hosted in Kristiansand, Norway, and part of the program will be involvement of the participants in Kristiansand Youth Forum during Democracy Week 2025, with the aim to learn from the Norwegian model of civic participation, as well as share practices, from diverse stakeholders across Europe other.

The project aims to contribute to increasing youth engagement in political and social life, and contributing to an inclusive environment of civic engagement where young people share and learn with each other, and are encouraged to co-create and implement/practice at the local level some aspects of democracy.

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## 2. THE PROJECT ORGANIZERS

**Peace Volunteering Network Norway**- Lead Organisation



Peace Volunteering Network Norway PVNN is a non-profit organisation aiming to build more peaceful societies, strengthen democracy and enhance social justice through cross-sectorial collaboration, dialogue and youth empowerment. This goal is more focused on empowering young people to have international, regional and local experiences, be an active part of political and social life, and understand and practice democracy. This empowerment is coming from their direct engagement, also through the increase of capacities for youth workers, youth coordinators and youth organizations.

### Partner Organizations And Countries Involved

1. Peace Volunteering Network Albania
2. Association for Youth Activism and Growth - Excel Skopje - North Macedonia
3. Együtt az Interkulturális Akcióért Alapítvány , Hungary
4. UDRUZENJE ZA DRUSTVENO ISTRAZIVANJE GLOBAL ANALITIKA, Bosnia and Herzegovina
5. INNOVACTIVE CENTER FOR SOCIAL IMPROVEMENT, Kosovo
6. Centar za socijalno preventivne aktivnosti GRiG Serbia
7. Asociatia Babilon Travel, Romania
8. Samsen kulturhus, Norway
9. Zavod za izobraževanje Ad astra Ljubljana, Slovenia



### 3. ROLE OF PARTICIPANTS

#### ***Before arrival in the youth exchange***

- Meet the sending and coordinating organization to prepare for the activity
- Collect tools of democracy from your own country

#### ***During the exchange***

- Be part in all sessions and visits scheduled for this activity
- Simulate a peaceful protest during the Exchange
- Produce materials such as videos, podcasts, infographics, posters, etc., according to their interests, skills, and inspiration
- Draft a call for action to improve youth engagement in democratic processes in their local context.

#### ***After the exchange***

- Organize and coordinate an online campaign.
  - Share these products on their own social media channels, as well as through the channels of their supporting organizations in each respective country.
  - Organize local meetings and workshops to share their learning, promote project results, demonstrate democratic tools, and use some of the activities they experienced during the youth exchange.
  - Adapting and Sharing the Call to Action: Together with youth workers from each partner organization, participants will adapt the call-to-action document to the local context, translate it, and share it with local stakeholders.
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### 4. COSTS AND REIMBURSEMENT

- The project is funded by the Erasmus+ program so reimbursement will be done according to the most recent rules of this program. Erasmus+ provides a fixed budget for transport with tram, bus, train and plane according to the travel distance calculator indicated by the EU. If your transport to and from the project stays within this budget, it will be all reimbursed. If you go over the budget you will have to pay for the difference.
- Food and accommodation are included only during the activity dates.
- Accommodation will be covered from 1 May 2025 to 7 May 2025. Overnight stays outside this period is at your own costs.
- Meals will be covered with dinner of 1st May 2025 and end with the breakfast of 7th May 2025.
- You may start your outbound travel at the earliest 48 hours before the start of the activity, and you must return from the activity within 48 hours after its end. But costs related to your stay before or after the activity will be on your own expenses, PVNN will not reimburse any other cost which is not in the activity period.
- You pay yourself in advance for transport costs. Reimbursement takes place approximately two to three months after the end of the project and from the moment from PVNN will receive from you all needed documents and you have realized the follow up activities.
- There is no participation fee.





## 5. TRAVEL AND ARRANGEMENTS

**Maximum amount of travel reimbursement per participant according country coming from**

Nr.	Country	Maximum Amount can be reimbursed per person
1	Norway	285 Eur (GREEN TRAVEL)
2	Hungary	309 Eur
3	Albania	395 Eur
4	Romania	309 Eur
5	Kosovo	395 Eur
6	Slovenia	309 Eur
7	Serbia	309 Eur
8	N. Macedonia	395 Eur
9	Bosnia and Herzegovina	309 Eur

### **Reimbursements of transportation only possible when:**

- You save and give to PVNN all original tickets/invoices/boarding passes as proof of transport costs incurred.
- We are in possession of your dissemination action. We ask that you share your follow-up activities digitally with us 6 weeks after the end of the project.
- You have completed the online survey of Erasmus+ which will be sent to your email after the project.

