



"CLEAN THE VIRUS OFF"



PLACE AND DATE: (01-09th August in 2022 to Svarstad, Norway)

COUNTRY: Partner countries will be from Norway, Ukraine, Turkey, Slovenia, Italy, Slovakia and Bulgaria.

PARTICIPANTS 58 young people (8-9 participants from each countries) 7+1 and 8+1

WHO-AGE: 18-30 Group leader can be over 30+

LANGUAGE: The working language will be English.



SUMMARY OF PROJECT



The youth exchange Clean the Virus off will take place in Svarstad in the period 01-00th August in 2022 and consist of 58 young people between the ages of 18 and 30 from Norway, Ukraine, Slovenia, Turkey, Slovakia, Bulgari and Italy. In our project "Clean the Virus off!" we will explain and show to our participants how an effective hand cleaning is, how social isolation is of the essence for slowing the spreading of epidemic in our locals. In addition, they'll get an awareness of how great results of these small steps can be.

NGOs should inform people in local and individual levels as well as the governments' policies. For instance, we can assume that everybody washes their hands and give minimum importance to their personal hygiene. However, we've seen that not everybody knows the importance of using soap during cleaning, what an effective cleaning is, an optimal duration for hand cleaning, an efficient hand washing style etc.

In our project we'll explain and show to our participants how an effective hand cleaning is, how social isolation is of the essence for slowing the spreading of epidemic in our locals. In addition, they'll get an awareness of how great results of these small steps can be. Our exchange project will help people to get awareness of public hygiene, self hygiene and thus public health.

Keeping the public healthy indirectly will help the governments to keep their funds for other fields (rather than reserving a share of millions of euros for sustaining subsistences of



socially-isolated-workers, besides the millions of euros for healthcare system). In addition to this, we know that being healthy during a global pandemic or local epidemic necessitates not only self-hygiene, public sanitation and social isolation but also proper nutrition, regular sleep, regular exercise and break bad habits, such as smoking, drinking alcohol etc. For instance hygiene alone isn't enough unless you take nourishments efficiently and have a healthy body without cholesterol, obesity or other physiological problems. Experts mention that the coronavirus becomes more dangerous when an infected patient already has a health problem. Especially smokers and the ones with lung diseases are considered to be the most vulnerable group against the coronavirus. So, the importance of complete well-being in order to prevent any infections and contagious diseases will be reminded to the participants during and after our project.

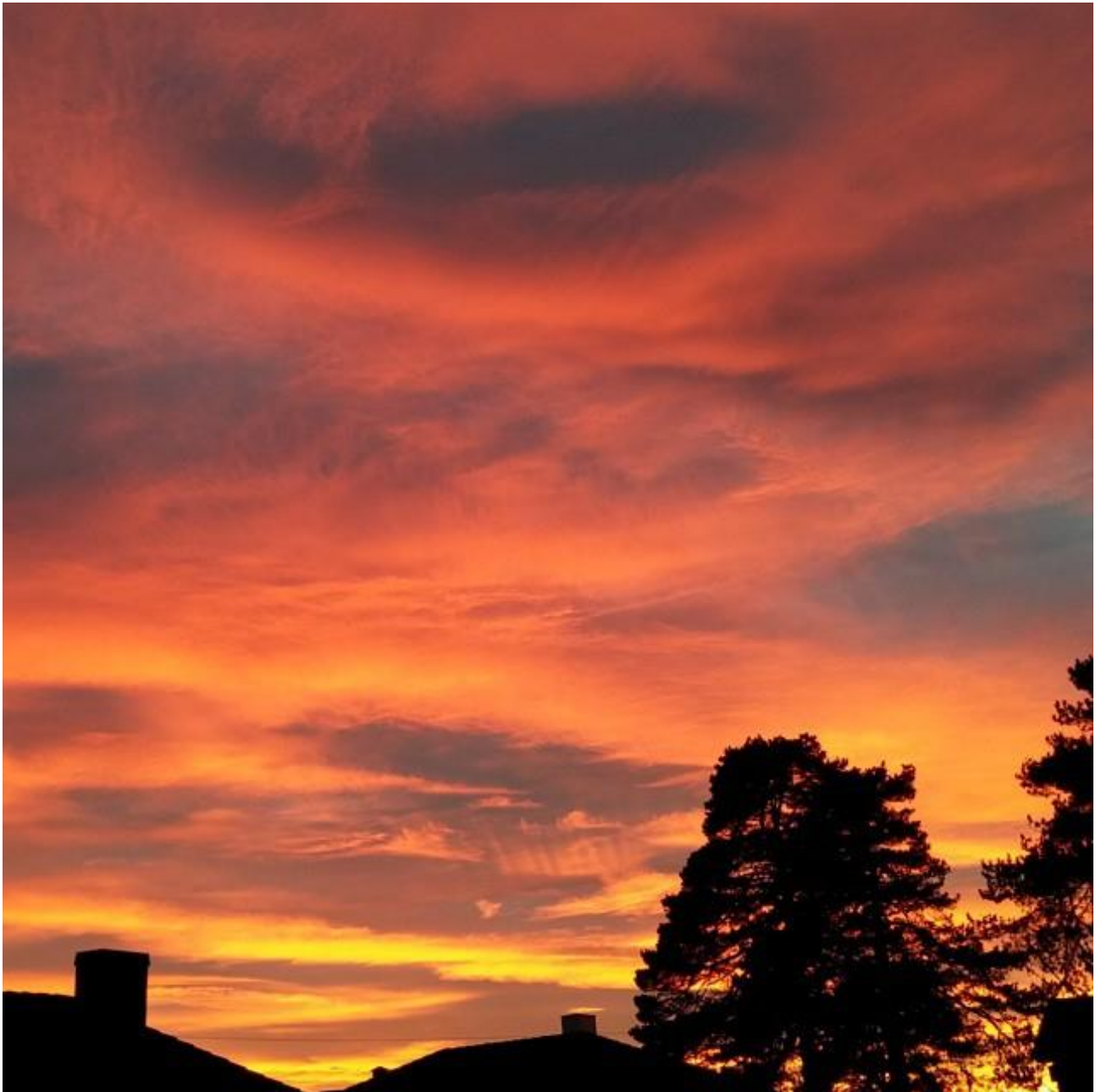
We are planning to implement our project for young people using of non-formal educational methods and activities to achieve the following specific objectives:

