

OU

CARE HOTEL

2013 ANNUAL REPORT
FK NORWAY / FREDSKORPSET





Photo: Liz Palm

“The transformative force of people-to-people relations, of human solidarity, of volunteering for societal well-being has been part of achieving the Millennium Development Goals and will likewise contribute towards a new generation of sustainable development goals after 2015.”

INSPIRED AND COMMITTED

2013 marked FK Norway and Fredskorpset’s fiftieth anniversary. The year ended with a night of celebration in Oslo, gathering 1300 current and former FK participants. Fifty years of meaningful exchanges were highlighted through stories ranging from the first FK volunteers who departed for Uganda in 1963 to those who had just recently returned from their exchanges.

Voices from Norway, Africa, Asia and Latin America told us that night – and have done so throughout 2013 – about the dedication, motivation and passion that has driven our collective work.

In 2013 FK Norway facilitated the exchange of 616 participants. The strength and impact of this work is impossible to quantify fully. Yet we

know – from evidence and experience – that the efforts of young professionals and volunteers who have been on an international exchange, based on mutual respect and the willingness to share and learn, will reward their communities, friends, families and employers for many years to come.

The transformative force of people-to-people relations, of human solidarity, of volunteering for societal well-being has been part of achieving the Millennium Development Goals and will likewise contribute towards a new generation of sustainable development goals after 2015.

My sincere gratitude to all FK partners, friends and staff who have made our results possible through the very active and energetic year we have put behind us. As we capture fifty years of history to guide us into the future,

we are inspired to continue using our resources intelligently and effectively, to strengthen the results base of our work and to ensure that FK Norway stays at the cutting edge of cross-border exchange and volunteer service.

We remain committed to being a strong and relevant instrument of Norwegian development cooperation, to promote education and learning, sustainable growth, livelihoods, youth leadership and global partnerships of people working together to create positive change.

NITA KAPOOR
Director General,

Fredskorpset/FK Norway

FRONT PAGE: EMPOWERING YOUNG WOMEN

Monica Emiru Enyou is Secretary General in NAWOU, one of the organisations in the south-south FK project Women Empowerment. The project includes national womens networks in Uganda, Tanzania, Zambia and Ethiopia.

RAISING AWARENESS OF FAIR TRADE

Friends Fair trade Norway and Wild Tracks Coffee Tanzania are focusing on greater equity in international trade.

4

QUALITY IMPROVEMENT AFTER EXCHANGE

SYSCO Norway and SYSCO Peru exchange developers, consultants and project managers to increase efficiency and improve services.

5

EMPOWERING YOUNG WOMEN

National Association of Women Organisation in Uganda, and organisations in Tanzania, Zambia and Ethiopia train young women in leadership and governance.

6

FIGHTING FOR THE RIGHTS OF ELDERS IN SOUTHEAST ASIA

Several grass root organisations in Thailand, the Philippines, Cambodia and Vietnam are working to enhance the rights and well-being for older people in Southeast Asia.

7

DEVELOPING YOUTH LEADERSHIP

The International Association of Students in Economic and Commercial Sciences are developing young leaders by exchanging students in Kenya, Mozambique, Norway and Uganda.

8

CHANGING LIVES THROUGH SPORTS

The Youth Sports Exchange Program is using sports as a key instrument for social and personal development in Norway and several countries in Africa.

9

FIRST BREAST MILK BANK ESTABLISHED IN INDIA

Through the collaboration with Oslo University Hospital in Norway, the Seth Sukhlal Karnani Memorial Hospital has developed a new breast milk bank for newborns in India.

12

IMPROVED INTENSIVE CARE FOR NEUROSURGERY PATIENTS

The exchange program between Black Lion Hospital in Ethiopia and Haukeland University Hospital in Norway aims to train specialist candidates in neurosurgery and to improve the treatment for patients.

13

GIVING EX-OFFENDERS A NEW START IN LIFE

In the exchange cooperation between the Varde Theatre in Norway and Pollsmoor Correctional Services in South-Africa, participants are using theatre as an empowerment tool to give inmates a meaningful life after prison.

14

A PERSON IS NOT ONLY WHAT YOU SEE

The exchange program between Volda in Norway and Nakuru in Kenya attempts to create a better everyday life for the underprivileged in Kenya and Norway.

