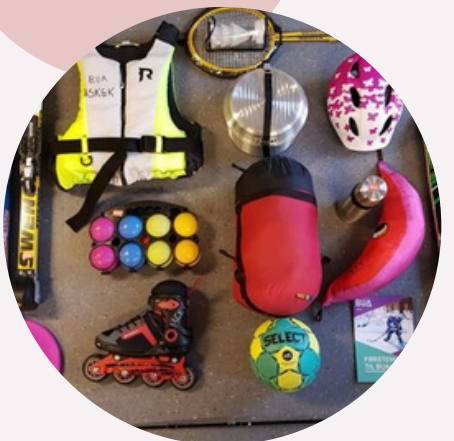


# Be active!

- an overview of leisure activities  
for children and young people





## BE ACTIVE IN YOUR SPARE TIME IN ØYER!

There is a wide range of recreational activities within sports and culture in Øyer municipality. Collectively, voluntary organizations and the services of the municipality give children and young people many opportunities for activities that build friendship, companionship, and good health. The activities are often completely free or at a reasonable price.

According to the UN Convention on the Rights of the Child, all children have an equal right to participate in leisure activities. In this folder you will find an overview of activities in Øyer, with information about the activities, costs etc.

Information and links to each activity can also be found in an overview on the internet: <https://www.oyer.kommune.no/fritidsaktiviteter>

The overview is made by the municipality together with the organizations. The activity offers are constantly changing, and updates will take place over time. The overview will then not always be 100% up to date.

Please let us know of activities that are missing or no longer available by sending an email to: [hilde.odden.rom@oyer.kommune.no](mailto:hilde.odden.rom@oyer.kommune.no)

We hope that the overview of the recreational activities available will help ensure that all children and youth in the municipality get the opportunity to be active!

Jon Arne Johansen  
Head of Service Culture  
November 2022

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# Movement



## **ALPINE**

Alpine skiing is a fun and challenging sport suitable for children and youth of all skill levels. The activity is suitable for everyone, but requires some equipment. The club can be helpful with equipment.

- Øyer-Tretten idrettsforening (ØTI)

## **DANCE**

Do you like hip hop, street dance or do you just like to dance? Øyer kulturskole (cultural school) offers dance from the age of 5. Suitable for everyone and requires no equipment.

- Øyer kulturskole

## **SOCCER**

Do you want to become the new Messi or just have fun with friends? Soccer is one of the world's most popular team sports. Football is suitable for all ages and requires very little equipment.

- Øyer-Tretten idrettsforening (ØTI)

## **HANDBALL**

In handball, high tempo and good team play apply. Handball is played indoors, is suitable for everyone and requires very little equipment.

- Øyer-Tretten idrettsforening (ØTI)



