

**ADDED**

Added community values in culture associations



**Erasmus+**

**ADDED**

**Culture activities in Lofoten with added community values**

**5-day study visit to Lofoten, Norway**

**Monday – Friday, 28<sup>th</sup> of August – 1<sup>st</sup> of September 2023**



*Frokost i Gildesalen, Lofotr Vikingmuseum*

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Lofoten programme, v3, 25.08.2023

This programme version may be subject to minor changes without notice!

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# Erasmus+

The study visit will be supported by the Danish National Agency of the Erasmus+ programme of the European Union

## 1. The frame of the study visit

### Study visit title:

ADDED – Culture activities in Lofoten with added community values

### Period

The 5-day study visit takes place from Monday morning, 28<sup>th</sup> of August to Friday afternoon, 1<sup>st</sup> of September 2023.

## 2. Summary of the Erasmus+ mobility plan

### Context

The study visit is part of the Erasmus+ Mobility project: “ADDED - Added community values in culture associations”, where more study visits has taken and will take place in the period: Aug 2022 – Dec 2023.

The mobility project is coordinated by [Interfolk](#).

### Aim and objectives

The overall aim for this Mobility Project is to transfer new experiences and competences with social inclusive activities to the Danish cross-cultural sector of amateur arts, voluntary culture, heritage, and liberal adult education.

The objectives are:

- To strengthen the exchange of experiences and transfer of new knowledge and skills between cross-cultural and liberal adult education associations in the European civil societies.
- To support and promote cross-cultural activities with added community values as social inclusion, civic empowerment, active citizenship, and community bonding.

### Number and profile of participants

The target groups are staff and volunteers from the network of Interfolk, including managers, board members, consultants, teachers, and other paid and voluntary learning facilitators.

Expected number of participants to the Norwegian study visit: 6 participants.

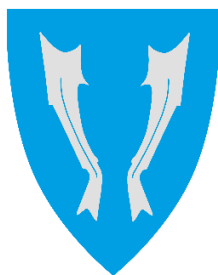
### Expected results and benefits

We expect the participants and their associations:

- In general, will strengthen their interest for and engagement in European contacts, exchange of experiences and cooperation.
- Especially, will be more engaged and skilled in supporting cross-cultural activities with added values for social inclusion, empowerment, active citizenship, and community bonding.

### 3. The host organisation and the sending organisations

#### The host association



The host is the Department of Culture, Sports and Leisure at Vestvågøy Municipality, Norway.

Address: Storgata 37, 8370 Leknes, Lofoten, Norge

Website: [www.vestvagoy.kommune.no/kultur-idrett-og-fritid/](http://www.vestvagoy.kommune.no/kultur-idrett-og-fritid/)

Host and contact person:

Trond Handberg, Acting leader of the culture unit:

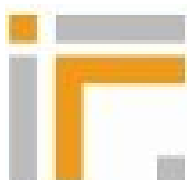
[trond.handberg@vestvagoy.kommune.no](mailto:trond.handberg@vestvagoy.kommune.no) \* (+47) 92 85 30 62

Vestvågøy is a municipality in Nordland County, Norway. It is part of the traditional district of Lofoten. The administrative centre of the municipality is the town of Leknes. With over 10,800 inhabitants, Vestvågøy is the most populous municipality in the Lofoten and Vesterålen regions in Nordland County

The Lofoten islands in the northern part of Norway are a remarkable sight - with their range of tall, steep mountains rising from the sea. Situated north of the Arctic Circle, the Lofoten islands have a rough and varied climate. In wintertime you can experience the tremendous nature forces in an intense storm, with violent waves and heavy blizzards. While in summertime you can walk along sandy beaches, enjoying the warm breeze and the beautiful light of the midnight sun.

The magnificent and varied nature makes Vestvågøy and Lofoten an interesting holiday destination with outdoor activities like surfing, snowboarding and mountain climbing. There's also a wide range of in-door activities, such as museums, art galleries and concerts.

#### The sending associations



The sending organisation is [Interfolk, Institute for Civil Society](http://interfolk.dk/).

