



# isfit|2017

THE INTERNATIONAL STUDENT FESTIVAL IN TRONDHEIM



## Dear fellow students,

We are delighted to invite you to the 11th International Student Festival in Trondheim! You are among the 450 dedicated, promising students who will attend ISFiT 2011 as participants, and we look most forward to welcoming you to Norway.

The purpose of ISFiT is to be a meeting place where ideas are born and networks are established. At ISFiT, you will meet fellow students from all corners of the world, and be a part of a diverse and resourceful group of participants. Every participant has his or her special personal and academic background, and is selected among thousands of applicants. During ten intensive days, you will have a unique opportunity to gain new knowledge and experience, to challenge your own opinions and to see important international matters from new points of view. The main topic for ISFiT 2011 is Global health, with the festival name "Globalize this: Health".

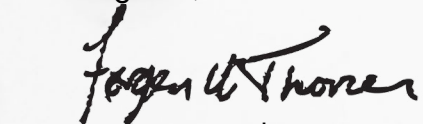
ISFiT 2011 defines global health as the health of the world population in an international context, looking beyond purely national perspectives and challenges. The concept covers all aspects of the human health – physical, mental, and social. Health is more than the absence of illness. Global health includes all people and the way they interact with each other, their living conditions, and their quality of life.

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](http://www.isfit.org), as the festival approaches.

With the wholehearted commitment of each and every participant, the almost 400 ISFiT volunteers, and the students of Trondheim, ISFiT 2011 will be ten days you never will forget. On behalf of the whole ISFiT organization, it is a pleasure to wish you welcome to the world's largest student festival with a thematic focus.

See you in Trondheim!

Best Regards,



Jørgen Westrum Thorsen  
President ISFiT 2011



## 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 is no more than 167 000. Every sixth inhabitant is a student.

You can find more information about Trondheim and Norway at these sites:

[www.visit-trondheim.com](http://www.visit-trondheim.com)

[www.norway.com](http://www.norway.com)

### Time and money

For exchange of currency, most banks in Norway are open Monday to Friday, 09.00 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 or 10 in the morning. The shopping centers 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.

In Norway we are 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, while cereals and bagels also are 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, 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. If you, however, cannot eat some types of food due to allergies, please use the answer form to inform us about this in advance.



## 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. 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 not likely 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.

