

Post Exchange Initiative Application Form

Before filling out this form, make sure you meet the requirements listed at <https://www.norec.no/en/norec-network/post-exchange/> You can apply for projects, activities, and innovations, but in the application, we'll refer to all of these as "projects." Please note that we only accept one application for each person, that also means that you can not share your personal link to this form with anyone else. If you have any questions, please contact network@norec.no

Please note: Character limits are set for key sections to ensure focused, manageable applications. These limits reflect the 6-month timeframe and budget scope of Post Exchange Initiative projects.

Contact information

1. First name

2. Last name

3 .Email

4 Phone number (including country code)

5. Home address (include your full local address, city or province and country)

Project Description

6. Name of the project:

Enter your answer here

7. Please describe your project idea (max 2,000 characters)

State the problem you want to solve, and how you plan to contribute to the solution. Be concise and focus on the key elements of your 6-month project.

Please keep your project description within 2,000 characters to ensure a focused application.

8. Please describe how the project is linked to skills you acquired through your Norec exchange (max 1,200 characters)

Focus on specific skills and how they will be directly applied in your project.

Please limit your response to 1,200 characters. Focus on the most relevant skills from your exchange.

9. What do you want to achieve with the project, and how does it contribute to sustainable development (max 1,000 characters)

Describe your main goals, expected outcomes within 6 months, and how you will monitor progress toward achieving them.

Please keep your response within 1,000 characters. Describe your main goals and monitoring approach concisely.

10. Which Sustainable Development Goal (SDG) will your project contribute to?

- 1. ☐ No poverty
- 2. ☐ Zero Hunger
- 3. ☐ Good health and well-being
- 4. ☐ Quality education
- 5. ☐ Gender equality
- 6. ☐ Clean water and sanitation
- 7. ☐ Affordable and clean energy
- 8. ☐ Decent work and economic growth
- 9. ☐ Industry, innovation and infrastructure
- 10. ☐ Reduced inequalities
- 11. ☐ Sustainable cities and communities
- 12. ☐ Responsible consumption and production
- 13. ☐ Climate action
- 14. ☐ Life below water
- 15. ☐ Life on land
- 16. ☐ Peace, justice and strong institutions
- 17. ☐ Partnerships for the goals

Section

11. In which country AND city/province will the initiative be carried out?

Enter your answer here

12. Please describe the target group for the project (max 600 characters)
Include age, gender, approximate size, and key characteristics relevant to your project.

Please describe your target group in maximum 600 characters.
Include age, gender, and key characteristics.

13. Do you see any risks associated with your project?

Enter your answer here

14. Are there any other people (besides you) involved in the project?

- ☐ Yes
- ☐ No

15. How many people, apart from yourself, are involved in the project?

Enter your answer here

Budget

16. Please specify the amount you are applying for in dollars (\$):

The number must be between 1000 and 5000.

17. What type of expenses will your project have?

- ☐ Materials
- ☐ Travels
- ☐ Equipment
- ☐ Other

Budget details

Please enter details related to expenses for materials. This can include essential items and resources, such as construction supplies, educational materials, or agricultural inputs, needed to implement project activities.

18. Please specify the amount you plan to spend on **materials** in dollars (\$).

The value must be a number

19. Please provide more details regarding expenses for **materials**.

Enter your answer here

Budget details

Please provide details of expenses for travels. This can include expenses related to transportation for project staff, trainers, and beneficiaries to and from where the activities will be implemented.

20. Please specify the amount you plan to spend on **travels** in dollars (\$).

The value must be a number

21. Please provide more details regarding expenses for **travels**.

Enter your answer here

Budget details

Please provide expenses for equipment. This can include expenses related to tools and machinery required for project execution, such as computers, medical devices, or farming equipment.

22. Please specify the amount you plan to spend on **equipment** in dollars (\$).

The value must be a number

23. Please provide more details regarding expenses for **equipment**.

Enter your answer here

Budget details

Other expenses

24. Please specify the amount you plan to spend on **other expenses** in dollars (\$):

The value must be a number

25. Please provide more details about **other expenses**.

Enter your answer here

Norec Partner

Each project must be supported by a Norec partner. Norec will reach out to the relevant organisations when assessing applications. Before any funds are transferred, a legal agreement must be signed by both the applicant and the Norec partner organisation.

26. Name of Norec Partner:

27. Name of authorized contact person from the organisation

28. Email of the authorized contact person

29. By submitting this form I declare that the organisation named above is aware that I am applying for this funding.

☐ I declare

Consent to use of information in the application

30. I hereby consent to the use of the information provided herein for the purposes of marketing and analysis related to the Norec grant. I understand that this information may be used to improve the grant program, promote its success, and analyze its impact. I acknowledge that my personal data will be handled in accordance with applicable data protection laws and Norec's privacy policy.

☐ Yes

☐ No