Skovgade 25, 5500 Middelfart, Denmark \* <https://interfolk.dk/>

Contact person: Hans Jørgen Vodsgaard, chief executive

[hjv@interfolk.dk](mailto:hjv@interfolk.dk) \* (+45) 51 300 320

Interfolk, Institute for Civil Society is a Danish non-profit and non-governmental association and private research institute, founded in 2008. Interfolk is a member of the Baltic Sea NGO Network; the International Platform for Civic Participation (IPCP); the European Network for Active Participation in Cultural Activities (AMATEO); and the FIRST Network – supporting first-time international project leaders.

The mission is to strengthen lifelong learning activities characterized by personal autonomy, active citizenship, social inclusion and cultural cohesion in liberal adult education and participatory culture.

The activities include research, development projects, courses, seminars, and other lifelong learning and cultural activities – in the context of the Danish, Nordic, and European civil societies.

Interfolk has been involved as coordinator or partner in more than 30 international projects related to informal and non-formal lifelong learning in the areas of liberal adult education, participatory culture and heritage, and many have been close to the subject of the Micropolis Project, like "Bridging social capital by participatory culture", "Culture Guides for social marginalised", "Co-creative cooperation in the field of culture and heritage", "Voluntary culture as leverage of cultural activities in sparsely populated areas", "Art-based learning and active ageing", "Develop online tools to assess the added community values of participatory culture", and many more.

## 4. Programme for the study visit to Lofoten

### The Frame

A 5-days trip from Monday morning to Friday afternoon, 28<sup>th</sup> of August to 1<sup>st</sup> of September 2023:

#### Transport:

##### Flight Monday:

1 deltager / Frede flyver fra Billund: 15:40 – 23:00 Leknes (Widerø with change in Bergen and Bodø)  
Nogle af os kører ind og henter Frede mandag aften kl. 23:20 og vi kan være tilbage ca. kl. 23.30.  
Vi skal I øvrigt huske at købe råvarer, så Frede også kan få noget morgenmad tirsdag.

5 deltagere flyver fra Kastrup: 10:00 – 15:25: Leknes (SAS and Widerøe with change in Oslo and Bodø)

- Vi mødes mandag morgen i terminal 3 ved SAS checkin **kl. 7:45**.
- Kristoffer og Maja finder selv frem. Bjørn, Mads og Hans kører søndag aften til Virum hvor vi kan overnatte og bliver så kørt til lufthavnen.
- Vi kan medbringe en kuffert op til 23 kg og en kabinekuuffert (til at placere over sædet: 40 x 30 x 15 cm) samt håndbagage / indkøbspose til at placere under sædet, fx vand og sprut i har købt i lufthavnen.
- I modtager boarding-card fra mig ca. et døgn før afgang.
- Der er ikke købt sædevalg, som hurtigt løber op for en gruppe, men typisk bliver vi som gruppe placeret sammen, og så kan man jo bytte hvis en absolut skal side ved gangen, eller en anden elsker at sidde ved vinduet.

##### Return flight Friday:

Alle 6 deltagere flyver sammen, Fredag fra Leknes: 11:45 – 16:20: CPH (SAS of Widerøe med skift i Bodø og Oslo). Vi skal være i Leknes Lufthavn senest kl. 9:30 for at aflevere de to biler og tjekke ind. Og dvs at vi skal tjekke ud fra hytterne senest kl. 9.

##### Lokal transport:

Vi lejer to biler i Leknes Lufthavn (to yaris'er, 5-dørs med manuelt gear og fuld forsikring og mindst 2 chauffører til hver bil). Mads og Hans er primære chaffører for de to biler.

Basecampen er placeret 8 km og 10 min kørsel fra Leknes centrum og lufthavnen, som er tæt på byen.

#### Overnatning og måltider

##### Hotel:

Vi bor i [Lofoten Basecamp](#), Skreda 37, Vestvågøy, Nordland, 8370 Norge

Her har vi lejet 3 hytter med tekøkken og køleskab samt eget bad og toilet. Så vi er 2 personer i hver hytte. Mads og Hans bor sammen i en hytte. De 4 andre må selv finde ud af at opdele sig i 2 x 2.

