



“Dancing Gender”



About The Project

“Dancing Gender” is going to be a youth exchange organized in Garlstedt in Germany which will include 42 young people and group leaders from 7 different countries: Italy, Spain, Ukraine, Cyprus, Bulgaria, Serbia and Germany.

Age of participants: 18 – 30 (group leaders 18+)

Country group size: 5 participants + 1 group leader (6 in total)

Place: Garlstedt , Osterholz Scharmbeck , Germany

Venue: KulturHaus , a group house

Days of activity: 11 days including traveling days

Dates: 01st till 11th of February 2022.

WELCOME MESSAGE

Dear participants, we are very happy to welcome you in Germany on our exchange. We will do our best to make a space where we can learn from each other and have lots of fun while doing that.

In this info pack you are going to find:

- Project info and goals of the project
- Profile of the participants
- Travel info
- Location and the venue
- Covid-19 measures and restrictions
- Preparation info
- Insurance and other info
- Confirmation of participation



Info About Project

“Dancing Gender” is an international youth exchange that aims at gathering 42 young people to discuss and share through dance and movement methods, what gender disparities and stereotypes still exist and how to combat this. Through this exchange the participants will be empowered through the skills learned during the exchange to fight against gender discrimination.

Through this intercultural exchange with dance as a method, the participants will share their own cultural dances from their home countries, learn about the various roles that dance can play when identifying gender stereotypes and using dance and movement to demonstrate and expand their and the public’s ideas of gender construction.

Project goals:

- 1 To discover the various understanding of gender roles as a social phenomenon
- 2 To raise awareness on the importance of gender equality
- 3 To identify circumstances leading to gender discrimination
- 4 To communicate through dance and group work the importance of acceptance of all humans in society, regardless of gender
- 5 To understand gender equality as a basic human value
- 6 To establish strong network of youth willing to work on gender equality matters
- 7 To share cultural dances and movements

Participant Profile



1. Between 18 – 30 years old (group leaders 18+)
2. **Resident** of one of the following countries: Italy, Spain, Serbia, Ukraine, Cyprus, Bulgaria or Germany
3. **Fully vaccinated** with one of these 4 vaccines: Pfizer, Janssen, AstraZeneca or Moderna
4. Interested in topics of gender equality, dance, anti discrimination
5. Willingness to be a part of multi cultural group
6. Participants don't need to have good knowledge in English, but group leaders should be able to communicate in English
7. Previous experience in Erasmus+ is not required but participants should show initiative for learning new things and working with other young people
8. All partners should do their best to create gender balanced teams 3 + 3 including group leaders)

Travel to/from Germany

Important info regarding travel to and from the exchange

1. Please confirm your flights with us before booking them. You should buy your tickets after our confirmation
2. It is not allowed to come to the venue of the exchange one day later or to leave one day before the designated dates We can only reimburse tickets that are on 01.02.2022. and on/after 11.02.2022.
3. In order to reduce the chance of people getting sick during the trip, we are asking everyone to travel to Germany on 01.02.2022. If you wish to visit other cities in Germany, you can stay in Germany after the exchange up to 4 days
4. Don't throw any ticket or boarding pass. You will need to send all of them after the mobility. If you lose any of the tickets or boarding passes, we won't be able to reimburse you for them.
5. Travel costs to the venue and back will be reimbursed up to the maximum of the amount indicated by the distance calculator provided by the European Commission:
 - Germany up to 100 EUR
 - Serbia 275 EUR
 - Bulgaria 275 EUR
 - Ukraine 275 EUR
 - Italy 275 EUR
 - Spain 275 EUR
 - Cyprus 360 EUR
6. Feel free to contact us if you need any help with finding tickets or if you will need any help with organizing your travel. 😊

IMPORTANT:

Travel costs are refundable for participants who attend all the sessions, commit themselves fully to the activities and provide all original tickets, invoices, boarding passes and emails relating to their travel. The participants should participate also in the dissemination phase :)

Location – how to reach our venue:



- The village where the exchange is taking place is called **Garlstedt**. The nearest city is Bremen and from Bremen to our venue you will need to use public transportation (**bus number 660**)
- On the right side of this page, you can find a link to a pdf with a bus schedule from Bremen Hbf (central station) to our venue.
- Our bus stop is called **OHZ-GARLSTEDT, BW LOGISTIKSCHULE**.
- You should **take one of the last two buses** from Bremen (**at 17:35 or 19:00**). Someone from our team will wait for you at the bus stop.
- The ticket costs **6,15 euros** and you are buying it from the bus driver. You can **pay only in cash** so make sure that you have some euros with you
- For the ones **arriving after 19:00 to Bremen**, you will have to take a train to a town called Osterholz-Scharmbeck where we will need to pick you up with a car. **Contact us** for organizing your pick up.