15

FK NORWAY - 50 YEARS OF EXCHANGE

In 2013, FK Norway celebrated its 50 year anniversary. Since 1963, almost 8000 FK participants have made the world smaller and better using their knowledge, professionalism and engagement.

16

STATISTICS 2013

For the year 2013, FK Norway's total expenditure was 203.9 million NOK, and 616 participants were exchanged.

18



UGANDA - NORWAY

FK Norway supports exchange of staff to promote private sector development and transfer of competence between companies in Norway, Asia, Africa and Latin America. Fair trade business can be instrumental in achieving both commercial and social goals.



Photo: Liz Palm

FK PARTICIPANT GIDEON SAMWEL

is a coffee expert. He started learning from his grandfather already at the age of 8, and shares his knowledge while at exchange in Norway.

RAISING AWARENESS OF FAIR TRADE

‘When returning to Tanzania, I will tell coffee farmers back home about the advantages of being associated with Fair Trade,’ Gideon Samwel says. He is part of a new exchange project focusing on greater equity in international trade. The exchange is run by Friends Fair Trade, and is one of the new FK projects in 2013.

The principal goal for the exchange between Norway and Tanzania is to increase income and standard of living for coffee-producing farmers. But also to raise awareness for the Fair Trade concept, which seeks better rights and trading conditions for marginalized workers, thus promoting sustainable development.

Gideon from Wild Tracks Coffee in Tanzania shares his knowledge while on exchange in Norway. ‘By selling their coffee through Wild Tracks, the coffee farmers get 2-3 times better paid than if they sell coffee at the local market. At local markets agents

will buy and resell their coffee to the international market, leaving the agents with most of the profit.’

Manager Per Persson in Norway says it is a paradox that Norwegian consumers tend to focus on price over quality, especially when many can afford to pay a few dollars extra.

He adds that interest in Fair Trade products has increased in Norway, although we are still far behind our neighbouring countries.

‘The cheapest products often hide unethical working conditions in the

production,’ says Persson, who sees the need for campaigns to raise awareness among Norwegian consumers.





PERU - NORWAY

FK Norway believes that exchanging staff internationally is a unique tool for private sector development. Knowledge of local and global markets strengthens the ability to grow sustainable and viable businesses and employment.

QUALITY IMPROVEMENT AFTER EXCHANGE

Efficiency increases, service improves and communication between Norway and Peru is strengthened. These were the tangible results when developers, consultants and project managers in Sysco Norway and Sysco Peru swapped workplaces for a year.

Sysco Norway and Sysco Peru share a number of different IT projects, including development of web applications, power apps and internet solutions. Now they draw added benefit from shared knowledge across national boundaries. As three Norwe-

gian developers spent one year at the Lima offices, the Norwegian headquarters in Haugesund hosted five Peruvian developers and consultants.

After his year in Peru, Norwegian FK participant Martin Grimeland can see how the whole firm has progressed. Previously, the Lima office tended to focus on efficiency and quick delivery, at the expense of product quality. The Norwegian approach promoted by Martin is that while the job must be done efficiently, quality must always come first. That was the main topic of workshops he held at the Lima office.

‘The exchange has improved the quality, and yet we always manage to deliver before the deadline,’ says Martin.

Martin has also noticed that communication between the two companies has improved significantly since personnel were exchanged. The result is better products and better service. The Norwegian and Peruvian ways of working are different. We now recognise that exchange produce better understanding and insight in our respective working methods,’ Martin adds.

In Norway, the Peruvian participant Andrea Vasquez Acosta has worked as a consultant during her year abroad. There is no doubt in her

mind that exchange is the way to go to acquire international skills.

‘It is the best way to understand how the partner from the other side of the world works. It improves the communication so that the internal goals of both companies can be achieved,’ says Andrea.



Photo: SYSCO Norway

‘THE WHOLE FIRM has progressed after an exchange of staff between SYSCO Norway and SYSCO Peru,’ says FK participant Martin Grimeland



Photo: Andrea Zasques Acosta

‘It is the best way to understand how the partner from the other side of the world works. It improves the communication so that the internal goals of both companies can be achieved,’

**FK PARTICIPANT
ANDREA VASQUEZ ACOSTA**



ETHIOPIA - TANZANIA - UGANDA - ZAMBIA

South-South and triangular exchange is an integral part of FK Norway programmes. Exchanges between countries with similar challenges and cultures are quite simply a rational choice.