##### Måltider:

Vi kan købe ind i Leknes og selv lave morgenmad (og natmad) i hytterne.

Vores frokoster og middage, vil vi nyde i Leknes eller under vores udflugter.

I vil via mobilepay under starten af turen få udbetalt madpenge på 1250 kr per person for de 3 kursusdage og 2 rejsedage, som kan dække det meste afhængigt af, hvor mange desserter og flasker champagne i ønsker at bestille til maden.

Hermed kan I selv frit bestille og betale jeres mad, herunder spare ved at indkøbe mad i supermarkeder til at lave morgenmad og natmad i hytterne, uden at Hans som rejseleder skal indblandes og stå for betalingen af alle måltiderne. Det giver mere fleksibilitet og større frihed for alle.



## The day-to-day programme

### *Monday, 28<sup>th</sup> of August*

- 07:45 We meet before check-in at the Copenhagen Airport in the middle of terminal 3 (the one nearest to the metro station)
- 10:00 Departure from Copenhagen Airport with changes in Oslo and Bodø.
- 15:25 Arrival to Leknes Airport
- 16:00 We get the two cars at the Airport at Sixt Compagny
- 16:30 Shopping at a supermarket in Leknes, before we drive to the basecamp
- 17:30 Check-in at the cabins at the basecamp
- 19:00 Dinner at [Lile Milano, Leknes](#)



Lofoten basecamp



Lofoten basecamp



Hytte indvendigt



Sauna for de friske



Lile Milano restaurant

## Tuesday, 29<sup>th</sup> of August

- Morning: Visit to [Meieriet kultursenter](#) | Leknes
- Afternoon: Excursion [to Svolvær](#) - 60 km and 1 hour drive.
- Evening: Common dinner in Leknes
- .....
- ?? Breakfast at the cabins or the terraces outside the cabins
- 09:30 Departure from Basecamp to Meieriet Kultursenter
- 10:00 – 11:00 Meeting at [Meieriet kultursenter](#).  
Mutual presentations of the participants and the hosts  
Introduction of the programme
- 11:00 – 11.30 Film at the [cinema](#): «Welcome to Lofoten»
- 11:30 – 12:00 Visit and introduction to the [Library](#), [Culture School](#), and [Qltura fritidsklubb](#)
- 12:00 – 13:00 Lunch at [Makalaus, kultursenteret, Leknes](#)
- 13:00 – 19:00 Excursion to Svolvær (60 km / 1 hours drive) with stops on the way to see the scenery  
Visit to [Lofoten Krigsminnemuseum](#)  
Visit to [Magic Ice Lofoten](#)  
On the way back visit [to Henningsvær, Lofotens mest kjente fiskevær](#)
- 20:00 – 21:00 Dinner at Henningsvær



Meieriet Kultursenter



Lofoten Krigsminne Museum



Magic Ice Lofoten





Svolvær set fra oven



Henningsvær



### Wednesday, 30<sup>th</sup> of August

Morning: Visit to Borge Church and intro to Lofotr Vikingmuseum, Bøstad

Afternoon: Lunch at Lofotr Vikingmuseum and guided tours etc.

Evening: Common dinner in Leknes

.....

?? Breakfast at the cabins or the terraces outside the cabins

09:30 Departure from Basecamp to Meieriet Kultursenter

10:00 – 11:15 Visit [Borge kirke](#) – Presentation and concert

11:15 – 15.30 Visit [Lofotr Vikingmuseum](#):

- Ankomst, omvisning
- Lunsj, lammesodd med en sang + ringdans
- Går ned til havna \* Aktiviteter, pil & bue, bueskyting \* Seiltur med vikingskipet
- Møte med museumsdirektør \* Egentid i museumsbutikk

16:00 – 18:00 Excursion to nature sceneries

- [Haukland](#) \* [Utakleiv](#) \* [Ballstad](#)

19:00 – 20:00 Dinner at [Digg, Leknes](#)