660 Bremen → Bremen-Burg → Garlstedt → Hagen

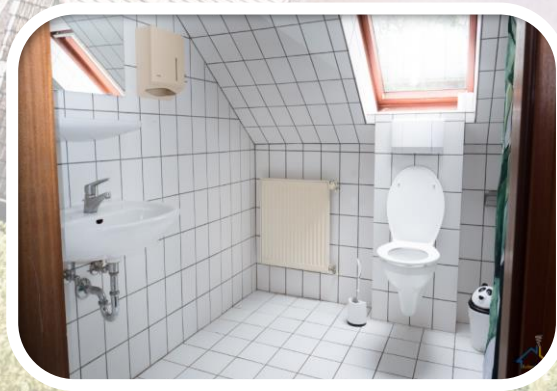
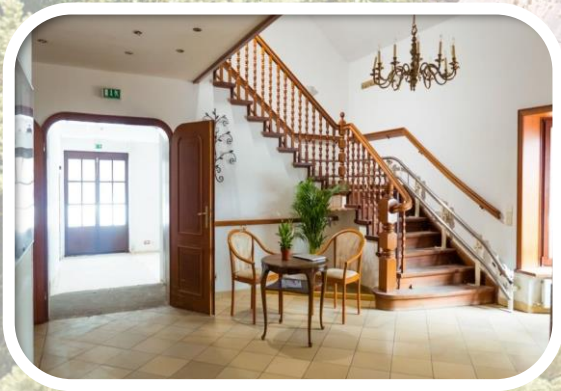
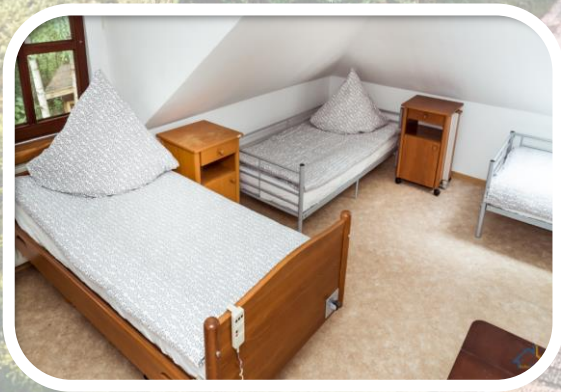
Am 24. und 21.12 gilt der Samstagfahrplan, bitte Verkehrsbeschränkung beachten