- To learn/discuss about public health policies and to learn situations in other countries,
- To share similarities and good practices used in different countries in terms of the public health,
- To learn proper nutrition, regular sleep, regular exercise and break bad habits, such as smoking, drinking alcohol etc,
- To learn keep, social distance,
- To support young people to find alternative opportunities/activities such as sport events, Erasmus + opportunities etc.
- To learn how to organize a campaign and being able to organize their own campaigns for public hygiene and health,
- To learn about 'Public Hygiene and Public Health' (Getting cleaning supplies more accessible to people, Promoting awareness on social mobility and contagion effect, Making a lion of social isolation during an epidemic),
- To support young people to increase their knowledge about Erasmus + Programs and youth exchange projects in order to develop new projects in the future.



PARTNERS

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The project will host participants from the following 7 organisations.
Partners are from Norway, Ukraine, Turkey, Italy, Slovenia, Bulgaria and Slovakia.

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
Norway	Norway	0 - 90 km	9	20.00
Slovakia	Norway	500-1999	8	275.00
Turkey	Norway	2000 - 2999 km	9	360.00
Slovenia	Norway	500 - 1999 km	8	275.00
Bulgaria	Norway	2000 - 2999 km	8	360.00
Italy	Norway	500 - 3000 km	9	275.00
Ukraine	Norway	500 - 1999 km	8	275.00

When participants come to Norway we will pay travel expenses, 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 (Svarstad, Norway). These distances must be calculated using the distance calculator supported by the European Commission. [Distance Calculator | Erasmus+ \(europa.eu\)](#) We don't send money to each participants. We will send only money to sender organization or to group leader or who do you make responsible person so that will pay to participants.

Accommodation, living and other project-related expenses: 100% funded by the EU. This includes everything except for travel costs.

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VISA FEE

Visa costs for participants from Turkey will be covered but it will be paid only to the participants whose visa is accepted because of Norwegian NA only pays for approved visas.



THE VENUE



Svarstad is the administrative centre of Lardal municipality, Norway. Its population (2011) is 566, and it is situated on the Numedalslågen river, approximately 46 kilometres (29 mi) north of urban Larvik and 11 kilometres (6.8 mi) south of Hvittingfoss in Kongsberg municipality. Svarstad Church was built in 1657 and is located here.

Svarstad ski center was a popular attraction for both children and adults and operated 8 ski slopes. But Svarstad Skisenter didn't do very well and became bankrupt and therefore had to close at the start of winter, 2015. Holemyra is a fairly sizable forested area located in the midst of Svarstad, and this is also a popular picnic and hiking area with residents.

