



NiTIN is an international oriented non-profit organization within the field of education and culture based in Stavanger, Norway since December 2010.

NiTIN is aiming to promote intercultural understanding and international cooperation through:

NiTIN has been coordinating several seminars, trainings and mobility of people from Norway and other European countries within the field of education and intercultural learning through international programmes such as Youth in Action and Lifelong Learning Programme.

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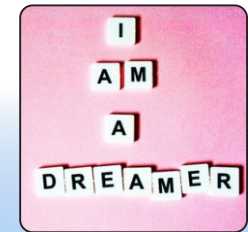
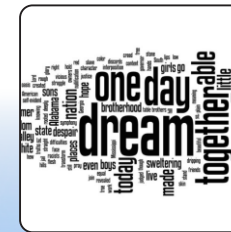
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Training Course *I Have a Dream* Life Coaching for Youth

Visnes, Norway
22 - 30 November, 2016



PROJECT DESCRIPTION

“I Have a Dream – Life Coaching for Youth” is an Erasmus+ training course to be held in Visnes, Norway during Autumn of 2016. It will gather 33 youth workers, youth leaders, educators and volunteers from 13 countries from European Countries.

The project is essentially a youth development program for Youth Workers. It can be described as set of tools to guide youth and young adults, on how to identify and develop their potential to an optimum level. The program was based on the idea that if your life was a book and you were the author, how you would write your story. We all have many dreams and aspirations growing up but we let go of them as we grow into adulthood. One of the key reasons we give up on our dreams from our youth is because of a lack of structured guidance on how to go about achieving them, hence the reason for the creation of this training.

This project will be an excellent opportunity to develop key competences and to share good practices across Europe, to develop strong relationships between partners and so to multiply the effects of the course by increasing the cooperation between partners through the development of new projects and initiatives.

Find out more information in the official webpage of the project:
<http://nitin.no/project/i-have-a-dream-life-coaching-for-young-people/>

SUMMARY

The project aims to give tools to participants dealing with young people, to better understand and unlock their potential using methods that trigger the power of the mind and body in order to facilitate them to become active citizens and fully participate in our globalized multi-cultural society.

To achieve this aim the following objectives were formulated:

1. Give tools and methods to youth workers/leaders to increase young people self-awareness and self-development;
2. Increase capacity of the organizations and youth workers to educate youth about healthy lifestyle and healthy behaviors;
3. Develop youth workers/leaders capacity and techniques to help them to develop soft skills of youngsters with fewer opportunities in a globalized multi-cultural society;
4. Develop a long lasting partnership for implementing quality Erasmus + projects, to fight youth unemployment and its consequences towards youth;
5. Develop an adequate non formal approach to raise the entrepreneurial skills and competences of young people amongst youth workers/leaders.



TEAM OF TRAINERS

Ijhaz Mohideen has been working with youth and young adults since 2009. Upon completing a degree in Business administration, leadership and motivational theory, also attended a 6 month youth empowerment programme involving 122 young people from 35 countries with the aim of transforming Europe into a stress and violence free environment through the teaching of yoga, breathing techniques, mediation, theatre, dance, music, public speaking, non violent communication and conflict resolution.



Ijhaz Mohideen
trainer / facilitator
ijaz@nitin.no

Lena Eide has graduated in philosophy, psychology and religious history. She also has a basic module of Executive MBA with the subjects Leadership and Mastery, Strategy and Economic Governance. She has previously worked four years with recruitment with focus on administrative positions, engineering and management positions. Lena's key expertise is process coaching on individual and group levels, and teaching mindfulness and mental training.



