

isfit|2013

THE INTERNATIONAL STUDENT FESTIVAL IN TRONDHEIM



DEAR FELLOW STUDENTS

Congratulations! We are delighted to invite you to the 12th International Student Festival in Trondheim. As an ISFiT-participant you are among the 450 dedicated and promising students who will trade your ideas in Trondheim in February.

ISFiT is a place where ideas are born, where ideas are shared and where ideas can be put into life. The festival gives you a unique opportunity to establish networks with students from all corners of the world. Every participant has his or her unique personal and academic background, and is selected among thousands of applications. As students of today, you are the leaders of tomorrow. Use ISFiT as an opportunity to challenge your own opinions, gain new perspectives and find better solutions to important, international matters. In that way, we can together create a better future for young people all over the world.

The main topic of ISFiT 2013 is global trade. ISFiT 2013 defines global trade as legal and illegal exchange of goods, services, labour, capital and financial instruments. We acknowledge that resources are not equally distributed globally, and that transparency and cooperation on more equal terms will increase fairness in trade. How do actors such as nations, multinational companies, organizations, social movements, local communities and individuals affect, and influence, global trade?

During ISFiT you will meet internationally recognized speakers and experience a great variety of cultural events. To see the entire programme, please visit the ISFiT website, www.isfit.org, as the festival draws nearer.

We hope ISFiT with its participants, volunteers and students of Trondheim will inspire you before, during and after the festival. ISFiT 2013 will undoubtedly be eleven days you will never forget. On behalf of the whole ISFiT organization it is a pleasure to welcome you to the largest international student festival in the world.

See you in Trondheim! Until then:

#TradeYourIdeas



Best regards,

Kaja Juul Skarbø
President, ISFiT 2013

GENERAL INFORMATION

Norway is a country with a small population, so even though Trondheim is the third largest city in Norway, the population in Trondheim consists of no more than 177 000 people, and every sixth inhabitant is a student. You can find more information about Trondheim and Norway at these sites:

www.visit-trondheim.com

www.norway.com

Time and money

For exchange of currency, most banks in Norway are open Monday to Friday, 9:00 to 15:00 (9am to 3pm). In addition, you can exchange money at all airports in Norway. Euros and US dollars are easy to exchange. Major credit cards like VISA and MasterCard are accepted in most stores in Norway, and it might be cheaper to withdraw money from an ATM/cash-point instead of going into a bank to exchange money.

Most shops open around 9:00 or 10:00 in the morning. The shopping centres close at 20:00 (8pm) on weekdays and at 18:00 (6pm) on Saturdays. Grocery stores open around 9:00 (9am) and are open until 22:00 (10pm) on weekdays, and 20:00 (8pm) on Saturdays. On Sundays stores and public offices are closed.

Norwegians like to be on time. This means that if you have made an appointment with someone, it will seem very rude if you are more than five minutes late without notice. This applies to transportation as well. If the bus leaves at 08:00 and you are at the bus stop at 08:02, you will miss the bus and miss your workshop for that day. Please be on time while in Norway.



Food

Norwegians usually eat breakfast before leaving their homes in the morning, and they eat lunch around noon. Lunch is usually not a warm meal. Dinner is the main meal, and it is eaten early in the afternoon, rarely later than 18:00 (6pm).

Norwegians eat a lot of grainy bread, and cereals and bagels are also common. Toppings or spreads include cheeses (if you're brave: try the Norwegian specialty, brown cheese), all sorts of jams, different meats, like ham or salami, and vegetables such as cucumbers, peppers, and tomatoes. Your host will provide you with breakfast every morning, and ISFiT 2011 will serve the rest of the meals free of charge. Lunch will be served at the different workshops, and in the afternoon all participants will have dinner together.

Due to limited budget and capacity, we cannot provide different dishes for all 450 participants. This means that we cannot cover all dietary needs. However, if you cannot eat some types of food due to allergies, please use the answer form to inform us about this in advance. We will not be serving pork during the festival.

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Accommodation

During the festival, many residents of Trondheim open up their homes in order to be your hosts. Most likely you will be living with a Norwegian family or with some of the many students in the city. Some of you will get a private room during your stay, others will share a room, while some might have to sleep on a couch. Please remember to bring a sleeping bag.