HOW TO REACH SVARSTAD



Svarstad is very small place in nature and it has no airport. You can take bus or train from Torp Airport Sandefjord OR Oslo to Svarstad. You can fly to Oslo Gardermoen or Torp Sandefjord Airport. Both airports are the closest to this city.

I'm going to inform you about travel to Svarstad you arrive in Oslo airport you can take train come to (Larvik < city name) Train come from airport to Larvik it takes 2 hour. You can take bus from Larvik to Svarstad.... I will share the link here for the both train and bus. Bus station very close the train station in Larvik 100 meters at a distance.....! same way in returningsame wai!!

Someone coming from Torp airport they can take bus from airport to (Larvik < city name it take's 1 hour to Larvik and take bus from Larvik to Svarstad....!

Those who come from Oslo you can take the same train because train coming from the airport stop in Oslo as well going to Larvik!

If you are student it will be discount for train and bus tickets! Price for train 249kr for bus 35kr if the changes Euro 25€ train 3.5€ bus

I hope that has been revealing 🙈🙈🙈

Link the train https://www.vy.no/se-reiseforslag?from=Oslo%20lufthavn&to=Larvik%20stasjon&fromDateTime=2022-04-26T02%3A00%3A09.400Z&fromExternalId=NSR%3ANSR%3AStopPlace%3A58211%2CSILVER_RAIL%3A220%3A76&toExternalId=NSR%3ANSR%3AStopPlace%3A58930%2CSILVER_RAIL%3A1519%3A76&addons=W3sidHlwZSI6ImJpY3JjbGUiLCJudW1iZXJUb0J1eSI6MH0seyJ0eXBlljoibGFyZ2VfYW5pbWFsIiwibnVtYmVyVG9CdXkiOjB9LHsidHlwZSI6InNtYWxsX2FuaW1hbCIsIm51bWJlclRvQnV5IjowfSx7InR5cGUiOiJzZHJvbGxlcisIm51bWJlclRvQnV5IjowfSx7InR5cGUiOiJ3aGVlbGNoYWlyIiwibnVtYmVyVG9CdXkiOjB9XQ%3D%3D&fromPosition=60.193361,11.097887&toPosition=59.050357,10.030743

Link the bus <https://www.vkt.no/reise/rutetabeller/>



We will not pick you up at the airport of Oslo and Torp Airport Sandefjord. We will pick you up from the bus station in Svarstad more info we will write on the Facebook group.

INFO FOR CORONA COVID19!

There are currently no corona measures in Norway!

There is no longer a requirement for a negative test before entry or a requirement for entry registration upon arrival in Norway.

No more entry requirements

Regulated requirements for negative testing before entry and requirements for entry registration on arrival in Norway have been repealed.!!

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...

August period can be Temperatures of +20-25 degrees expected, so be prepared for all kind of weather

ACCOMODATION

SVARSTADHYTTA

Adresse:

SVARSTADTUNET, Svarstad

3275 Svarstad, Norway

Telefon+47 417 20 852

<http://svarstadhytta.no>

There are going to be 2-5 persons per room some participants need to sleep in madras and couch but madras and couch comfortable. Participants Breakfast, lunch and dinner will be made by the cook of hosting organization but it will be difficult to cook for 56 participants we will some participants would be volunteer to help us. We have café service, cappuccino, coffee latte, and tea service up until evening. Each participant must bring their own towels, toothbrush, toothpaste



and sampo etc.

“JACUZZI AND SAUNA”

You can use the jacuzzi and sauna every day this is from us to you.







HEALTH INSURANCE

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 NORWAY are quite high if you don't have.



PREPARATION



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.
- ✓ 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.
- ✓ Prepare a **presentation on diversity** in their country.
- ✓ 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. Also, please **prepare a mini (and, of course, fun) language course** for the others. We count on you to make these evenings as interactive and fun as possible.
- ✓ 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).
- ✓ **Bring good spirit, joy and happiness!!!**

Wherever possible, take your laptops, digital cameras, smart phones and tablets – we will be doing some multimedia work that requires mobile equipment!

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BASIC RULES



Smoking is prohibited everywhere inside buildings, thus all the smokers will have to go outside or to specially designated areas for a cigarette. When you come to Norway we can discuss about rules.

Contact person: Mehmet Polat
Tlf and WhatsApp: +4799860565
Mail: mehmetpolat@live.no

SEE YOU ALL IN SVARSTAD, NORWAY