



NATURKULTUR E.V.

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“**Breaking Bread - Breaking Barriers**” is going to be a youth exchange organized in Osterholz-Scharmbeck in Germany which will include 42 young people from 7 different countries: Romania, Italy, Turkey, Croatia, Greece, Macedonia and Germany

**Countries:** 7 countries

**Age of participants:** 18-30 (no age limit for group leaders)

**Country group size** – 5 participants + 1 group leader, (2 of the participants should ideally be with fewer opportunities)

**Place:** Osterholz-Scharmbeck, Lower Saxony, Germany

**Venue:** A group house, youth center

**Days of activity:** 9 activity days (excluded traveling days)

**Time:** 15-25 of March 2019

### Profile of participants

We see food as a good and safe entry point for young people to learn about cultural differences and how to accept other people who are different from them.

This is the reason why we are searching for young people interested in the topic of critical thinking, and passionate about cooking as a method to create a sense of togetherness and connection.

It would be great if at least 30% of the participants come from environment with fewer opportunities where they do not have opportunity to travel or get to know other cultures.

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### Short info about the exchange:

This project will address the lack of acceptance and open-mindedness towards different nationalities and culture in our local communities which creates barriers instead of breaking them.

Through this project we want to create a bridge between cultures where differences are accepted and encouraged, and we would like to do that with the help of food and cooking. For the participants, the exploration of their own culture and other cultures through preparing, sharing and learning about food will be an exciting and very revealing journey that will help them to understand their own culture better and will help them connect to, and learn about other different cultures.

### MAIN OBJECTIVES OF THE YOUTH EXCHANGE

1. Developing critical thinking skills and information filtering skills.
2. Increasing tolerance and promoting acceptance of different opinions.
3. Learning about other countries and their lifestyles through food and cuisine.
4. Sharing each other's culture and breaking the mental barriers of people through food and cooking.
5. Discovering non-formal learning methods and the possibilities of the Erasmus+ programme.
7. Including people with disabilities and/or people with fewer opportunities in society.

### Preparation of participants:

- Participants are expected to do a research of typical recipes of their own country or the region they come from, where the food originated from, how it travelled and how it was changing, how it was prepared through the history and what kind of meaning it has.
- After the project participants will need to organize a small culinary event for friends, school-mates and/or family where they will prepare their favourite recipe.
- We will have a chance to experience cooking on different venues, where participants will have the opportunity to present their local cuisine and culture to German locals. One of them is [Kuche fur alle](#) and the other one is [Kuechen Tenne](#).

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## Venue

We will be accommodated in a youth center/group house in Osterholz-Scharmbeck, close to the city of Bremen, Germany. The accommodation will be simple. Participants will be sharing rooms with 2-4 people from same gender but different nationalities. Most of the rooms have private bathrooms, or bathroom will be shared with another room. Some of the features of the house:

- **It is almost in a middle of nowhere.** Cafes, discos, restaurants and supermarkets are not that close. It is important for the group to stay together all the time, so we will all get to know each other very well.

- There will be **internet**, so that you can keep in touch with your loved ones and share photos and impressions about the program and your experiences.

- We will be the **only group in the house**. It was important to us not to be bothered with other groups and other timetables and rules, so that is why we decided to come here where we would be alone. We will do workshops, make party, national evenings, cook and eat together, and make sure that the door is locked at night. We'll make the rules together and respect the rules that we make.

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- We have hired our **own cooking and logistics team** so they would prepare meals for us, we can tell them the things that we want to eat, but also that nice and healthy food will be done for the people with food preferences – vegetarians, no pork and so on. Please note that we cannot provide vegan, HALAL or fruitarian food. We are not staying at a hotel, so don't expect hotel environment. If you have any concerns about your diet, please contact us.

- **Everything will be up to us**, meaning that everyone should help with something. Either is setting up the dining tables in order, loading or unloading the dishwasher, or helping with the workshop room setup, or just taking care of the house as if it would be your own, meaning not littering and helping keep the house generally clean.

#### ARRIVAL AND DEPARTURE:

**It is not allowed to come to the venue of the project one day later or to leave one day before the designated dates. We can only reimburse tickets that are on/before 15th of March and on/after 25th of March 2019.**

Your task is to get to OHZ Garlstedt BW Logistikschule on 15th of **March**. There is a direct Bus from Bremen Central station with number 660, which leaves once per hour until 19.00. The venue is 0,7km away from the bus station. At the station someone will wait to pick you up.

**Please send us a message on mobile phone: +491774621488 when you know your exact time of arrival** so someone can pick you up.

