

A Seminar Camp you say....What is that?!

"A dialogue for global friendship" – CISV Website

If only it were that simple to explain!

This personally challenging, intensive programme is facilitated by **YOU**. You will develop your own activities and plan your daily lives in the camp. The camp allows you to explore issues and form opinions about individual, international and multicultural matters, within a framework which stresses positive conflict resolution. The Seminar Camp will be your camp and all about what you put into it. The staff will be there to help support and guide you along the path but only you can walk it, cheesy but true!

A seminar camps aim is to develop in four key areas:

1. Develop self and intercultural awareness
2. Develop leadership skills
3. Develop positive attitudes towards other people
4. Empowering people for active global citizenship

Within each of these are sub-headings which help you understand and develop each of these but we will cover them in greater detail at the start of the camp.

Who doesn't love rules?

Wooo CISV rules at Seminar Camp

There are 4 (four) basic rules which will be strictly enforced by the staff members. These rules are:

1. No narcotic/hallucinogenic drugs or chemicals (whether locally legal or not) are to be consumed or brought to a Seminar Camp. Exceptions are, of course, when needed for medical purposes and prescribed by a registered physician. Participants or Staff member violating this will be expelled from the Camp immediately.
2. Alcohol is unacceptable for both Staff and participants. If alcohol is consumed at seminar, staff will be required to take severe and immediate action.
3. Sexual intimacy between participants and Staff/participants is forbidden within a Seminar Camp.
4. Any kind of behaviour and cultural insensitivity, xenophobic behaviour, discrimination, intolerance or lack of cultural flexibility/openness is forbidden.

These rules are further outlined in the CISV Document R-7, ensure you are all familiar with it: <http://resources.cisv.org/docs/main?action=document.view&id=471>

Haaaave you heard of Norway?!

Norway (officially the kingdom of Norway) is a country situated in the North of Europe, and one of the 3 Scandinavian countries (Sorry Finland, you're not!)

We just passed 5 million inhabitants earlier this year, but also have a lot of sheep and cows (as you'll probably see this summer). We also DO have polar bears (just not on the main land).



Weather:

The Climate in Norway is changeable all seasons, and if you're really lucky (unlucky) you'll be able to experience all seasons within a day!

As our camp site is located higher in the hillsides, we'll have a bit more chilly weather than normal in Trondheim during summertime. You can expect temperatures between 8°C and 20°C, and although we'll (hopefully) have mostly sunny days, rain is not unexpected.

During the summer time in Norway, the sun hardly sets before it rises again, so it will hardly ever get dark the whole time you'll be here!

Currency:

Even though a small country, we have our own currency, the Norwegian Krone, NOK (not to be confused with the Swedish or Danish Krone, you cannot use those in Norway).

They are very fancy, with holes in the middle of the coins!

1 Euro = about 8 NOK

1 US Dollar = about 6 NOK

Most Norwegian shops (but not all) accept Visa Cards and Master Card. American Express however, is not accepted very many places.

Prices:

Lesson 1: Everything in Norway is expensive!

Here are a few examples of prices:

Main course in a budget restaurant (Chinese or pizza restaurant): NOK 90-150

Hot dog in a kiosk: NOK 25

A Big Mac burger: NOK 55

Train ticket Oslo - Trondheim: from NOK 199

Stamp (postcard to Europe) NOK 10

A bottle of Coke (in the super market) NOK 15

On the up hand: Tipping is not customary in Norway, unless you go to the more expensive restaurants.

Recommended funds:

We recommend that you bring NOK 1500 with you to the camp.

If you're planning on staying a while longer after camp, we recommend that you bring an extra NOK 300-400 for each day you'll stay after the camp (this should cover a room at a hostel and food), plus extra for tickets if you plan on traveling much.

(The infrastructure in Norway is really lousy, so don't plan on traveling much by train!)

Norwegian laws:

You are not allowed to buy or drink any alcohol in Norway until you are 18 years old.

No bars will let you enter until you're 18, and many places not unless you are 20 or older (this is the same, and very strict, in all of Norway, including Oslo).

You are not allowed to buy cigarettes before you are 18.

And you are not allowed to drink any alcohol during a Seminar Camp, regardless of age!

Come to Trondheim!

You will be visiting the beautiful city of Trondheim, which is about here:



It's a wonderful city with science and history in the streets, and nature all around.

But please do remember to bring your raincoat!



