***Final programme for the Youth Exchange  
Social empowerment for youth with fewer opportunities to explore Europe  
04 – 13 June 2014, Gulsrud Camp, Modum, Norway***

***Final program***

***Wednesday 4. June:***

13.00 The Norwegian group meets at AIM

15.00 The Norwegian group leaves for Gulsrud Camp.  
 The Norwegian group set up in their accommodations

15.00 The Polish and Finnish group picked up at Gardermoen

17.00 The Polish and Finnish group arrive at Gulsrud Camp  
The Polish and Finnish group set up in their accommodations

17.30 Some small food (for those who wants that)

19.30 The German group arrive and set up in their   
accommodations

20.00 Dinner

21.00 Freetime (Because someone have had a long day traveling we don’t have any program. Maybe someone just want to  
 go to bed or just relax

***Thursday 5. June***

09.00 – 10.00 Breakfast

10.15 – 10.45 Namegames . mini interview and presentation of   
your partner   
Responsible. Norway (AID)

10.45 – 11.00 Hanging personal posters - Responsible everybody

11.00 – 11.15 Break

11.15 – 11.45 Building a tower   
Responsible Norway (AIM)

11.45 – 12.30 Presentation of the organisations – by leaders  
House and safety rules . and rules for the exchange by the Norwegian leader Thor   
The program in a short version by Thor

12.30 – 13.00 Tour of Gulsrud Camp – responsible Norway (AIM)

13.00 – 14.00 Lunch and official opening with guests

14.00 – 14.30 Opportunity for guests to chat with us

14.30 – 15.30 Volleyball tournament (National teams) – responsible Norwegian leaders

15.30 – 16.00 Coffee and cake break

16.00 – 17.00 Volleyball tournament continues

17.00 – 17.30 National evaluation (\*see last page)

17.30 – 18.00 Freetime

18.00 – 19.30 Dinner

19.30 – 21.00 Building a bridge (teambuilding) – Responsible Norway (AIM- Thor)

21.00 Leaders meeting (\*\*\*\*see last page)

***Friday 6.june***

08.00 – 09.00 Breakfast

09.15 – 09.30 What’s up? (room for questions, problems,   
comments, suggestions from the participants or leaders. Todays program and timetable)

09.30 – 10.15 Namegames, icebraking activities, energizer – responsible The Polish group

10.15 – 10.30 Break

10.30 – 13.00 Teambuilding activities – responsible Norway

13.00 - 14.00 Lunch

14.00 – 15.30 Teambuilding activities – responsible Norway

15.30 – 16.00 Coffee and cake break

16.00 – 17.00 Teambuilding/games – responsible Finland

17.00 – 17.30 National evaluation (\*see last page)

17.30 – 18.00 Freetime

18.00 – 19.30 Dinner – responsible Germany (\*\*see last page)

19.30 – 21.00 Cultural evening by Germany

21.00 Leaders meeting (\*\*\*\*see last page)

***Saturday 7.june***

08.00 – 09.00 Breakfast (everyone must make food for their own   
 lunch to bring along)

09.15 – 09.30 What’s up?

09.30 – 10.00 Morning energizer  
(Responsible The Norwegian group)

10.00 – 10.30 Break/ Pack a backpack with water and packed lunch and maybe some clothes

10.30 – 21.00 Departure for Drammen.  
We will visit Spiralen where we have a little treasure hunt in groups in Drammen Open air museum.  
Then we will have lunch at the view point of Spiral  
Then we will walk down to Drammen where there will be some freetime, before we all meet for dinner at a restaurant at 18.00.  
The bus pick us up at 19.00 and drive us back to Camp. Then it’s freetime for the rest of the evening

20.00 National evaluation (\*see last page)

20.30 Leaders meeting (\*\*\*\*see last page)

***Sunday 8.june***

09.00 – 10.00 Breakfast

10.00 – 10.15 What’s up?

10.15 – 10.45 Morning energizer – The German group are   
 responsible

11.00 – 14.00 Treasure hunt – responsible The Norwegian group

14.00 – 15.00 Lunch

15.00 – 15.45 Teambuilding activities/games   
responsible The polish group

15.45 – 16.15 Coffee and cake break

16.15 – 17.00 Teambuilding activities/games   
responsible The German group

17.00 – 17.30 National evaluation (\*see last page)

18.00 . 19.30 Dinner – responsible Finland (\*\*see last page)

19.30 – 21.00 Cultural evening Finland

21.00 Leaders meeting (\*\*\*\*see last page)

***Monday 9.june***

08.00 – 09.00 Breakfast

09.00 – 09.15 What’s up?