Lena Eide
trainer / facilitator
lena.eide@nitin.no

PROGRAM (*)

DAY 1 TUE Nov.22 | ARRIVAL DAY
20:00 - Welcoming dinner

DAY 2 WED Nov.23 | INTRODUCTION
09:00 - Breakfast
10:00 - Intro to the course
10:30 - Get to know each other
13:00 - Lunch
15:00 - Team-building games
16:00 - Trip to the surroundings
18:30 - Dinner
20:30 - Intercultural Evening

DAY 3 THU Nov.24 | A JOURNEY INWARDS
08:30 - Breakfast
09:30 - Power of Movement and Stillness
11:00 - Self Discovery
13:00 - Lunch
15:00 - Coordination of brain hemispheres
17:00 - Sharing is caring
18:30 - Reflection Groups
19:00 - Dinner
21:00 - National evenings

DAY 4 FRI Nov.25 | IMAGINATION, VISUALISATION, ACTUALIZATION
08:30 - Breakfast
09:30 - Power of Movement and Stillness
11:00 - Visualization
13:00 - Lunch
15:00 - Visualization Techniques
18:00 - Reflection Groups
19:00 - Dinner
21:00 - Movie Night

DAY 5 SAT Nov.26 | A MOUNTAIN IS CLIMBED ONE STEP AT A TIME
08:30 - Breakfast

09:30 - Power of Movement and Stillness
11:00 - Departure to Haugesund
11:30 - Visit the Viking Farm
14:30 - Sightseeing in Haugesund
18:30 - Dinner
21:00 - Free Night

DAY 6 SUN Nov.27 | DISCOVERING TIME MANAGEMENT AND GOAL SETTING TOOLS
08:30 - Breakfast
10:00 - Power of Movement and Stillness
11:00 - Time Management
13:00 - Lunch
14:30 - Coordination of brain hemispheres
16:00 - Goal Setting
18:00 - Reflection Groups
19:00 - Dinner
21:00 - Games night

DAY 7 MON Nov.28 | BEST PRACTICES
08:30 - Breakfast
09:30 - Power of Movement and Stillness
11:00 - Ethics
13:00 - Lunch
15:00 - Coordination of brain hemispheres
16:30 - Best Practices
18:00 - Reflection Groups
19:00 - Dinner
21:00 - Surprise Night

DAY 8 TUE Nov.29 | REFLECTION & WHATS NEXT
08:30 - Breakfast
09:30 - Power of Movement and Stillness
11:00 - Balance
13:00 - Lunch
14:30 - Evaluation | Youth Pass
17:00 - Final Reflection
19:00 - Dinner
20:00 - Farewell Party

DAY 9 SAT Apr.30 | DEPARTURE

(*) The following program could be subject to change.

TRAVEL ARRANGEMENTS

Search the cheapest travel routes and please confirm with our staff the arrival and departure times before you buy your tickets.

Search engines: www.momondo.com | www.skyscanner.com

If you are delayed for any reason please inform our contact in Norway immediately.

ARRIVAL TO VISNES FROM HAUGESUND

The closest airport to Visnes is Karmøy Airport in Haugesund (1).

If you can't find any flight connections to Haugesund.

LOCAL TRANSPORTATION TO THE VENUE

Please inform our Norwegian contact about your time of arrival so he can pick you up at the Haugesund Airport.

REIMBURSEMENTS

The reimbursement of travel expenses will be made to each participant by bank transfer after receiving all travel documentation and filling up the evaluation questionnaires sent by the Norwegian National Agency.

Local contact for transportation:

Nina Aarstand: info@nitin.no | +47 40 47 50 41

ELEGIBLE TRAVEL COSTS

- All travel costs must be previously informed to the NiTiN.
- In your travel costs please consider the additional cost of 200 NOK regarding the local BUS transport to Visnes. This amount will be deducted from your travel reimbursement.