It lives about 170 000 people in the city, 20% of which are students, and it creates a lot of life and fun experiences!

It's as expensive as the rest of the country unfortunately, so don't go crazy on the souvenirs.

Trondheim

National Pride is not overrated!

PLEASE could each country represented bring one flag (100x70cm), just one between all those coming from your country, we think they look pretty and love to see them flying in the wind (us staff are easily amused).

Additionally we love all the tasty foods from all of your countries so we insist you bring some tasty goodies to share with everyone, perhaps a nationally favoured treat? This isn't a village but we still love an exchange of cultural knowledge...like teaching us about how tasty Brazilian cheesy bread is, etc!

Who are coming?!

There will be participants from the following countries:

Brazil, Canada, Colombia, Egypt, Finland, Georgia, Germany, Hungary, Indonesia, Norway, Poland, Portugal, Romania, Russia, USA

The staff are from Australia, Egypt and Norway.

Introducing.... The staff!!

Heath

Hi I'm Heath! I am 23 years old, fairly eccentric (in a good way of course), I love hanging out just talking for hours on end, I can't get enough of salt and vinegar chips, I love listening to music and dancing like no one is watching....or maybe it's dancing like everyone is watching hmmm... I have been in CISV since I was 11 and don't plan on leaving anytime soon! Looking forward to

meeting you all!!



Amr

Hi. My Name is Amr I am From Cairo Egypt , I am Working as a Solutions Architect Designer for Network Storage so I am considered a bit of a Geek (ish) I love all kinds of Energetic activities, I love Music Specially Rock, I Love Singing (Doesn't mean I have a good Voice though), I am a Fruit Lover Specially BANANAS ☺ I have staffed a little before in CISV and I've been away for a while now so I'm really excited about this Summer to be back and meet you all, and this is my Picture as in the one in My Passport:



Kamilla

Hi. My name is Kamilla. I am from Norway but right now I am living in Bogota, Colombia where I am working in a project between CISV Norway and CISV Colombia called "I Have a Mango". We just launched a booklet on sustainable development called the lunchbox, so if anyone wants to read up on this year's content area I recommend you to check it out ;) Besides dedicating the most of my time to CISV I love to listen to music, talk, knight (my ultimate relaxing technique), make food and in general have fun! Cant wait to meet all of you!



Marie

I´m one of the Norwegian staff members, and I spend most of my year in the beautiful city of Trondheim you all will be experiencing soon. Here I study to become an engineer, work with CISV and forget to put time in my calendar for breathing and other unnecessary stuff. I love to dance, travel, laugh and just have a good time! I´m also quite of a geek and spend way too uch of my time on 9gag. I have been in CISV since I was 11, and I am super excited to have another CISV summer with the rest of you!



Hilde

Hi! My name is Hilde, I´m from Norway and currently living in Bergen (the rainiest city in Norway) but I plan on moving somewhere more exotic after the summer! I love ice cream, snowboarding, teddy bears and animals. I don´t like tomatoes or pineapples. I love living in a country that sees seasons change, although the seasons might change a bit too much here in Norway.

Looking forward to seeing you all this summer!



And now over to the really important stuff!!

Forms and documents

In order to attend our amazing camp there are three forms you have to fill out.

One of these we would like you to send as soon as possible, and the two others you must bring to camp.

1. PTIF – Participant travel information form (send as soon as possible)
2. TWAL – Travel without adult leader (bring to camp)
3. HF – Health form (bring to camp)

Remember to bring **the original plus 2 copies** of both forms that you should bring with you.

PTIF:

- Please send this to SC.Norway.12@gmail.com **as soon** as you have booked your tickets. We really want to know when you are arriving and if we should help you find a host family.
- <http://resources.cisv.org/docs/main?action=document.view&id=83>

TWAL

- Remember to ask your parents to sign this.
- Remember to bring the original form plus two copies.
<http://resources.cisv.org/docs/main?action=document.view&id=160>

HF

- Remember to have both your parents and your doctor sign this one.
- Bring original plus two copies.
- It must be filled in and signed no more than 3 months before you go to camp.
- **There is a new health form this year. Please make sure you use the new version (2012 version) and not the old form.**
- <http://resources.cisv.org/docs/main?action=document.view&id=2>

Other things we would LOVE to know

To make all the necessary arrangements needed to make this the best camp possible there are a few things we would LOVE if you let us know about as soon as possible!