## SPORTS SCHOOL

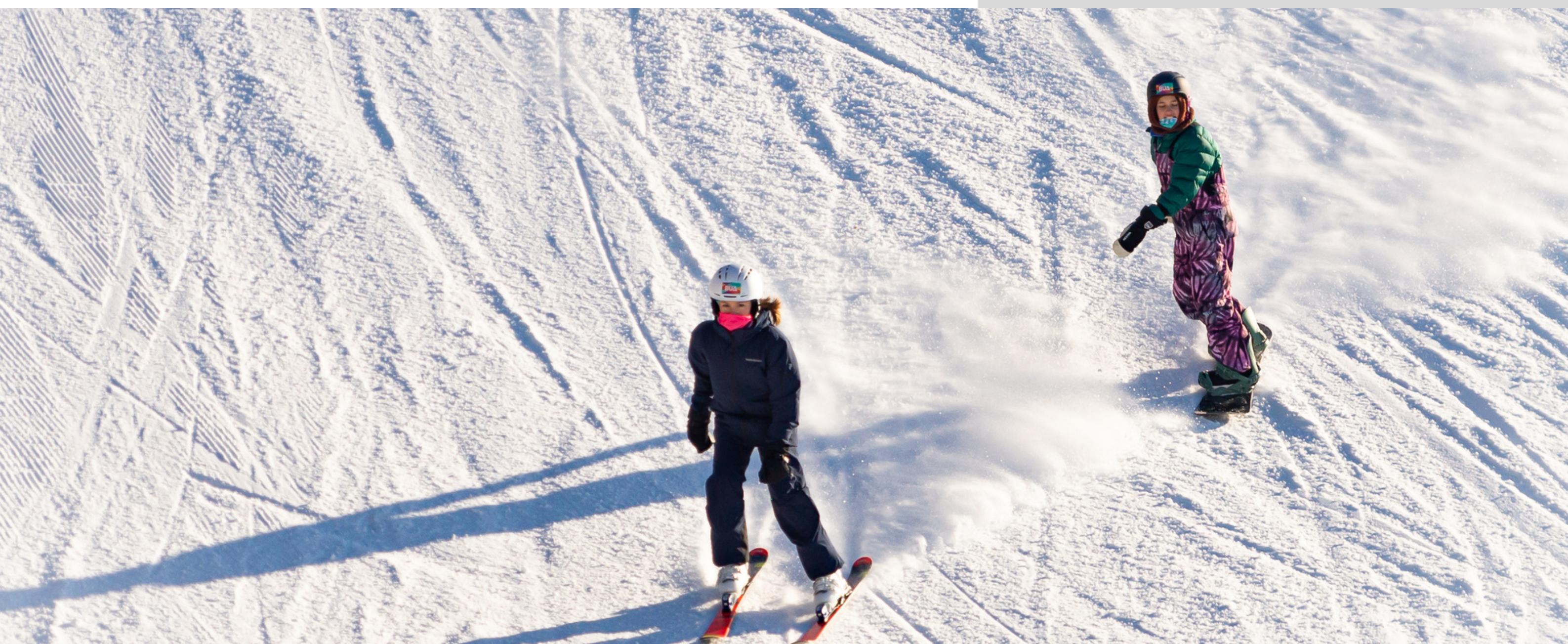
Do you want to try out different sport activities? At the sports school, you can try the different activities ØTI offer. The sports school is for 1st grade pupils, is free and requires little equipment.

- Øyer-Tretten idrettsforening (ØTI)

## FLOORBALL

Floorball is a team game that is somewhat like ice hockey. You play indoors with a plastic ball instead of a puck. Floorball is suitable for everyone and you can borrow equipment from the club.

- Øyer-Tretten idrettsforening (ØTI)



## CROSS-COUNTRY SKIING

Go skiing! Øyer is perfect for cross-country skiing and has great training conditions. Cross-country skiing is suitable for everyone, but requires some equipment. The club can be helpful with equipment.

- Øyer-Tretten idrettsforening (ØTI)



## **BIATHLON**

Do you want to combine several sports? Try biathlon then! Here you can both go skiing and shoot at targets. Biathlon combines endurance with precision. You can borrow weapons from the biathlon team.

- Tretten skiskytterlag

## **SHOOTING**

At the shooting range in Skarsmoen, you can take part in shooting training. Shooting is suitable for ages 7 and older. Members borrow equipment for free and the activity fee covers ammunition.

- Øyer/Dølen skytterlag

## **HIKING AND OUTDOOR LIFE**

Do you enjoy being out in nature? Do you want to go on walks or learn more about outdoor life? The activities require little equipment. They are free and suitable for children up to secondary school.

- Barnas turlag Øyer

## **GYMNASTIC**

Gymnastics is a versatile sport that is suitable for children of all age groups. The focus is on play, fun and development in gymnastics! Gymnastics do not require any special equipment.

- Øyer-Tretten idrettsforening (ØTI)



# Culture





## LEISURE CLUB

There are several leisure clubs to choose from in Øyer municipality. The clubs have offers for children and youth from 6 to 18 years of age. At the clubs you can come and be with friends or take part in many different activities, such as a youth cafe, games, hobby activities, billiards, and table tennis. The participation fee is low or completely free.

- Connected
- Hobbyklubben
- Klubben
- Tweens

## YOUTH CLUB

Øyer Ungdomsklubb is an ideologically neutral club for young people from 8th grade and up to 18 years of age. The club has premises at Tingberg in Øyer and is open on Tuesday evenings. Entry is free for all.