'BEING IN a different country has really broadened my thinking,' says FK participant Tissa Banda (left) from Zambia, together with fellow FK participant Marilyn Kabalere.

EMPOWERING YOUNG WOMEN

'Having to work in a foreign environment out of my comfort zone has made a positive change on me as an individual. I am now able to work with people from different cultural backgrounds and I have grown to be more self-reliant and confident.' says FK participant Tissa Banda.

'We train young women in leadership and governance,'

**MONICA EMIRU ENYOU,
SECRETARY GENERAL IN NAWOU**

FK participant and Gender Training Officer, Tissa Banda from Zambia, cannot wait to get back home to share what she has learned while working at the National Association of Women Organisations in Uganda (NAWOU). She has developed a Gender Training Manual, carried out gender training sessions, written articles, been involved in strategic planning reviews and made many contributions to the organisation while on

exchange.

NAWOU is an umbrella organisation for women's organisations in Uganda. Their prime objective is gender equality and gender mainstreaming. NAWOU is part of an exchange project with national women's networks in Tanzania, Zambia and Ethiopia.

'We train young women in leadership and governance,' says Secretary General in NAWOU, Monica Emiru Enyou, who talks enthusiastically about the FK exchange model. *'The partnership is mostly about building the capacity of young women, who are our future leaders,'* she adds.

Enyou sees the benefits both for the

organisations involved and for the participants, who have the opportunity to work in another country for a year. *'We learn from the other partners,'* she says, *'and we realise we have the same problems and challenges.'*





THAILAND - THE PHILIPPINES - CAMBODIA - VIETNAM

FK Norway believes developing countries in the South face common challenges and shared experiences. Exchange of staff between developing countries facing similar challenges is cost-efficient, rational and what people ask for. Contrary to the African challenge of a very young population, Asia is rapidly ageing, resulting in unfamiliar needs and demands.

FIGHTING FOR THE RIGHTS OF ELDERS IN SOUTHEAST ASIA

‘We need to enhance the rights and the well-being of older people in our communities,’ say the leaders of grass root organisations for elders across Southeast Asia. The FK project HelpAge has resulted in a range of income generation activities for elders.



Photo: Catherine Wilczek

FK PARTICIPANT MARIFER AREVALO from the Philippines, visits older persons' communities in Northern Thailand.

online fundraising and distribution of products created by older people's groups.

As a result, the organisation has been able to expand support for poverty reduction in elderly communities in Northern Thailand through income generation activities for elders, such as animal husbandry, handcrafts and food processing.

For a whole year, six FK participants have been exchanged within Cambodia, Thailand, Vietnam and the Philippines to share models and approaches to promoting the rights of elders.

The participants have been emphasising that older people can still contribute to society, and that they must

enjoy their rights to health care, social services and economic and physical security.

One of the notable results from this FK project is the creation of the magazine *Voice of Older People* by the Foundation For Older Persons' Development in Thailand. The organisation has created a webpage for



Photo: Catherine Wilczek

THE MAGAZINE *Voice of Older People* is one of the notable results in the Help Age project.



KENYA - MOZAMBIQUE - NORWAY - UGANDA

On the continent where 65 % of the population is below 35 years of age, young people need to address questions of leadership themselves. FK Norway believes it is our duty to help the youth reach their goals and ambitions.

