



“UPCYCLING FLOATING SAUNA IN NORWAY”

IN STEINSHOLT / NORWAY



Creatorium

The project “Upcycling Floating Sauna in Norway” is a supervised volunteer project that takes place within the framework of the European Solidarity Corps.

Our Norwegian partner is Creatorium, a group of young people who are committed to environmentally friendly and sustainable living and European interaction. Together with the Creatorium association (creatorium.no), the project is being carried out at Skogsro Forest Hostel (www.skogsro.info).



**09.09.2024 -
30.09.2024**



**STEINSHOLT
NORWAY**



**ARRIVAL
BY PLANE/TRAIN**



**116 EURO
POCKET MONEY**

Teilnehmer:innen

The project is a Rückenwind group project and is open to young people between the ages of 18 and 30 who are resident in a country that participates in the European Solidarity Corps.

No previous experience in this area of work is necessary, only motivation is important.

If you are open-minded and interested in gaining new learning experiences in the field of Upcycling, handicraft work, physical work, working in a group, then this is the right place for you!

The working language will be English, but your basic knowledge is sufficient.

Aufgaben

The project deals with the following topics:

- Upcycling/building a floating sauna: Woodwork: Cutting, sawing, gluing, preparing anchors, screwing, learning about traditional woodworking techniques
- Assistance with forest maintenance and woodwork
- Permaculture gardening: Together you will help with three permaculture gardens and learn a lot about garden cultivation, care and the philosophy and theory of cultivation with permaculture.
- Short travelled food: In the spirit of sustainability, you will experiment with seasonal and local produce from our neighbours and develop menu options and cook delicious sustainable food yourself.



Accommodation and catering

During the project, all volunteers will live together in Skogsro Forest Hostel, Creatorium's base camp. Accommodation will be in dormitories where you will share a room with three more volunteers of the same gender. You will have to share your room and sleep in bunk beds, so please be prepared for this. There are shared bathrooms, common rooms and shared kitchens that are also used by Creatorium staff and other visitors, so we will be together all the time. Creatorium will provide sheets and towels, you do not need to bring your own.



Meals will be served during the on-arrival training in the first days, after those days the volunteers will have the opportunity to prepare meals themselves and shop for food together with the local staff. We will also pick up local ingredients from the farmers!

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We shop and cook together, and the food budget is managed jointly. Please inform us as early as possible if you have any allergies or intolerances so that we can make appropriate preparations. Alcohol is not permitted in the halls of residence; smoking is permitted in designated outdoor areas.

Travel

You organise your own travel to Steinsholt, the travel costs will be reimbursed up to the ESK flat rates for travel expenses (see table below).

Due to the proximity to the accommodation, travelling via OSLO TORP (TRF) is the easiest and best way to get to the project.

Eligible costs		Financing mechanism	Amount	In case of "green" travel	Rule of allocation
Travel	Contribution to the travel costs of participants from their place of origin to the venue of the activity and return.	Contribution on the basis of unit costs	For travel distances between 10 and 99KM: EUR 28 per participant	56 EUR	Based on the travel distance per participant, including accompanying persons. Travel distances must be calculated using the distance calculator supported by the European Commission ²⁹ . The applicant must indicate the distance of a one-way travel to calculate the amount of the EU grant that will support the round trip ³⁰ .
			For travel distances between 100 and 499 KM: EUR 211 per participant	285 EUR	
			For travel distances between 500 and 1 999 KM: EUR 309 per participant	417 EUR	
			For travel distances between 2 000 and 2 999 KM: EUR 395 per participant	535 EUR	
			For travel distances between 3 000 and 3 999 KM: EUR 580 per participant	785 EUR	
			For travel distances between 4 000 and 7 999 KM: EUR 1 188 per participant	1 188 EUR	

ALSO important

Pocket money

You will receive €8/day pocket money, i.e. a total of €167 for 22 days in the project. This will be transferred to your account. You can do what you want with your pocket money!

Working hours

All volunteers work 5 days a week, approximately 35 hours. As a rule, weekends are free and not working hours. During events, volunteers may have to work at the weekend. This is compensated with time off during the week.

What you should bring with you

- Personal hygiene items
- If necessary, personal medication
- Small rucksack for excursions
- Shoes with good footwear
- Towels / swimwear
- European health card
- Travel documents
- Rain jacket/protection
- A souvenir from your home country

NOW THERE IS ONLY ONE LAST THING TO SAY!

GOOD TRAVELS 😊