Øyer Ungdomsklubb is the organizer of Winter-Lan and Summer Activities Week. The club organizes trips and workshops and is a co-organizer of UKM. It is free to participate in all that is organized by the club.

- Øyer ungdomsklubb

## CHOIR AND SINGING

Do you want to sing, act and have fun with other children? In Øyer, it is possible to participate in children's choirs and also have individual singing lessons.

- Øyer kulturskole

## MARCHING BAND

Do you want to play an instrument with others? In the marching band, you learn to read sheet music and you can borrow your own instrument. The activity is suitable for children from primary school and upwards.

- Øyer/Tretten skolekorps



## **KULTURSPRELL**

In Kultursprell, the focus is on dance, drama, song and rhythm. Together, the children will experience joy and mastery, and at the same time get to know the various offers found in the cultural school. Kultursprell is an offer for children in 1st grade and is suitable for everyone.

- Øyer kulturskole

## **MUSIC**

The cultural school offers lessons in several instruments. Here you can learn to read sheet music and you can borrow your own instrument. You can receive lessons both individually and in groups. Music is suitable for everyone from the 1st grade.

- Øyer kulturskole

## **ROCK WORKSHOP**

Do you want to play in a band or make music in the studio? Gather your friends or just meet others who want to form a band.

- Øyer kulturskole

## **SOUND AND LIGHT PRODUCTION**

Are you interested in lighting and sound engineering? This is an exciting course, and important to know; it is easy to get a job in this field!

- Øyer kulturskole

## **TEATHRE**

Do you dream about acting? When you perform in the theater you can choose to be a completely different person from yourself. The activity requires little equipment and is suitable for children in primary school.

- Øyer kulturskole



# Learning



## **HELP WITH HOMEWORK**

Do you have difficulties with your homework? Do you like to do homework with others? In Øyer there are several offers for those who want help with their homework. And the best part, all the offers are free.

- Aurvoll skole
- Øyer folkebibliotek
- Øyer ungdomsskole



# Social



## **BABY SONG**

Baby song is an offer for the youngest children, together with one of the parents. Through singing, contact is made between parents and children. Baby song is also a social community for the adults.

- Den norske kirke

## **CHILDREN'S ACTIVITIES**

Do you want to learn how to use your local environment in a safe and active way? In the Children's Red Cross, you meet other children just like you. We learn a lot of useful things and make new friends.

- Barnas Røde Kors (BARK)

## **TODDLERS MEETINGPOINT**

A get-together for children aged 0-3 years. Here, children accompanied by their parents, can come to play and have fun while the parents socialize. Devotions, baby singing, various courses and a free lunch are organized.

- Lykkeliten

## **SUNDAY SCHOOL**

A Christian offer for children from 1-10 years. The children learn about Christian faith and values. The lessons consist of both song and music, films, puppet shows, teaching, etc. Children under the age of two must be accompanied by an adult.

- Enter



# Holiday activities



## **HOLIDAY ACTIVITIES**

Are you at home during the holidays and don't quite know what to do? There are activities during the holidays that you and your friends can take part in.

Information about holiday activities can be found on the municipality's website:

<https://www.oyer.kommune.no/ferieaktiviteter>





## ACTIVITY WEEK

The activity week is a free summer holiday offer that is organized every year during the summer holidays. The offer is for youth living in Øyer, aged 13-15 (7th grade to 10th grade).

The threshold for participating is low and the activity week is a good, social and including meeting place, where youth can get to know each other and do fun and challenging things together.

- Øyer ungdomsklubb og Øyer-Tretten frivilligsentral

## HOLIDAY AFTER-SCHOOL PROGRAM

The holiday after-school program is offered during the school's summer holidays, from the end of school until the end of June and from August until school starts up again. There is also holiday after-school in the autumn and winter holidays. A separate invitation/registration will be distributed at the school ahead of the holidays.

- Aurvoll skole
- Solvang skole

## HOLIDAYS FOR EVERYONE

"Holiday for all" is a free holiday offer organized by the Red Cross, for families with children who have lived with weak finances over time, who have at least one child aged 6-13, and who have no other holiday offers. Registration takes place via the local services, such as the school nurse, teachers, social workers etc.