DEVELOPING YOUTH LEADERSHIP

‘Exchange gives you skills that no education system awards you,’ says FK participant Emmanuel Waiswa

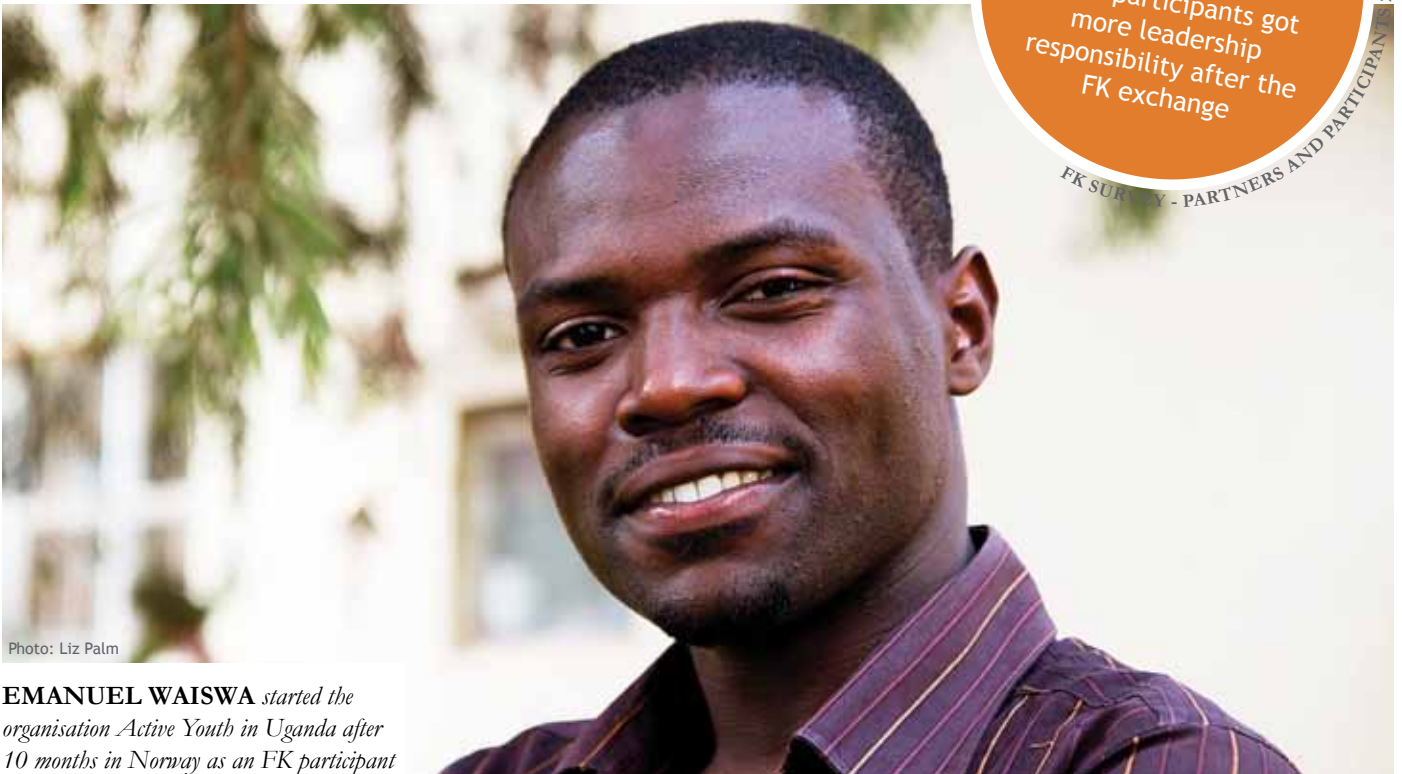


Photo: Liz Palm

EMANUEL WAISWA started the organisation *Active Youth in Uganda* after 10 months in Norway as an FK participant

Emmanuel has been in Norway through AIESEC and the Youth Exchange Programme. After he returned to Uganda he went back to school pursuing his master in Gender Studies at Makerere University.

‘I felt it would be selfish to leave the learning I got for myself. With some help from other youth I started Active Youth Africa.’

The goal is to promote youth leadership and development, and not only

encouraging young people to take charge of their own lives, but also to take responsibility for the destiny of their community.

AIESEC is the world’s largest youth-run organisation. The president of the national team in Uganda, Tom Kalyesubula, emphasises that leaders need a global mindset and he sees the exchange model as an important tool.

‘Being in another part of the world, being in another culture, working

with people who think differently, makes you think about the beliefs you have. And for us in AIESEC this is the best way to develop the kind of leaders we need.’

A leader in AIESEC cannot stay in the same position for more than one year. This practice enables more young people to get leadership training.