All Norwegian homes have hot water so you will be able to shower every day. Power outlets and plugs may be different in Norway than they are in your home country. This means that e.g. your cell phone charger might not work properly in Norway without an adapter. In Norway we have 230V, 50Hz power, and use a common European two-pin plug. You should look this up in advance. Airports normally sell adapters at a fairly reasonable price, but it is unlikely that you will find an adapter once you reach Norway.

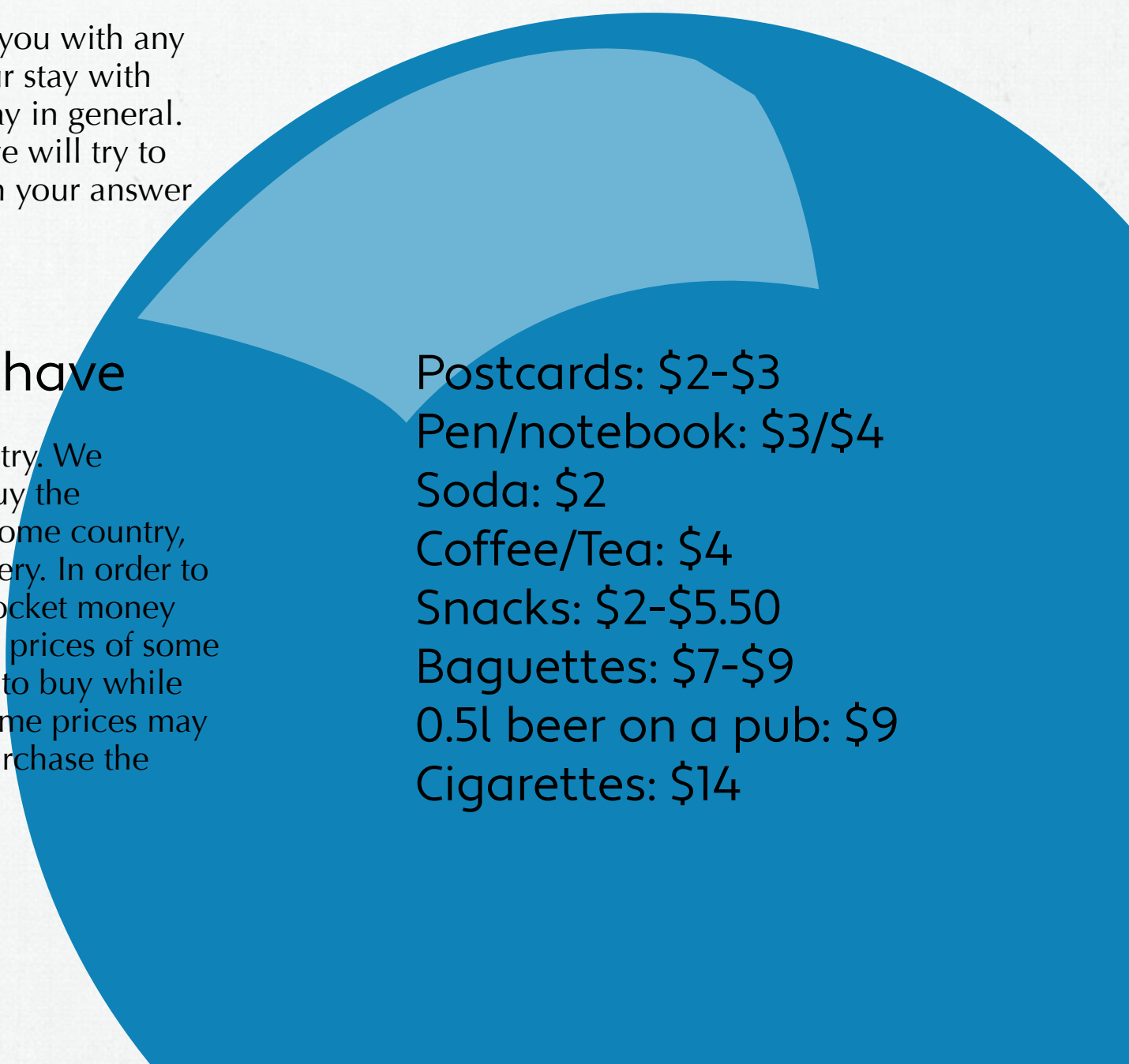
Norway is a cold country, especially in February. Most likely, you will be able to borrow warm clothes from your host family, but we encourage you to come well prepared. If you have suitable winter clothes and shoes fit for all types of weather, please bring them. Multiple layers and wool are highly recommended.