### **Your travel plan**

- We expect you to draw up your own itinerary and travel plan. Your sending organization will support in this where necessary. You can already start looking for travel options before selection and find out the most ecological and economical option. However, you can only buy the tickets after selection and approval! Tickets must be booked at the latest one week after the confirmation of the participation.
- After selection, send your travel plan to [pvn.norway@gmail.com](mailto:pvn.norway@gmail.com), only the most ecological and/or economical option will be approved. Travel must be economy/2nd class for a plane, train or bus ticket. No taxi costs will be refunded unless there is no public transport that covers your journey. After approval you can buy.
- Participants can use up to 2 extra travel days. These days are NOT covered by the project regarding food and accommodation.
- Please make sure to arrive at the venue before 18:30 on 1st of May and depart 7th of May.

## From airport to the Venue

You can come through 3 airports:

1. **Oslo** – you can take a train or a bus to reach Kristiansand, which will take around 4 hours and it costs between 55 - 75 Euros.
2. **Kristiansand**, about 20 minutes far from the city – you can take a local bus 35/36 to reach the city center, for ca. 5 Euro.
3. **Sandefjord TRP** - has low cost flights, and is located 2-3 hours from the city. The bus costs 40 Euro one way).

For booking train/bus, visit [www.vy.no/en](http://www.vy.no/en)

## The venue

Accommodation in Kristiansand

The accommodation will be in the city centre:

- Comfort Hotel Kristiansand
- Address: Skippergata 7-9, 4611 Kristiansand, Norway

Participants will be accommodated mostly in triple rooms with private bathroom. Youth exchange activities will be organised in different venues as there will be visits in the Democracy week of Kristiansand. Meanwhile in the beginning there will be sessions in Samsen Kulture Center which are premises of one of our partners in this project.

## Food

While breakfast will be in the hotel, the other meals of the day will be at different places.

As we have limited budget (Erasmus has small budget for Norwegian standards) we will use convenient places, and sometimes sandwiches and take away.

## Money

The local currency is Kroner and the current conversion rate is 1 Euro= 11 Kroner. In Kristiansand there will be several exchange offices, banks where you can exchange money or withdraw money with Visa Electron, Visa Plus, Master, Maestro and other international cards. Please keep in mind that cash money it's not often used in Norway, in more than 90 percent of the places, people use digital card for purchases.

## What to bring

- Personal items
- We will organise an intercultural night and it will be nice to try different food from your countries and cultures, so would be great if you can bring some typical food, drinks or whatever you like that is from your country.
- The most important is to bring a good mood and your motivation



**Other Practical Details:**

- There is a wireless internet connection available at the venue.
- The weather temperatures in Norway (May) are between 4-14 degrees. We recommend you to bring clothes which you consider as the most comfortable for you, for these temperatures

**Working language:**

working language of this youth exchange is English. For the quality of the project it's important that you are able to express in good English. It doesn't have to be excellent, we all make grammar mistakes. But to avoid disappointments in the group it's important that you are able to express your feelings in English. Please, take this in consideration. There will be vocal sharing in all the sessions!

- You will receive a Youthpass at the end of the project or a few days after. Youthpass is a European recognition instrument for identifying and documenting learning outcomes that are acquired in projects under the Erasmus+ Youth and the European Solidarity Corps programmes. So this also counts for your participation in this project. The responsibility to issue the Youthpass certificates to you as a participant lies with PVNN.

**Stay in contact**

If you need to get in immediate contact with us:

Harold Koxha: +355 682323233

Oltiana Rama : + 355 69 24 25 264

Further questions: send an e-mail to [pvn.norway@gmail.com](mailto:pvn.norway@gmail.com)

Once you are selected, we will be in contact with each other via email and Whatsapp. You receive all the necessary information via e-mail. Whatsapp will be used for sending reminders, sharing photos and information. If quick answers are needed or last minute information need to be distributed, we also use Whatsapp. This Whatsapp group can also be used by the team on the spot during the project