NORWAY - KENYA - UGANDA - SOUTH AFRICA - ZAMBIA - ZIMBABWE - TANZANIA

FK Norway gives young people a platform for improving their own lives through different activities. Sports is fun, sports is healthy and it can be life-changing.



Photo: The Norwegian Confederation of Sports

FK PARTICIPANT PHUMLANIE MNGUNI is sharing his knowledge and passion for rugby with Norwegian youths.

CHANGING LIVES THROUGH SPORTS

‘Our goal is to get young people fired up about sports, and choose a life without crime and drugs,’ explains rugby coach and FK participant Phumlanie Mnguni. Phumlanie is one of 26 volunteers who form the Youth Sport Exchange Program (YSEP), using sports as the key instrument for social and personal development in Norway and Africa.

Phumlanie has spent 10 months in Norway, sharing his passion and knowledge for rugby with Norwegian youth. As a junior rugby coach in South-Africa, Phumlanie trained young players from a wide range of communities. This experience made him the perfect candidate to represent YSEP as an FK participant in Norway in 2013.

‘His experience and knowledge has given an immense input to the Norwegian rugby environment’ says one of the project coordinators, Lind Gustafsdottir.

Phumlanie himself grew up in a poor family and was left an orphan by the time he was 16, living in a South-African township rife with drugs and crime. Already at the age of eight, Phumlanie developed a passion for rugby when he was introduced to the game by his local rugby team Sharks. Maybe this is what saved him from a life outside the law.

This programme has helped Phumlanie see that he can aim much higher than he did before his exchange to Norway. He got the opportunity to experience the world outside the

townships,’ says project coordinator, Fredrik Ødegaard.

After his return to South Africa, Phumlanie has taken a permanent position as development officer in the Northern Region of Kwazulu Natal, which is part of the Sharks Rugby Team’s region. He now works on a daily basis to inspire boys and girls to get involved in sports, and to choose a life away from crime and substance abuse.





Photo: Eirik Hodne

ASANELE AND SKOKHELE
*running the relay in the village of Mlomo,
Eastern Cape, South Africa.*

*Photo taken by former FK participant Eirik
Hodne, exchanged to South Africa through
the Youth Sport Exchange Program.*

*The image was one of the finalists in the
FK Anniversary Photo contest 2013.*



INDIA - NORWAY

The value of living a healthy life needs no further explanation. Emphasis put on maternal and child health is instrumental in establishing that basic human right. Exchange of health staff is a priority for FK Norway.

BREAST MILK BANK ESTABLISHED IN INDIA



Photo: Signe Marie Bandlien

HEALTHY MOTHERS with a surplus of breast milk are the fundamental resources for the running of a human milk bank.

The first public breast milk bank in the state of West Bengal was officially opened in August 2013.

This is one of the results from the FK funded project between Oslo University Hospital (OUS) and Seth Sukhlal Karnani Memorial Hospital (SSKM). Health personnel have been exchanged between Norway and India since 2011.

The use of breast milk for feeding sick newborns and newborns who cannot

get breast milk from their mothers has not been common practice in India. But in a country where 70% of the surface water is contaminated, it is of critical importance to use breast milk as a free and safe resource for nutrition.

The project was thus targeting the

two main causes of death among infants, namely malnutrition and infections.

From 2011 to 2013 health staff were exchanged between the two hospitals from six to 12 months. In addition, short term visits were undertaken by Norwegian experts in newborn health and in the running of breast milk banks. The exchanged staff were mainly nurses and physicians.

The human milk bank continues to run with public funds from India, independent of FK support.

The exchanges between OUS and SSKM ended in 2013, but a new project with similar focus was established in Jaipur, Rajasthan, in October 2013.

The project is an integral part of the Norway-India Partnership Initiative which aims to provide strategic, catalytic and innovative support for improved maternal and child health within the Indian health care system.





ETHIOPIA - NORWAY

Global co-operation between health institutions never seems to stop producing new, valuable results and competence. While some technical skills are highly desired in one end of an exchange, increased training in and exposure to rare and unfamiliar diagnoses is what the other end of a partnership may want.

IMPROVED INTENSIVE CARE FOR NEUROSURGERY PATIENTS

The aim of the cooperation between Black Lion Hospital in Addis Ababa and Haukeland University Hospital in Bergen is to improve the entire treatment chain for patients who need neurosurgery.