Borge Kirke



Gildehallen i Lofotr Vikingmuseum



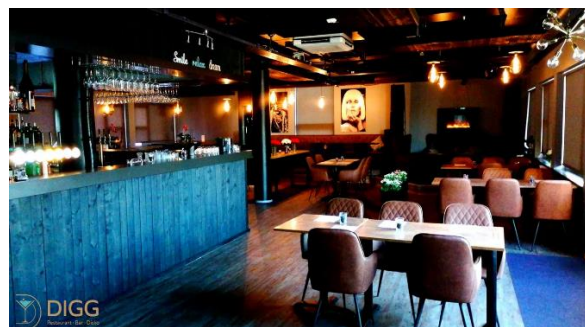
Haukland Beach



Utakleiv beach



Ballstad



Digg Restaurant and bar

### *Thursday, 31st of August*

- Morning: Meeting with Lofoten Friluftsråd in Meieriet  
Markedsdager Høstvekkja, inkl. lunsj
- Afternoon: Excursion to Leknes-Eggum-Nord-Borge
- Evening: Fest/konsert, Lofoten Countryfestival
- .....
- ?? Breakfast at the cabins or the terraces outside the cabins
- 09:30 Departure from Basecamp to Meieriet Kultursenter
- 10:00 – 11:30 Meeting with Lofoten Friluftsråd in Meieriet
- 11:30 – 13.30 Marked days in [Høstvekkja](#), inkl. Lunch in Leknes Centre
- 13:30 – 16:00 Excursion to [Unstad](#) \* [Eggum](#) \* [Nord-Borge](#)
- 16:00 – 17:00 Dinner at [Furu Hostel, Knutstad](#)
- 18:30 – 01:00 Fest/konsert, [Lofoten Countryfestival](#) at Festivalteltet, Leknes



Mark i Høstvekkja, Leknes 2023



Høstvekkja event



Eggum tourist route



Nord-Borge



Poster for Lofoten Country festival



Vassendgutane



### *Friday, 1<sup>st</sup> of September*

09:00	Check-out from the cabins
09:15	Departure from Basecamp to Leknes Airport
09:30	Deliver the two cars to Sixt Company at the Airport
09:45	Check-in the luggage and go to security check
11:45	Departure with Widerøe with changes in Bodø (from 12:and Oslo
16:20	Arrival to Copenhagen Airport
17:00	Out of the terminals with the luggage – Goodbye



## 5. Practical information

### Price

The study visit is free. The mobility grant can cover the travel costs, beds, and meals as well as the study programme and fee for the hosts. The Erasmus+ mobility grant will cover the following costs:

- The administration costs of proving the Erasmus+ application and reporting, planning the programme, preparing Mobility Agreements with all participants, booking travels and accommodation, providing Course Certificate and course evaluation.
- The participants' course fee for the 3 days programme which we must pay to our Norwegian host organisations.
- The costs of a basic return flight ticket incl. hand baggage and up to 20 kg suitcase, but not extra costs for specific seat reservation, travel insurances, drinks, and meals during the flight.
- The rent two cars in Leknes for the local transport
- Booking of cabins with a kitchenette and fridge as well as a private bath and toilet, and a terrace.
- Payment of meal money, in all 1250 DKK per person. Can be transferred by Mobile Pay at Kastrup Airport.

The participants shall only bring pocket money to cover their possible café visits in the free time, extra drinks during the common meals, costs of souvenirs, presents, etc.



## **Assurances**

Da der er tale om en kortvarig studierejse, hvor man deltager uden løn og uden et ansættelsesmæssigt forhold til studierejsearrangøren, er det deltagernes egne private forsikringer, som skal dække deres eventuelle skader og tab.

Det betyder, at du selv har ansvaret for at tegne en rejse-, ulykkes- og ansvarsforsikring. Hvis du ikke allerede har tegnet disse forsikringer, kan du tegne en kortvarig privat rejseforsikring, der inkluderer ulykke og ansvar, hos [Europæiske ERV](#).

Desuden bør du medbringe EU's blå sygesikringsbevis, som vil sikre at du ved eventuel sygdom får umiddelbar adgang til værtslandets sundhedsvæsen på linje med dets egne borgere.

## **Tour leader and contact person**

Hans Jørgen Vodsgaard, chief executive, Interfolk \* (+45) 51 300 320 \* [hjv@interfolk.dk](mailto:hjv@interfolk.dk)