For hygienic reasons, it is common practice in Norway not to walk inside people's homes with the shoes you wear outside. Therefore, it is a good idea to bring slippers, warm woollen socks or other indoor shoes during your stay.

Your hosts will be happy to help you with any practical questions regarding your stay with them and questions about Norway in general. When we assign you to a host, we will try to meet the preferences indicated in your answer form.

Expenses you may have

Norway is a very expensive country. We therefore recommend that you buy the necessities for your trip in your home country, for example toiletries and stationery. In order to help you figure out how much pocket money you will need, we have listed the prices of some common products you are likely to buy while in Norway. Please remark that some prices may vary depending on where you purchase the item.



Postcards: \$2-\$3
Pen/notebook: \$3/\$4
Soda: \$2
Coffee/Tea: \$4
Snacks: \$2-\$5.50
Baguettes: \$7-\$9
0.5l beer on a pub: \$9
Cigarettes: \$14

IMPORTANT INFORMATION

Progression list: 7 steps to ISFiT

It is important that each step is completed before preceding to the next step

- 1 Log on to <https://participant.isfit.org/>
- 2 Accept invitation
- 3 Apply for visa
- 4 Confirm granted visa
(Fill in visa number or scan your visa)
- 5 Declare food allergies
- 6 Confirm travel itinerary
- 7 Confirm participation

Log on to participant web

You have been assigned a personal profile on the participant web where all further information will be communicated. Detailed information on how to log on, username and password will be sent to your e-mail.

You must log on to <https://participant.isfit.org> and fill in all the required information no later than 15th of November. If you encounter any problems when logging on to your profile you can send an email to question@isfit.org. Questions regarding other matters should be sent through your personal profile only.

Preliminary Timeline:

1st November:	Start planning your visa application Log on to https://participant.isfit.org/
7th November:	Apply for visa You may not apply for your visa prior to this date
15th November:	Log on to your personal profile
15th November:	Deadline for visa application Deadline for accepting ISFiT invitation Deadline for accepting wait list spot
15th December:	Deadline for confirmation of granted visa Participants granted travel support must provide travel plan Declare food allergies
15th January:	Deadline for flight itinerary and flight information Deadline for confirming participation
7th February	ISFiT starts!

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Important documents

- * Valid Passport
- * Travel documents (arrival and departure)
- * Visa
- * Letter of invitation
- * Valid travel insurance
- * Health insurance

In order to enter Norway, you need the following: a passport valid 90 days beyond your arrival to Norway, travel documents, a visa and the invitation letter from ISFiT. You must also have valid travel insurance, health insurance, and some sort of student identification. It is essential that you contact a Norwegian embassy for information regarding international health certificates. Travellers from specific countries are required to show proof of vaccinations.

Checklist - What to bring

- * A return ticket
- * A valid passport
- * A visa and possibly transit visas for countries you are travelling through
- * Valid travel insurance
- * Your invitation letter
- * Stationery
- * A sleeping bag
- * A national costume (optional)
- * A national instrument (optional)
- * Formal clothes for the ceremonies
- * Warm clothes (remember pack enough to wear several layers)
- * Indoor shoes/slippers/woollen socks
- * Any necessary prescriptions for medicines
- * Toiletries
- * Pyjamas



Getting a visa

It is crucial that you apply for a visa as soon as possible and no later than 15th of November, although you can only apply for a visa three months prior to your travel.

Please note: do not purchase your plane ticket before you have been granted a visa.