In addition to training of specialist candidates in neurosurgery, intensive care nurses are also exchanged to improve the care of patients from admission to discharge.

Good quality intensive care nursing is crucial for survival and a best possible outcome for patients who have undergone neurosurgery.

‘We have decided to focus on the weakest group of patients who are those in need of intensive care,’ says nurse Åse Humberstet. She has been in Addis since September 2013.

‘Slowly, slowly we see positive changes in routines and nursing practice regarding monitoring of the patients, as well as general improvements in hygiene,’ she explains.

‘It is necessary to work with the entire chain of care and treatment for the patients. A successful, high-quality neurosurgery service is not enough in itself – the patients need safe care also prior to and after an operation,’ says Åse.



Photo: Morten Lund-Johansen

TREATMENT of hydrocephalus in children has improved after the exchange of health personnel between Ethiopia and Norway.

The exchange project is also perceived as very valuable to Haukeland University Hospital. ‘The experience that I and my colleagues from Haukeland get here is unique to us. We are exposed to diagnoses and injuries which are rare in Norway,’ Åse concludes.

The project has been running since 2009, with 20 Ethiopian and 10 Norwegian neurosurgery candidates and nurses having been exchanged so far.

In addition to increased quality of nursing, the aim of the project is to promote self-sustained education

of specialists in neurosurgery at the Addis Ababa University, Black Lion Hospital.



Photo: Shantini Murgesh

FK PARTICIPANT Åse Humberstet and her colleague at the Black Lion Hospital.



SOUTH AFRICA - NORWAY

The fulfilment of human rights is a cross-cutting issue in all FK projects. According to Article 22 in the Human Rights declaration, everyone, as a member of society, is entitled to realization of the economic, social and cultural rights indispensable for his dignity and the free development of his personality.



THROUGH THEATRE training FK participant Stian Olderkjær is hoping to help the inmates build their self-confidence and give them a new start in life outside the prison walls.

GIVING EX-OFFENDERS A NEW START IN LIFE

Using theatre as an empowerment tool, six FK participants are working to give inmates in Norway and South-Africa a meaningful life after prison, in a rehabilitation project named 'Help, I'm free!'. Thanks to drama classes, discussions and music, inmates acquire knowledge, self-confidence and new opportunities outside the prison walls.

The three FK participants from South-Africa - Xolisile Wiseman Dolo, Vusumzi Dyantyi and Thulani Njengele - work on a daily basis with prisoners in Norway's Ullersmo prison. After a long winter of rehearsals the group is now performing Gyntania - a rock version of Peer Gynt.

According to project coordinator, Leif De Thurah Sørensen, as many as nine out of ten previous offenders who take part in the project, manage to establish a meaningful and decent life after prison.

From Norway another three FK participants - Julie Eriksen, Stian Olderkjær and Kai Kenneth Hanson - have travelled in the opposite direction to Pollsmoor Correctional Services in Cape Town. Pollsmoor is a maximum security prison holding around 8000 of the most dangerous criminals in South-Africa. In a diligent selection process, 20 inmates are shortlisted for the project.

Through drama coaching and counselling, the inmates are encouraged to start a new life outside the prison, once the sentence is served. The

project culminated in September 2013, when the inmates staged their own play 'While We are Waiting..' at the Artscape Theatre Centre in Cape Town.

'In South-Africa there is a saying: 'Once a criminal, always a criminal'. We want people to see that ex-offenders are ordinary people. People like you and me.'

**STIAN OLDERKJÆR,
FK PARTICIPANT.**



HEALTH

NORWAY - KENYA

Civil society activities are often described as one of the single most important integral and stabilising factors in society. Participating in such activities gives people life skills, competence and confidence.

‘A PERSON IS NOT ONLY WHAT YOU SEE’

‘We believe that everyone has significant resources that can be mobilised to achieve something, despite what may seem as insurmountable challenges. By inspiring self-confidence, providing good counselling and generally putting things in place, the project ‘A person is not only what you see’ attempts to create a better everyday life for the underprivileged in Kenya and Norway.