Please confirm the travel budget according to your country of departure:

COUNTRY	NR. PAX	BUDGET / PAX	TOTAL BUDGET
Cyprus	2	360.00	720.00
Czech Republic	2	275.00	550.00
Denmark	2	275.00	550.00
Germany	2	275.00	550.00
Hungary	2	275.00	550.00
Italy	2	275.00	550.00
Macedonia	2	360.00	720.00
Poland	2	275.00	550.00
Portugal	3	360.00	1,080.00
Romania	2	360.00	720.00
Slovakia	2	275.00	550.00
United Kingdom	2	275.00	550.00

PRACTICAL INFORMATION

CURRENCY

Norwegian Kroner (NOK) - 1 NOK = 0,10 EUR

You can exchange your national currency to Norwegian kroner (,- Kr) at the airport exchange offices although we advise you to bring and use your bank card. Almost every shop/service in Norway accept VISA, MasterCard and American Express.

WEATHER CONDITIONS

The weather in Norway is cold, windy and rainy most of the times so we strongly advice you to bring warm clothes and protection against rain and wind. You can check the weather conditions on this website: <http://www.yr.no/place/Norway/>

FOOD AND SPECIAL NEEDS

The participants will be provided with three meals – breakfast, lunch, dinner - and there will be snacks during the coffee breaks between sessions. For any special needs (health problems, diet etc.) please contact our staff.

TRAVEL/HEALTH INSURANCE

The participants should take care of their own travel and health insurance before coming to Norway. Some travel agencies provide this insurance when you purchase your airplane ticket.

EUROPEAN HEALTH INSURANCE CARD

The European Health Insurance Card is free card that gives you access to medically necessary, state-provided healthcare during a temporary stay in any of the 28 EU countries, Iceland, Lichtenstein, Norway and Switzerland, under the same conditions and at the same cost (free in some countries) as people insured in that country.

Link: <http://ec.europa.eu/social/main.jsp?catId=559>

EMERGENCY NUMBERS

Police: 112

Ambulance / Emergencies : 113

Sola Airport: +47 67 03 04 00

Haugesund Airport: +47 67 03 10 10

PROJECT COORDINATOR

Gonçalo Guerreiro (MrG)

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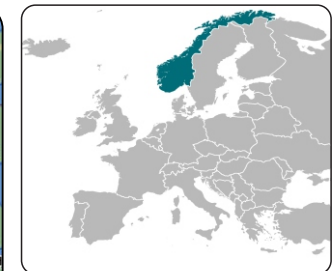
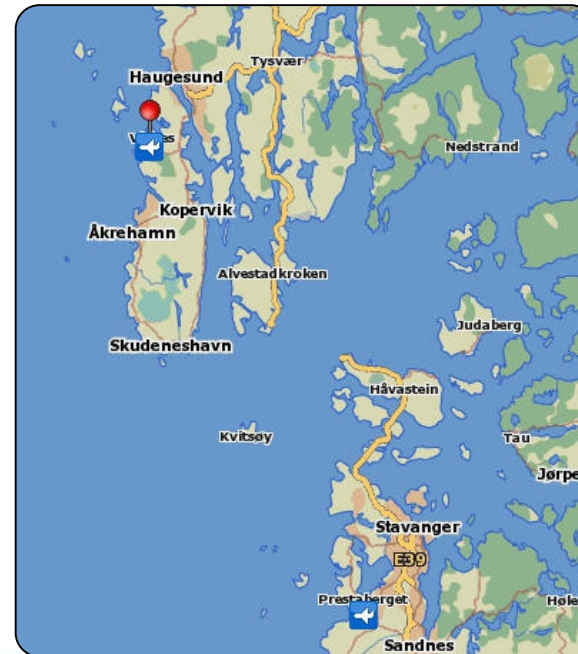
ACCOMMODATION

The training will be held in a local nature school in Visnes, Norway. It's an amazing location in the middle of Nature and surrounded by norwegian fjords.

The participants will be divided according to gender and will share rooms of 4 bunk beds.

INTERNET

There is Wi-Fi in the premises.