- Røde kors

## SUMMER READ (SOMMERLES)

sommerles.no is a digital reading campaign for 1.-7. grade, that lasts from June 1. to August 31.

At summer read you can register the books you read, collect points, get cool prizes, reading tips, read the exclusive "Sommerles" story, solve problems and even see what your friends are reading!

- Øyer folkebibliotek





## ØYER IS AN "ALLEMED" MUNICIPALITY

We work according to the goals in the Leisure Declaration. Our goal is to contribute to fulfilling children's right to participate in leisure activities that they themselves want to participate in, together with their peers.





## **BUA ØYER**

"Children-Youth-Activity". BUA is a free equipment library that facilitates children and young people to participate in physical activities, sports and outdoor life. Would you like to try something new? And preferably without having to buy the equipment first? Just stop by BUA Øyer!

At BUA Øyer you can borrow a lot of equipment completely free of charge. Summer and winter. Try activities you've never done before, and feel free to come back and try something you like.

It's easier than you think!

In BUA you can find the equipment you need and come to an agreement about the period you need to you borrow it.

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## **FREE SPOTS**

Øyer cultural school offers free instruction to e.g. children living in families with persistently low income. Free instruction is applied for at the same time as the application for student admission.

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## **INCLUSION FUND**

Organizations can apply to Øyer municipality for an inclusion grant to help ensure that children and youth can participate in organized leisure activities, regardless of the family's cultural and economic background. The aim is to include children and youth who do not participate today or who are in danger of dropping out, into the organisation's regular activity offer.

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## **LEISURE CARD**

The leisure card contributes to inclusion and equalization of social inequality between children and young people, and gives children and young people in low-income families the opportunity to participate in activities that they/the family would otherwise not have been able to afford or have the opportunity to do. The leisure card includes both experiences where the users are spectators/audiences and experiences where the users are participants. The card is a targeted offer, which means that it is distributed to the families NAV and other municipal services believe have the greatest need or greatest benefit from such a card.



## **SUPPORT CONTACT / LEISURE CONTACT**

The aim of the support contact/leisure contact is to assist those who are unable to get an active, social and meaningful leisure time on their own. More information about support contact/leisure contact and how to apply can be found on the municipality's website.

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## **OPEN HEALTHCARE**

Open health center is a low-threshold service for parents of infants and toddlers who have questions about their child's health, well-being and development. This is an open time where you do not need an appointment. A nurse will be present. Contact Øyer health center on tel.: 947 86 463.

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## **TRANSPORTATION**

Information about the municipality's public transport services can be found at Innlandstrafikk: timetables, booking routes, prices, etc.

Trygt hjem (safely home) is a taxi arrangement for young people between the ages of 15 and 21 in the county. The offer is valid on Friday night and Saturday night throughout the year. Read more about the arrangement and how to order on the website.

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## **UNGINN**

The UngINN card is free and applies to all young people in Innlandet county from the year you turn 13 until the year you turn 21. UngINN gives a discount on various cultural offers throughout the county.

With UngINN, Innlandet County Council makes it easier for you as a young person to make use of the cultural facilities in Innlandet. They are working with creating new agreements, so that UngINN will apply to as many events as possible and cover many different forms of culture.

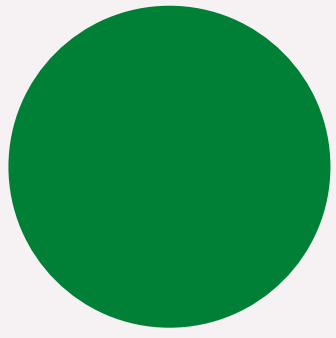
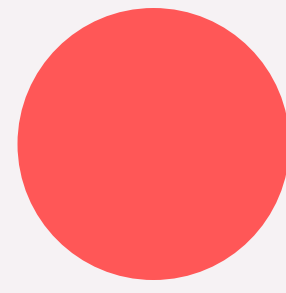
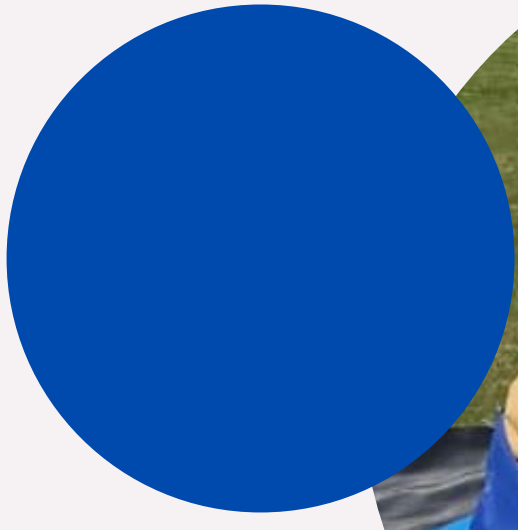
Read more about UngINN, the discounts and ordering the discount card from Innlandet County Council.