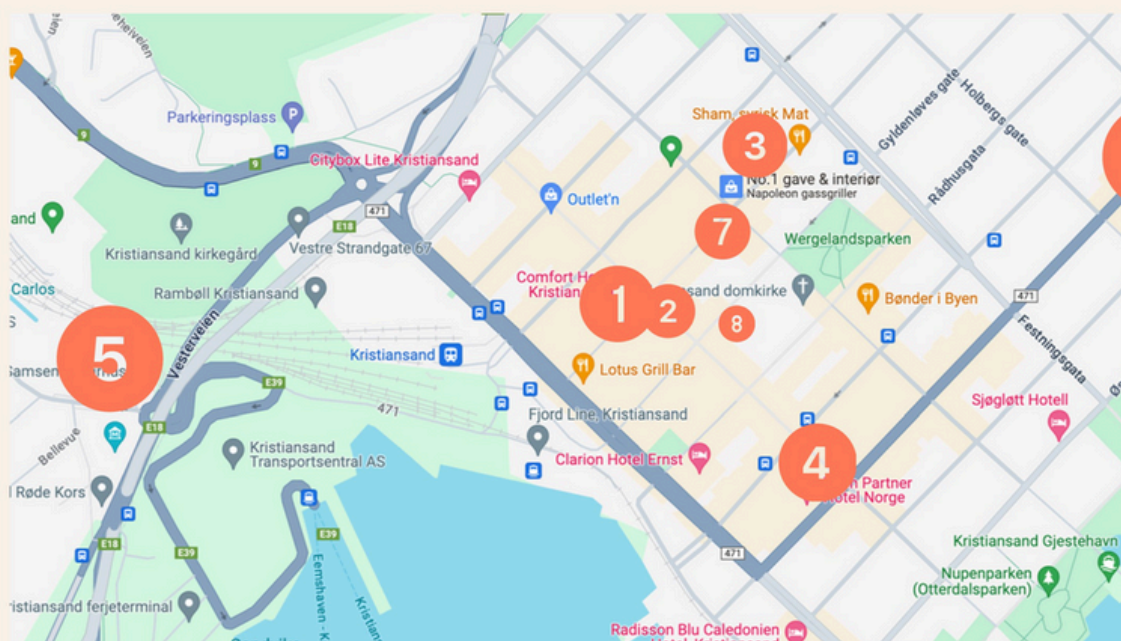
We are looking forward to meeting you in Norway!

In the next page you can find some informations about Kristiansand.



# WHERE AM I?

Most things in Kristiansand is within a short walking distance. here is an overview of where our activities will be.



1. **Comfort Hotel Kristiansand**, Skippergata 7-9
2. **Tilstede Mat & Mer**, Markens gate 29
3. **Flua Pizza**, Skippergata 43
4. **Cafe Dronningen/Hotel Norge**, Dronningens gate 5
5. **Samsen Culture Center**, Vesterveien 2
6. **Spiren Kafé**, Dronningens gate 52
7. **BARE**, Skippergata 24b
8. **Biblioteket** (The Library), Rådhusgata 11

**Google maps is your friend. And remember that most Norwegians speak English and are happy to help you find your way.**



# Q&A

## **Q: What are some must-see attractions in Kristiansand?**

- For a taste of local culture, check out Posebyen, the old town of Kristiansand, known for its charming, traditional wooden houses, and take a stroll in Baneheia - a forest area where you can take a swim.

## **Q: What kind of weather can I expect in Kristiansand?**

- A: Weather can be unpredictable. Wear layers so you can adapt through the day. Temp for this week is set to between 10-18 Celsius.

## **Q: Are there any local foods I should try while in Kristiansand?**

- We will make sure to provide participants with local food and snacks, such as lefse, Sørlandschips and brown cheese :)

## **Q: How do I get around in Kristiansand?**

- A: Kristiansand is quite walkable, and electric scooters are available.

## **Q: What are some cultural norms I should be aware of in Norway?**

- A: Norwegians are known for their punctuality and respect for personal space. It's common to greet with a firm handshake, but otherwise, physical contact is minimal. Always say "takk" (thank you) for services, and remember that tipping is not mandatory but appreciated for good service. Also, Norwegians generally speak in a quiet and calm manner, so it's polite to match this demeanor.

## **Q: What language is commonly spoken in Kristiansand? Should I know some Norwegian phrases?**

- A: Norwegian is the official language, but you'll find that most people, especially younger generations, speak fluent English. However, learning a few basic Norwegian phrases like "Hei" (Hello), "Hvordan går det?" (How are you?), and "Takk" (Thank you) can be appreciated and shows respect for the local culture.

## **Q: Can I use my credit card in Kristiansand or will I need cash?**

- A: Credit cards are widely accepted in Kristiansand, and it's common to use them for almost all transactions, including small purchases.

## **Q: Are there any safety concerns I should be aware of in Kristiansand?**

- A: Kristiansand is generally very safe, but like any city, it's wise to take standard precautions. Keep an eye on your belongings, especially in crowded places, and it's best to avoid walking alone late at night in unfamiliar areas. Emergency services are efficient, and you can dial **112** for police in case of an emergency.