The small town of Volda in Norway was the departure point for FK participants Malin Høie Ørsal and Torbjørn Nordeide who travelled to Nakuru, the capital of Kenya’s Rift Valley Province. Together with the football organisation TWOMOC they are working to include youth who are struggling with poverty and other misfortunes.

‘Being a member of a club like this can be what they need to get out and get a job. There are so many things that need to be done around a football team. We need coaches, organisers, photographers to record events and handymen who can build facilities around the grounds. All these activities result in better self-confidence for those involved, and can be the first step towards employment,’ says the Norwegian project coordinator, Hermod Halse.

In Norway, the project aims to integrate asylum-seekers in the local community. The two FK participants from Nakuru, John Mugi and Barbara Madala, now form the link between different cultures and languages in Volda. Through the local Volunteer Centre and Immigration Centre in Volda, they will kick off activities that



Photo: Anne Aagaard

TOGETHER WITH *the Kenyan football organisation TWOMOC, FK participants Malin Høie Ørsal and Torbjørn Nordeide are trying to guide struggling youth towards employment.*

include all residents, irrespective of their culture, language or faith.

‘We want the sports clubs, choirs and other voluntary activities in Volda to embrace all individuals from the local community. We hope to forge new networks where students, local residents and asylum-seekers can work side-by-side,’ declares Halse.



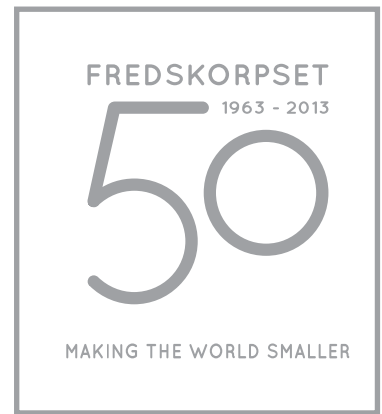


50 YEARS OF EXCHANGE

In 2013, FK Norway celebrated its 50 year anniversary. Since 1963, more than 8000 FK participants have used their knowledge, professionalism and engagement to contribute to a smaller and better world.

FK Norway has been a tool for people-to-people collaboration through 50 years, and stands out today as a unique method of development co-operation between Norway and countries in Asia, Africa and Latin America.

Throughout the anniversary year of 2013, FK Norway held a series of celebrations to honour the FK participants and co-operating partners.





HIGHLIGHTS

50 YEAR ANNIVERSARY

The book about FK Norway

The Norwegian publishing house Pax Forlag published the 50 year history of FK Norway. The book reflected on the organization's role in Norwegian foreign policy and the type of development co-operation which FK Norway has represented through the years.

Collecting and sharing stories

New and old FK participants share their stories on the anniversary page www.fredskorpset.no/50. Here you can find images and reflections, from 1963 to the present.

FK Norway takes to the streets

During the anniversary year FK Norway made a visible contribution to the streetscape in five Norwegian cities. Texts and images of and by FK participants were presented in outdoor exhibitions in Oslo, Stavanger, Bergen, Trondheim and Tromsø.

Celebrations in the South

Golden jubilee events were held in Nepal, Guatemala and Uganda, celebrating decades of active citizenship through Fredskorpset as well as highlighting issues of current importance. A South-South seminar was also held in Oslo.

Grand anniversary celebration at Folketeateret in Oslo

In December, FK Norway invited all former Norwegian FK participants and co-operating partners to a grand anniversary celebration in Oslo. Around 1300 people attended the celebration, including the Minister of Foreign Affairs, Mr Børge Brende, and well-known musicians and celebrities honouring the commitment of 8000 FK participants.