In some countries, getting a visa can take up to several months. For us to keep an overview of the status of the visa applications, you should ensure the ISFiT administration access to insight when you apply for the visa. To do so you should fill in the consent form available on your personal profile, print it out and hand it in together with your visa application at the Norwegian embassy. This is not mandatory, but it will lighten our job considerably.

Since Norway is a part of the Schengen area, a visa to Norway is the same as a visa to Schengen. If you live in, or have a residence permit, in a country that is a member of Schengen you do not need to apply for a visa. Norway also has agreements with a number of countries about exemptions from visa requirement for their citizens. An updated list of countries exempted from a visa requirement can be found at: <http://www.udi.no/Norwegian-Directorate-of-Immigration/Central-topics/Visa/Who-needs-a-visa/>. The visa application form can be downloaded from your personal profile.

If there is no Norwegian embassy in your home country, it is possible to apply for a visa to Norway from an embassy for another Schengen country. A Schengen visa is free of charge, but several embassies charge a fee to cover their costs with your visa application. This fee varies within embassies. If you have any questions, please contact your nearest Norwegian embassy or consulate. For a complete list of Norwegian embassies, go to <http://www.norway.info/>.

If you encounter any problems during the visa application process, please read our FAQ at your personal profile. If you do not find the answer to your question, please contact us immediately through the messaging system on your profile, and we will do our best to help you.

TRAVEL INFORMATION

Getting to Trondheim

The easiest and quickest way of getting to Trondheim is by airplane. Trondheim airport Værnes (TRD) is located only 30 km outside the city centre. Frequent air shuttles run all day to and from the airport. Someone from ISFiT will meet you at the airport at the time of your arrival the 6th or the 7th of February. You can travel from Oslo to Trondheim in several ways. There are direct flights to Trondheim Airport Værnes from these international airports:

Copenhagen	(www.wideroe.no/en)
Amsterdam	(www.klm.com)
London, Gatwick	(www.norwegian.com)
Stockholm	(www.norwegian.com)
Oslo, Gardermoen	(www.flysas.com) or www.norwegian.com)

Cheap tickets for domestic flights in Norway:

SAS	(www.flysas.com)
Norwegian	(www.norwegian.com)

In search for the cheapest plane ticket to Trondheim, these web sites can be useful:

STA Travels	(www.statravel.com)
ISIC	(www.isic.org)
(provides links to worldwide companies that offer cheap tickets to students and youth.)	
Kilroy travels	(www.kilroytravels.com)
(offers cheap youth/student flights worldwide.)	
Seat 24	(www.seat24.co.uk)
(offers cheap flight from major European countries.)	
Skyscanner	(www.skyscanner.no)
Momondo	(www.momondo.com)

You can also travel by train from Oslo Airport Gardemoen to Trondheim. Norway's national rail company is NSB. Ticket information in English can be found here:
http://www.nsb.no/?lang=en_US

Train tickets can also be purchased at the airport. Remember to show your student ID card and ask for a discount.

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Bus transportation with ISFiT from Oslo Airport Gardermoen (OSL)

We encourage you to find direct flights to Trondheim Airport Værnes (TRD) for the festival.

If you cannot find connecting flights to Trondheim (TRD), we will provide bus transportation from Oslo Airport Gardermoen (OSL) to Trondheim on the 6th of February and departure from Trondheim to Oslo when the festival is over. Be aware that this solution possibly means a lot of waiting at Gardermoen and an eight-hour long bus ride, so we highly recommend that you book your flight directly to Trondheim.

If you wish to travel with ISFiT transportation from Oslo to Trondheim you will have to arrive during the day on Wednesday 6th of February, and no later than 21:00 (9:00 pm). Departure from Trondheim will be at the end of the festival, Sunday 17th of February. The bus will arrive at Gardermoen during the morning of 18th of February. Sign up for ISFiT transportation on your personal profile. A detailed schedule and more information about transport will be given later.

ISFiT transportation round-trip costs 400 NOK (approx. 70 USD). One way costs 200 NOK (approx. 35 USD). If you arrive with train/bus/boat to the centre of Oslo, you have to take the Airport Express Train from the central station to Oslo Airport Gardermoen. This takes about 20 minutes, and cost you NOK 85 (approx. 15 USD) with a student ID card.