19.15 – 09.45 Morning energizer  
Responsible Norwegian group

10.00 – 14.30 Departure for AIM (our school in Aamot)  
Here we going to have the painting project and there will be some games. And we will have a BBQ for lunch.

14.30 Departure for the Kobolt mines. Here we will have a guided tour in the mines for about 1 ½ hour.

17.00 We will visit Vikersundbakken (the world's largest ski jump)

18.00 – 19.30 Dinner

19.30 – 21.00 Tanzanian cultural evening

21.00 National evaluation (\*see last page)  
Leaders meeting (\*\*\*\*see last page)

***Tuesday 10.june***

08.00 – 09.00 Breakfast

09.15 – 09.30 What’s up?

09.30 – 10.00 Morning energizer  
 Responsible – Norwegian group

10.15 – 10.30 Presentation of the raft project with rules and safety

10.30 – 13.00 drawing a raft – getting it approved by the safety  
 chief  
Building the raft and get it approved by the safety-chief  
Drawing a team flag

13.00 – 14.00 Lunch

14.00 – 16.00 paddle raft to a target, pick one thing and paddle back to the starting point/Finnish

16.00 – 16.30 Coffee and cakr break

16.30 - 17.00 awards ceremony

17.00 – 17.30 National evaluation (\*see last page)

18.00 – 19.30 Dinner – Responsible Poland (\*\*see last page)

19.30 – 21.00 Cultural evening by the Polish group

21.00 Leaders meeting (\*\*\*\*see last page)

***Wednesday 11.june***

08.00 – 09.00 Breaakfast

09.15 - 09.30 What’s up?

09.30 – 10.00 Morning energizer  
 Responsible Finland

10.00 - Departure for Drammen  
11.00 – 11.30 We will visit our school in Drammen and you get a   
 guided tour

11.30 – 12.15 The leader of our school will welcome you to AIB.  
 Two people working in Buskerud County with youth   
 rights, and maybe some politician comes.

12.15 – 13.00 Lunch – BBQ by the seaside

13.00 – 14.00 Workshop with BUFT - Youth democracy

14.00 – 15.30 Depature from AID  
 We will stop at a shopping center for 1 hour

18.00 – 19.30 Dinner – responsible Norway

19.30 – 21.00 Cultural evening by Norway (\*\*see last page)

21.00 National evaluation (\*see last page)  
Leaders meeting (\*\*\*\*see last page)

***Thursday 12.june***

08.00 – 09.00 Breakfast

09.15 – 09.30 What’s up?

09.30 – 09.45 Morning energizer

10.00 – 13.00 National sport in a fun way (\*\*\*see last page)  
10.00 – 10.30 Poland  
10.30 – 10.45 Break  
10.45 – 11.15 Germany  
11.15 – 11.30 Break  
11.30 – 12.00 Finland  
12.00 – 12.15 Break  
12.15 – 12.45 Norway

13.00 – 14.00 Lunch

14.00 – 16.00 Workshop with BUFT – Youth democracy

16.00 – 16.30 Coffee and cake break

16.30 – 17.30 Final evaluation of the youth and leaders

18.00 - Dinner and Farwell party

20.00 - Leaders meeting – what is the next step? Finlad, Poland or do we stop here?

***Friday 13. june***

04.00 – 08.30 Breakfast and clean up the rooms

05.00 - Departure the German group

09.30 - Departure for the Polish and Finnish group

10.00 The Norwegian group carrying all the food and  
equipment back to AIM before they go home

\*National evaluation  
Every night I wish that every organization has a short evaluation meeting where you talk about how your day has been, with the following questions:

What was the best part of the day today?  
What have I learned today?  
How has the program been today?  
Have I got involved in all activities, if not why?  
and other current issues?

* results taken into the leaders meeting

\*\*Dinner:  
I plan the following: The night when your country is responsible for the cultural evening, you also cook dinner (as part of the cultural evening). The dinner will be a typical dish from your homeland. You just send me a list of what you need to buy so do I fix it. But this we can discuss further via mail or APV.

\*\*\* Sport activities (national sports)  
During this point in the program, each country have 30 min to outline how they will have a sports activity that is typical or a sports activity associated with the country. What do I mean by a national sport? I do not know, but it should be something that is fun, not to serious. Think of the youth to have fun, laugh and enjoy themselves.

Think about what other people associate with your country? Is there anything in particular that you are known for? Create a game / sport out of it and we're going to have a blast...

\*\*\*\*Leaders meeting  
brief review of youth evaluation. Today's program, what was good, what can be better  
Review of tomorrow's program and other current issues