All photos by former FK participants and staff between 1963 - 2013



STATISTICS 2013

PARTICIPANTS WITH DEPARTURE 2013 ACCORDING TO PROGRAM

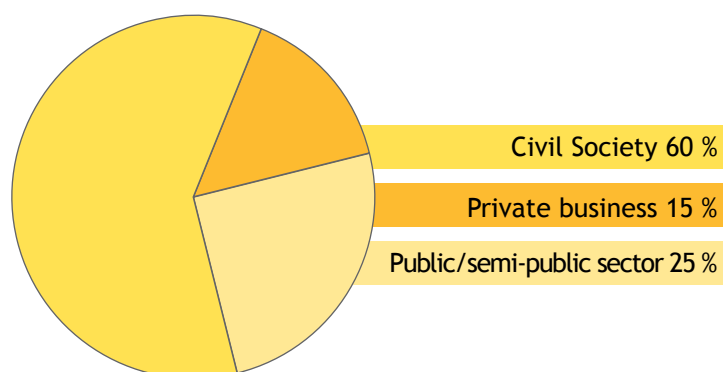
	2013	2001-2013
FK Health Exchange program (Esther)	73	241
North-South programme	111	2480
South-South programme	152	1053
FK Youth programme	280	2618
Senior programme	-	63
Total	616	6455

GENDER DISTRIBUTION OF PARTICIPANTS ACCORDING TO DIRECTION OF EXCHANGE

Gender	DIRECTION OF EXCHANGE			TOTAL
	NORTH-SOUTH	SOUTH-NORTH	SOUTH-SOUTH	
Female	70 %	46 %	40 %	53 %
Male	30 %	54 %	60 %	47 %

Priority Area	% of projects
Private sector development	17 %
Environment	14 %
Governance	8 %
Health	29 %
Youth	24 %
Other	8 %

PARTNERS BY SECTOR OF SOCIETY



FK NORWAY PROGRAMMES:

North-South programme:

Mutual exchange of professionals aged 22-35 between organisations in Norway and in developing countries.

South-South programme:

Mutual exchange of professionals aged 22-35 between organisations in different developing countries.

STATISTICS 2013

WHERE DO THE PARTICIPANTS COME FROM*? EXPENDITURE 2013 (Expenditures in million Norwegian kroner)

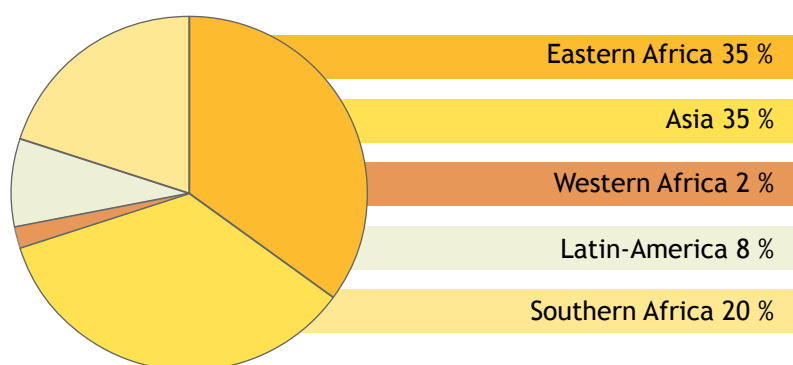
COUNTRY	
Norway	230
Tanzania	44
Kenya	31
Uganda	26
South Africa	24
Malawi	20
India	17
Ethiopia	17
Zambia	16
Nepal	15
Madagascar	14
Thailand	14
Cambodia	11
Vietnam	10

(*Showing countries with ten or more participants)

Expenditure 2013 grants	
North-South program	77.6
South-South program (Africa and Asia)	38
FK Youth program	35
Training of participants and partners	9.2
Monitoring and evaluation / Introduction seminars	1.2
TOTAL:	161

Expenditure 2013 running expences	
Running expences South-South	5.5
Partner- and participant networks	0.7
Salaries	23.9
Other running expences	12.8
TOTAL:	42.9

SOUTH PARTNERS BY REGION



FK Health Exchange programme (Esther):
Mutual exchange of health professionals between organisations in Norway and in developing countries.

FK Youth Programme:
Mutual exchange of young people aged 18-25 between organisations in Norway and in developing countries.



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Large, dark, three-dimensional letters spelling 'N A W' are mounted on a light-colored wall. The letters are positioned in the upper right quadrant of the image. The background shows a brick wall and some foliage at the top.

FK NORWAY supports exchange of young people and professionals between organisations, institutions and companies in Norway and countries in Africa, Asia and Latin America.

Since 1963 more than 8000 FK Norway participants have taken part in an exchange across borders. About 400 organisations, institutions and companies exchange young people annually.

Through their co-operation the organisations share knowledge and experiences. A collaboration with FK Norway expands perspectives and changes attitudes.