# OVERVIEW

Category	Activity	Target group	Organization	Costs per year (kr)
Movement	Alpine	4 years to junior	ØTI	From 500
Movement	Dance	5 - 18 years	Øyer kulturskole	2650
Movement	Soccer	2nd to adult	ØTI	From 850
Movement	Handball	2nd to adult	ØTI	Free (7-8) / From 1200
Movement	Sports school	1st grad	ØTI	Free
Movement	Floorball	2nd to adult	ØTI	From 250
Movement	Cross-country skiing	2nd to junior	ØTI	From 500
Movement	Biathlon	4th grade to junior	Tretten skiskytterlag	From 300
Movement	Shooting	From 7 years	Øyer/Dølen skytterlag	
Movement	Hiking and outdoor life	0 to 12 years	Barnas Turlag Øyer	Free
Movement	Gymnastic	4 years to adult	ØTI	From 700
Culture	Leisure club - Connected	13 to 20 years	Øyer Pinsemenighet	Free
Culture	Leisure club - Hobbyklubben	5th to 7th grade	NLM	200
Culture	Leisure club - Klubben	1st to 4th grade	NLM	100
Culture	Leisure club - Tweens	5th to 7th grade	Øyer Pinsemenighet	Free
Culture	Youth club - Øyer ungdomsklubb	8th grade to 18	Øyer kommune	Free
Culture	Guitar	1st grade to 18	Øyer kulturskole	3600
Culture	Singing	1st grade to 18	Øyer kulturskole	3600
Culture	Marching band	2nd grade to 18	Øyer/Tretten skolekorps	1500
Culture	Kultursprell	1st grade	Øyer kulturskole	2650
Culture	Brass instruments	2nd grade to 18	Øyer kulturskole	3600
Culture	Musical	8th grade to 18	Øyer kulturskole	2650
Culture	Piano	1st grade to 18	Øyer kulturskole	3600
Culture	Rock workshop	3rd grade to 18	Øyer kulturskole	2650
Culture	Song and teathre	3rd to 7th grade	Øyer kulturskole	2650
Culture	Percussion	1st grade to 18	Øyer kulturskole	3600
Culture	Woodwind instruments	2nd grade to 18	Øyer kulturskole	3600
Culture	Accordion	1st grade to 18	Øyer kulturskole	3600
Learning	Homework - Øyer ungdomsskole	7th to 10th grade	Øyer kommune	Free
Learning	Homework - Aurvoll	5th to 6th grade	Øyer kommune	Free
Learning	Homework - Øyer folkebibliotek	6th to 7th grade	Øyer kommune	Free
Social	Baby song	0 to 12 months	Den norke kirke	200
Social	Children's activities	1st to 7th grade	Barnas Røde Kors	Free
Social	Toddlers meetingpoint- Lykkeliter	0 to 3 years	Øyer Pinsemenighet	Free
Social	Sunday school - Enter	1 to 10 years	Øyer Pinsemenighet	Free
Holidays	Activity week	7th to 10th grade	Øyer kommune ØTFS	Free
Holidays	Holidays for everyone	Families	Røde Kors	Free
Holidays	Holiday after-school program	1st to 4th grade	Øyer kommune	See website
Holidays	Livoll youth centre	All	NLM	
Holidays	Summertime at Strandenga		Lions	





Do you want to know more?

