The present application describes a quick-change fastening system for demountably mounting an element to a fastening structure. The element comprises an engagement element that is designed to engage a bearing element of the fastening structure, wherein the element is hingeably held around the bearing element between a hooked-in position and a fastened position. The element further comprises a fastening element that can be affixed to a locking element of the fastening structure when the element is in its fastened position. The engagement element and the bearing element are designed such that along a hingeing movement of the element a form-fit connection is established when the element is in its hooked-in position, and that a force-fit connection is established when the element is in its fastened position.