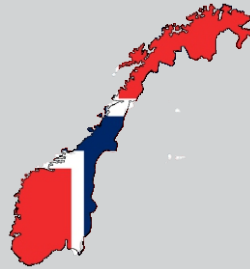


DISTANCES TO VISNES
 From Haugesund Airport - 8 km
 From Stavanger Airport - 87 km
 From Haugesund - 13 km
 From Stavanger - 79 km



FUN FACTS ABOUT NORWAY

1. The name “Norway” means “path to the North”.
2. Norway is the birthplace of modern skiing.
The word “ski” is Norwegian for “piece of wood”.
3. Norwegians have rejected EU membership twice in referendums, but the country's pro EU politicians have implemented more EU directives than any other EU state.
4. Food prices are so high in Norway that many people travel to Sweden to buy their groceries.
5. The Grandiosa frozen pizza is the unofficial national food dish.
6. You can only buy alcohol from stores called Vinmonopolet.
There are only one or two in each city, and none in the countryside towns
7. If caught driving under the influence, there is an automatic 30 days in jail, lose your license for a year, and pay fines up to 10% of your annual income!



USEFUL NORWEGIAN PHRASES

ENGLISH	NORSK (Norwegian Bookmal)
Welcome	Velkommen
Hello	Goddag / Hei / Hallo
How are you?	Hvordan har du det?
I'm fine, thanks. And you?	(Jo) takk bare bra. Og du?
What's your name?	Hva heter du?
My name is ...	Jeg heter ...
Where are you from?	Hvor kommer du fra?
I'm from ...	Jeg kommer fra ...
Good morning	God morgen
Good night	God natt
Goodbye	Ha det bra / Hade
Cheers/Good health!	Skål!
Have a nice day	Ha en fin dag
Bon voyage	God tur!
I understand	Jeg forstår
I don't understand	Jeg forstår ikke
Do you speak English?	Snakker du engelsk?
Yes, a little	Ja, litt
How do you say ... in Norwegian?	Hvordan sier du ... på norsk?
Excuse me	Unnskyld
How much is this?	Hva koster dette?
Sorry	Beklager
Thank you	Takk (thanks) Tusen Takk (a thousand thanks) Mange Takk (many thanks)
Response	Vær så god
Where's the toilet?	Hvor er toalettet?
I love you	Jeg elsker deg
Help!	Hjelp!
Fire!	Brann!
Stop!	Stopp!
Call the police!	Ring politiet!
Happy Birthday	Gratulerer med dagen

CHECKLIST - IMPORTANT ITEMS

PRESENTATION OF ORGANIZATIONS

Please bring material from your local organization and its activities (brochures, flyers, books, posters, videos, etc.) Bring also information about future activities that your local organization is planning to do which require other international partners, as this training can be a good opportunity for meeting future partners and to build future cooperation.

CAMERA AND/OR LAPTOP

Bring your computer and/or camera if you have, it could be useful during activities.

SHOWER AND HYGIENE

Bring your personal shower towel, shampoo and some flip flops. If you travel without check-in luggage the shampoo or other hygiene liquids should be under 100ml.

INDOOR SHOES

There is a “No Shoes” policy in the dining and activity room so we advise you to bring light shoes or warm socks and also comfortable clothes for the activities indoor.

OUTDOOR CLOTHES

Bring warm clothes and waterproof shoes as the weather might be rainy. There will be some hikes in Nature so we advise you to bring good walking shoes as well.

CHECK LIST - WHAT TO BRING WITH YOU

INTERCULTURAL EVENING GOODS

For the “intercultural evening” each participant should bring something typical from their country. We challenge you to share something you especially like from your home or the place you live at the moment (i.e. self-made liquor, your grandma's home-made jam, a piece of your favourite bread or the beer from a small brewery around the corner). There will be the opportunity to use the kitchen to prepare any food you bring with you.

FREE EVENING MATERIAL

Bring some music, movies and/or anything else you find relevant to make the other participants fall in love with your country!!! We're looking forward for your contribution.

GOOD MOOD

Bring with you the best motivation and mood to meet new cultures and make new friends.

BEVERAGES

If you decide to bring drinks from your country so everyone can have a taste, be aware that you cannot carry more than 1 liters of spirits or 3 liters of wine per person because of Norwegian Customs.