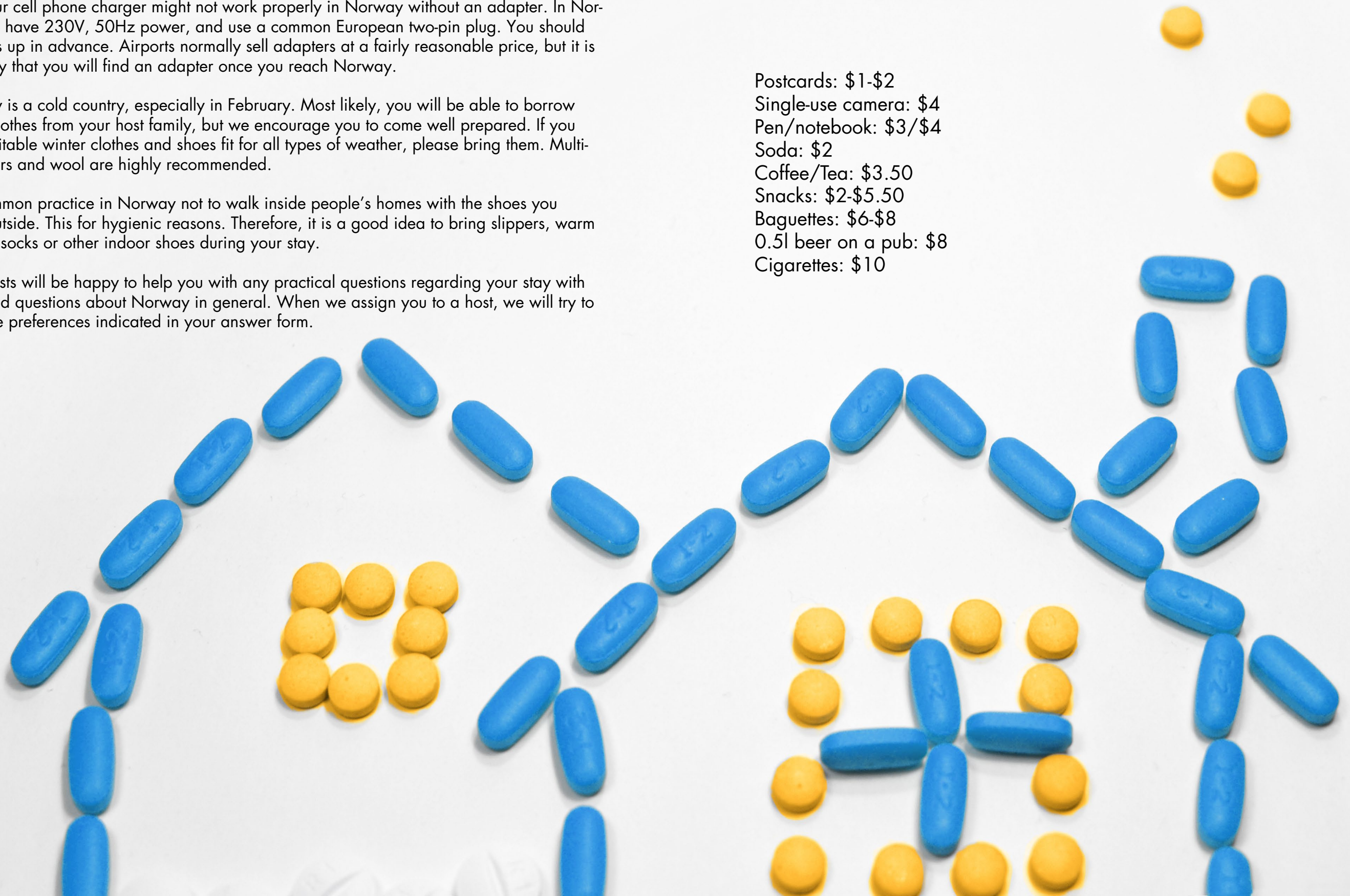
It is common practice in Norway not to walk inside people's homes with the shoes you wear outside. This for hygienic reasons. Therefore, it is a good idea to bring slippers, warm woolen socks or other indoor shoes during your stay.

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: \$1-\$2  
Single-use camera: \$4  
Pen/notebook: \$3/\$4  
Soda: \$2  
Coffee/Tea: \$3.50  
Snacks: \$2-\$5.50  
Baguettes: \$6-\$8  
0.5l beer on a pub: \$8  
Cigarettes: \$10





## Important information

### 1. Log on to your personal profile

You have been assigned a personal profile 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 November 10. If you encounter any problems logging on to your profile you can send an email to [question@isfit.org](mailto:question@isfit.org). Questions regarding other matters should be sent through your personal profile only.

### 2. 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 valid passport, 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. Travelers from specific countries are required to show proof of vaccinations.

### ● Preliminary Timeline:

- November 10th: Log on to your personal profile
- November 15th: Apply for a visa
- December 15th: Accept the ISFiT invitation
- February 11th 2011: ISFiT starts!

### 3. Getting a visa

It is crucial that you apply for a visa as soon as possible, and no later than November 15. In some countries, getting a visa can take up to several months. For us to keep an overview over 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. The visa application form can also be downloaded from your personal profile. 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/>

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 country that is a Schengen member. A Schengen visa is free of charge, but several embassies charge a fee to cover their costs with your visa application. This fee varies from embassy to embassy. 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.

### Checklist:

1. A return ticket
2. A valid passport
3. Valid Visa
4. Valid travel and health insurance
5. Letter of invitation from ISFiT
6. Stationery
7. Formal clothes for the ceremonies
8. Warm clothes (many layers are recommended!)
9. Indoor shoes/slippers/woolen socks
10. Any necessary prescriptions for medicines
11. Toiletries
12. Pajamas



## A culture festival

The cultural events are what make ISFiT a festival and not just a conference. Watching a play or a concert is a great opportunity to get to know each other on a different level than during the Dialogue Groups and workshops. You can meet up with new and old friends and have a good time.