Important Note

Oslo Airport Gardermoen (OSL), Oslo Airport Torp (TRF) and Oslo Airport Rygge (RYG) are three different airports. ISFiT transportation will ONLY be arranged from Oslo Airport Gardermoen (OSL). ISFiT does not have the opportunity to help with transportation from Torp Airport (TRF) or Rygge Airport (RYG) to Oslo Airport Gardermoen (OSL). If you wish to travel with ISFiT from Oslo Airport Gardermoen (OSL) to Trondheim you can book a seat on your personal profile at <https://participant.isfit.org>. If you cannot arrive on the specified dates for ISFiT transportation, you must arrange the travel to Trondheim on your own. This means that you are also responsible for the lodging costs you may have due to your early arrival.



A CULTURE FESTIVAL

The fact that ISFiT is a festival is enhanced through our cultural programme. During the festival you have the opportunity to attend several different cultural events, where diversity is the key. When attending these events you get to know each other on a different level than during the Dialogue Groups and workshops. By making our cultural programme as varied as possible we try to reach both the international students as well as the people of Trondheim. This leaves you with many great experiences, where you can attend anything from an art exhibition to a theatre performance.

To frame the festival and to make it even more special, we will arrange three ceremonies. There will be both an opening and an ending ceremony held in the Great Hall in the Studentersamfundet (the Student Society in Trondheim). The third ceremony is a peace prize ceremony in honour of the winner of the Student Peace Prize. This will take place in Olavshallen—the biggest scene in Trondheim!

A variety of concerts will be held throughout the festival, also aiming for diversity. Many of them will be held at Studentersamfundet, where two concerts in each of the weekends during the festival are for free. One of the biggest concerts will be held in the Nidaros Cathedral—it will be a beautiful cultural experience! Attending a concert is a great way to end a busy day, maybe you'll even discover a new favourite band.

During the 11 days you can also attend our plenary sessions where the leaders of today meet the leaders of tomorrow. The plenary sessions are a place to be inspired, a place to be heard and a place to discuss global issues—in particular global trade. This is an arena where students can set the agenda and influence and inspire world leaders. Speakers at previous ISFiT festivals include His Holiness the Dalai Lama, Archbishop Desmond Tutu and former Director-General of the WHO Dr. Gro Harlem Brundtland.

Art is also an essential part of ISFiT, and we seek to amaze and create debate with various art exhibitions. Using Trondheim as our canvas we aim for visibility throughout the city, where different exhibitions reflect the theme of the festival, but also show art with contemporary relevance.

“All the world's a stage” goes an old saying that is put in to reality with performing arts. Anything can happen on a stage, ranging from traditional theatre to improvised comedies. Bring a friend and experience something new on stage.

Come join the experience in February!

The full programme will be released in January, for updates join us on: www.isfit.org

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GLOBAL TRADE

ISFiT's definition of global trade

ISFiT 2013 has defined global trade as legal and illegal exchange of goods, services, labour, capital and financial instruments. By this definition, international trade encompasses issues that are both the reason for, and the consequence of, such exchanges. We will discuss solutions to issues of international trade in a long-term perspective.

Trade Your Ideas

We want to create a constructive debate across ideological and national borders. Within this context we do not consider trade as a goal in itself, but as a means to promote development. ISFiT 2013 acknowledges that resources are not equally distributed globally, and that transparency and cooperation on more equal terms will increase fairness in trade. In addition to the economic aspect, we wish to view the social and environmental consequences of trade. This means that we will discuss and share ideas on how actors such as nations, multinational companies, organizations, social movements, local communities and individuals are affected by, and may influence, global trade.

Workshops

In the workshops you will share your experience, work creatively with other participants and discuss topics related to the overall theme of ISFiT 2013: global trade.

The workshop groups in ISFiT consists of 71 volunteers; three workshop coordinators and 68 workshop leaders who will lead you through seven days of workshops during the festival. Four workshop leaders will be in charge of your workshop and are at the moment working on the programme that you will participate in. They are very excited to meet you and to learn about your perspectives concerning the topic in your workshop. Together you will #TradeYourIdeas!

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Fyll upp skåpen och belys dem på IKEA.

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