So please, write an email to SC.Norway.12@gmail.com and let us know if:

- You are a vegetarian? - You need a host family? – You need a VISA to get to Norway? – You need an official invitation from CISV Norway to get your VISA? - You have any allergies? - You want to attend a religious service? – You have a medical condition we should know about prior to camp? – You have any food restrictions?

VISA AND PASSPORT

If you are from a Schengen country you are not required to show your passport when entering Norway. If you are from a country outside of the Schengen area you will have to show your passport when entering Norway. We do recommend the participants from the Schengen countries to bring your passport, as you **MUST** show an official document.

Please make sure that your passport is valid and does not expire while you are in Norway.

Please let us know right away if you need an official invitations or other documentation from us in order to get a visa to Norway.

Insurance

According to CISV rules everyone **MUST** have a medical and travel insurance. Please bring written evidence of your insurance to camp. If you don't do this we will contact IO, the international office of CISV, and purchase the coverage. The invoice for the proper insurance coverage will then be sent to your National Association.

We therefor as you to please make the arrangements concerning insurance **BEFORE** you arrive to Norway. The insurance coverage should not be less than that of the AON Insurance Company (the Official CISV Insurance Company).

- If you are from an EEA Country (Finland, Norway, Sweden, Portugal, Hungary, Germany, Romania, Poland) please bring a copy of the European Health Insurance card in addition to your travel insurance.

CISV Friends

Before the camp you need to sign up to the CISV friends website and claim participation to this seminar camp. Follow the instructions below if you haven't used Friends before.

<http://friends.cisv.org>

Pre-registration on Friends!

Don't forget that everyone who attends an International CISV Programme needs to register on Friends (<http://friends.cisv.org/>) and claim participation in our Programme. To register, follow these six steps:

1. Go to <http://friends.cisv.org/>
2. Select **[REGISTER]**
3. Read through the conditions and select **[ACCEPT]**
4. Fill in your name and address information (Make sure you indicate your personal e-mail address).
5. Select **[REGISTER]**
6. Check your e-mail inbox to confirm your registration by clicking on the link in the e-mail. (Once confirmed, you will receive your password to login through your e-mail address).

When this is done, claim participation in our programme! (Look for our code S-2012-015)

1. Go to <http://friends.cisv.org/>
2. Select **[FIND ACTIVITY]**.
3. Select the type of programme.
4. Select 2012.
5. Select host nation.
6. Select the activity by clicking **[VIEW]**.
7. Scroll to the bottom of the page to '**can't find your name?**' and click on **[HERE]**.
8. Fill in the Activity Claim Form and click on **[SEND]**.

When the Staff/Interchange Leader approve your claim you will receive an e-mail informing you that your pre-registration is complete. Good luck!

Contact info

Until the 1st of June, The address you can reach us on will be "Nedre Alle 14, 7030 Trondheim, Norway". Address the mail to Marie Elise Aarrestad. If you want to reach us by email, the address is SC.Norway.12@gmail.com.

Also there is a facebook group called "can you say Epic Norwegian Seminar Camp" which the staff and a lot of the participants have joined so if you are not in it, find us!

Packing list:

What to bring:

- Swim suit
- Towels (both for showering and swimming)
- Pants
- Shorts for warmer days
- Sweaters
- Warm clothes for chilly days
- T-shirts
- Underwear
- Rain jacket!
- Running shoes
- Toiletries (tooth brush, shampoo, makeup etc.)
- Some nice clothes for formal nights/parties
- Cameras (your cell phone will not be allowed as your camera)
- Flags or other decorations from your country
- National snacks to share with the camp
- Any medicines you need, plus prescriptions
- FORMS

What NOT to bring:

- Cell phones (you will not be allowed to use these during camp, so do consider bringing a watch if you need one)
- I-pods (you can use these during your travel, but not during camp)
- Guns, weapons or explosive (fireworks)
- Drugs
- Alcohol

We will have a safe to lock in all small personal belongings you might bring for your travels, money etc.

You will be able to wash your clothes during camp, but not too often, so remember to bring enough clothes to last **at least** a week without having to wash.

It is common to bring gifts for the staff in many CISV programs. This is not something you have to bring, but we can mention that we do like sweets and other small things ☺

Goodbye!

We can't wait to meet you all this summer.

AND REMEMBER YOUR FORMS!