We do our best to make our culture program as diverse and varied as possible, to satisfy both our international participants and Trondheim's population. To do so we arrange concerts, plenary sessions, performing arts and art exhibitions.

In addition we arrange three different ceremonies, an opening ceremony, Peace Prize ceremony and ending ceremony. The opening and ending ceremony will be held in the Great Hall in the Student Society and the Peace Prize ceremony will be held in Olavshallen – the biggest scene in Trondheim. The ceremonies help frame the festival and gives it a solemn lift.

There will be a lot of different concerts during the festival. They will be held at different venues in the city, like the Student Society or Nidarosdomen cathedral. We want to reflect the diversity of the festival in our cultural program; this also applies for the concerts. A concert is a perfect way to end a busy day, and maybe you'll even discover your new favorite band.

The plenary sessions are where the leaders of today meet the leaders of tomorrow. During the festival, several plenary sessions will be held addressing global health issues. The plenary sessions are a place to be inspired, a place to be heard and a place to discuss global issues. It is also an arena where we, the students, can set the agenda, influence and inspire world leaders in politics and academia. 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.

There will also be a lot of art exhibitions. They will reflect the theme of the festival, but will also show relevant art. We want to use all of Trondheim as our canvas, using the spaces and outdoor areas of the city. It is going to be beautiful.

Performing art is important for the breadth of cultural facilities. Go see an interesting play or have a laugh during a stand up show. Regardless of what you decide to do, you'll definitely have a good time.

The full program will be released in January. We're looking forward to seeing you!



fotogjengen.samfundet.no





## 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 Friday, 11 February.

There are direct flights to Trondheim Airport Værnes from these international airports:  
Copenhagen ([www.wideroe.no](http://www.wideroe.no))  
Amsterdam ([www.klm.com](http://www.klm.com))  
London, Gatwick ([www.norwegian.no](http://www.norwegian.no))

In search for the cheapest plane ticket to Trondheim, these web sites can be useful:  
STA Travels (<http://www.statravel.com>)

ISIC (<http://www.isic.org>) – provides links to worldwide companies that offer cheap tickets to students and youth.

Kilroy travels (<http://kilroytravels.com>) – offers cheap youth/student flights worldwide.

Seat 24 ([www.seat24.co.uk](http://www.seat24.co.uk)) – offers cheap flight from major European countries.

Skyscanner (<http://skyscanner.no>)

Cheap tickets for domestic flights in Norway:  
SAS (<http://sas.no>)  
Norwegian (<http://norwegian.no>)

Norway

### 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.

### Bus transportation with ISFiT from Oslo Airport Gardermoen (OSL)

We encourage you to find direct flights to Trondheim Airport Værnes (TRD) on Friday 11 February. If you cannot find connecting flights to Trondheim (TRD), we will provide bus transportation from Oslo Airport Gardermoen (OSL) to Trondheim February 10th and departure from Trondheim to Oslo. Be aware that this solution means a lot of waiting and an 8-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 Thursday February 10th, and no later than 9:30 pm (21:30). Departure from Trondheim will be at the end of the festival, Sunday February 20th. 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 300 NOK (Approx. 50 USD). One way costs 150 NOK (Approx. 25 USD).

If you arrive with train/bus/boat to the center 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.

# Global Health

The main theme of ISFiT 2011 is global health, and the title of the festival is "Globalize This: Health". More than anything, we want to look at health from an international perspective. The concept of global health covers more than just the absence of illness. It is an individual resource all people possess and is both physical, mental and social.

By extension, this means that health is a resource for local communities, nations and the world community. The global health affects, and is directly affected, by several international conditions such as politics, security, economy and culture.

Political conditions affect the global health through both international institutions and national governments. Security aspects like war, conflict, natural disasters and access to resources have a huge impact on the global health. Economic considerations include living standards and access to welfare, as well the global health industry. The concept of health also varies depending on cultural and social phenomena like gender, ideology and religion.

Also, the improvement of human rights is one of the most important mechanisms for the long-term improvement of the global health. Global health ties all nations and people together and must therefore be put at the heart of the international agenda.

The ISFiT participants take part in different workshops. These workshops will highlight the festival theme in various ways to create focus and discussion around this important topic which directly affects us all.