According to the rules from NA in Germany, it is acceptable to come/leave the country up to 4 days prior or after the project (but not more than 7 days in total!). Every flight that is more than this time limit would not be accepted by NA, and therefore we cannot reimburse it. However, when you want you can use these 7 days to travel around the region. Bremen, Berlin, Hamburg and Hannover are really beautiful cities that are worth seeing. Please note that we are not responsible for your travels before or after the project, so all costs for accommodation, food and travelling are going to be on your own expense.

#### **Travel costs and reimbursement:**

Travel costs limit: Be aware that Erasmus + is a co-financing program, so if you exceed the limit on your travel costs, each participant has to cover the difference themselves.

**Turkey, Greece = 360 €**

**Croatia, Macedonia, Romania, Italy = 275 €**

**Germany = 180 €**

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The amount of money allowed doesn't mean that you should spend it all, but this is the maximum that can be reimbursed. All participants should try to find the cheapest travel route.

**Please send us your travel itineraries before you buy the tickets so we can also check and give suggestions. The tickets should be bought until the 15th of February.**

**Reimbursement of travel costs:** are going to be made after the project. We are going to transfer directly to the partner organization.

Apart from flying or trains, participants can arrive traveling with a van, but only as a group. If you are interested to travel like that, please contact us since the rules are quite complicated.

All costs for accommodation, food and program will be covered from the organizers. All youngsters need to have valid insurance for Germany.

**The 100% of travel costs reimbursements up to the maximum amount are going to be made after the project.** So please keep all your original tickets and boarding passes since it is not possible to reimburse tickets that were lost or misplaced. Each participant needs to send all tickets and boarding passes after the project with description of every ticket to the following address NaturKultur e.V., Bürgermeister Smidt Straße 47, 28195 Bremen, Germany. Please print all your tickets (booking confirmation, train tickets, boarding passes, etc) and send them together in one envelope as then it will be faster to do the reimbursement. Receiving tickets by email will only slow down the process of reimbursement by our accountant.

Travel cost will be reimbursed 7 days after receiving all documents from the participants, including:

- Boarding passes, flight bookings, train tickets etc. as proof of travel.
- Proof of insurance, if you had to buy it, so that you can be reimbursed after the project.
- Dissemination of the project which includes an article, blog or short report.

#### **Insurance:**

Every participant should have valid health insurance for Germany during your stay on the project. This means that when you don't have your own insurance, the organizer doesn't bear any responsibilities towards the participants. That is why every participant should timely purchase their own insurance. Health insurance for the project will be covered for all participants, so everyone is required to have health insurance during the project dates or their European Health Card (for EU citizens only).

We can reimburse the insurance only up to 20€ per participant.

Check with your health insurance if it is valid in Germany. We highly recommend to book cancellation insurance. This insurance is in case you



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miss your flight, you get ill or someone in your family gets ill or injured, and you cannot participate on the training because the program doesn't cover the costs when the participant doesn't arrive to the venue and participate in the program. This insurance cannot be covered by the program.

**ATM & cash:** In Germany all major credit and debit cards are accepted. However, in the venue no cards are accepted so make sure that you have cash with you when you need something from the shop or some drinks.

**Each delegation is responsible for cooking and presenting your country one night.** For example: The first day it is Greek dinner.

Participants from Greece should prepare dinner for all 42 participants. Have in mind that it should be some dish that is typical and that can be made fast, because each country will have only 90 minutes for cooking. At your disposal you will have the cooks who will be there to help you with everything that you need.

Give your best to prepare the national evening. As in workshops, good youth leaders are seen as the ones who prepare well, give a lot of effort, are original and passionate about the work they do.

Each delegation should send us a list of supplies no later than 10th March on [ziga@naturkultur.eu](mailto:ziga@naturkultur.eu). You will need to prepare typical meal from your country. Please do not ask for the impossible products to find in Germany to be bought. When you think there is no such product in Germany, buy it, keep the receipt and bring it with you, you will be reimbursed when you disclose the receipt. We cannot reimburse more than 50€ per country for the dinner. **No alcoholic drink can be reimbursed. Also we cannot buy for your national dinner any alcohol.**

We suggest that each group coordinates prior to the arrival and arranges the list of supplies and what should be brought from the home country.

#### **Shopping list:**

In the case you have forgotten anything at home i.e. toothbrush or deodorant, we will have a shopping list. You can leave money to the person responsible for shopping and we will get it for you within 24h.

**To make the communication easier we have created a FACEBOOK group for this project.**

Link: <https://www.facebook.com/groups/951828025020603/>

For further questions don't hesitate to contact us.  
Looking forward to meeting you soon!

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