Verkehrsbeschränkungen	Montag - Freitag		Samstag		Sonnt- und Feiertag	
	06:00	19:00	06:00	19:00	06:00	19:00
Bremen, Hauptbahnhof	9:00 12:15 14:30	17:35 19:00	7:30 9:30 14:30 18:45	9:30 14:30 16:45	10:00 14:30 19:00	10:00 14:30 19:00
Bremen, Ostentor	9:10 12:31 14:46	18:01 19:21	7:41 9:51 14:41 19:06	10:01 14:41 19:06	10:10 14:41 19:11	10:10 14:41 19:11
Bremen, Wilhelm-Landstraße	9:20 12:36 14:51	18:11 19:31	7:51 10:01 14:51 19:16	10:11 14:51 19:16	10:20 14:51 19:21	10:20 14:51 19:21
Bremen, Bahnhof Burg 4	7:14 9:30 12:44 14:59 17:06 18:26		7:56 10:06 14:56 19:21	10:26 14:56 19:21	10:35 14:56 19:31	10:35 14:56 19:31
Bremen, Gültzwegplatz	7:18 9:33 12:48 15:03 17:10 18:33 19:33		8:00 10:10 14:50 19:25	10:25 14:50 19:25	10:35 14:50 19:31	10:35 14:50 19:31
Fahrerbus-Stop, Terebinte	7:20 9:36 12:50 15:06 17:14 18:38 19:38		8:02 10:12 14:52 19:27	10:27 14:52 19:27	10:36 14:52 19:32	10:36 14:52 19:32
Fahrerbus-Stop, Gahl-Walde	7:24 9:39 12:53 15:09 17:18 18:42 19:42		8:06 10:16 14:56 19:31	10:31 14:56 19:31	10:36 14:56 19:32	10:36 14:56 19:32
Hornh. Oberdorf, Fehrentz	7:28 9:40 12:55 15:11 17:20 18:44 19:44		8:10 10:20 14:50 19:35	10:35 14:50 19:35	10:37 14:57 19:32	10:37 14:57 19:32
Hornh. Oberdorf, Abbe-Bahnhof	7:30 9:42 12:57 15:12 17:21 18:45 19:45		8:11 10:21 14:51 19:36	10:36 14:51 19:36	10:38 14:58 19:34	10:38 14:58 19:34
OHZ-Hallström, Brünke	7:32 9:44 12:59 15:14 17:23 18:47 19:47		8:12 10:22 14:52 19:37	10:37 14:52 19:37	10:39 14:59 19:35	10:39 14:59 19:35
OHZ-Hallström, Weidenhaus	7:36 9:48 13:03 15:18 17:27 18:51 19:51		8:16 10:26 14:56 19:41	10:41 14:56 19:41	10:42 14:59 19:36	10:42 14:59 19:36
OHZ-Garlstedt, Weidenhaus	7:38 9:50 13:05 15:20 17:29 18:53 19:53		8:18 10:28 14:58 19:43	10:43 14:58 19:43	10:44 14:59 19:37	10:44 14:59 19:37
OHZ-Garlstedt, OHZ Logistikscheule	7:40 9:52 13:07 15:22 17:31 18:55 19:55		8:20 10:30 14:50 19:45	10:45 14:50 19:45	10:46 14:59 19:38	10:46 14:59 19:38
OHZ-Garlstedt, Hasserbrook	7:42 9:54 13:09 15:24 17:33 18:57 19:57		8:22 10:32 14:52 19:47	10:47 14:52 19:47	10:48 14:59 19:40	10:48 14:59 19:40
Havelle, Page	7:46 9:58 13:13 15:28 17:37 19:01 20:01		8:26 10:36 14:56 19:51	10:51 14:56 19:51	10:50 14:59 19:43	10:50 14:59 19:43
Hagen, Bismarck	7:48 9:59 13:15 15:30 17:39 19:03 20:03		8:28 10:38 14:58 19:53	10:53 14:58 19:53	10:51 14:59 19:45	10:51 14:59 19:45
Hagen, Diering	7:49 9:59 13:15 15:30 17:39 19:03 20:03		8:29 10:39 14:59 19:54	10:54 14:59 19:54	10:52 14:59 19:46	10:52 14:59 19:46
Hagen, Schulzentrum 2	7:49 9:59 13:15 15:30 17:39 19:03 20:03		8:29 10:39 14:59 19:54	10:54 14:59 19:54	10:52 14:59 19:46	10:52 14:59 19:46

The schedule of the bus from Bremen to our venue and vice versa:

<https://www.vnn.de/fileadmin/user/pdf/fahrplaene/660.pdf>

THE VENUE



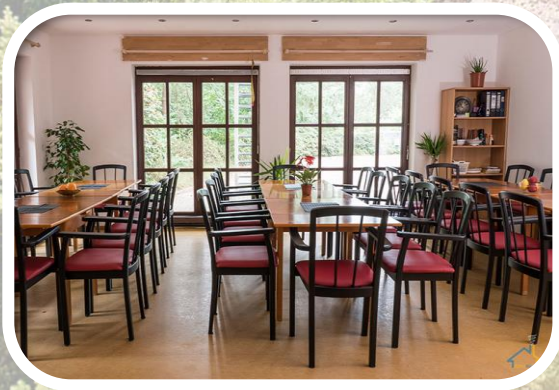
We will be accommodated in a youth center/group house in Osterholz-Scharmbeck, close to the city of Bremen, Germany.

The accommodation will be simple. Participants will be sharing rooms with 4-6 people from same gender but different nationalities. Some of the rooms are with private and some with shared bathrooms.

Some of the features of the house:

- It is almost in a middle of nowhere. Cafes, discos, restaurants and supermarkets are not that close.
- We will be the only group in the house. We will learn and have fun together, cook and eat together and share our culture and ideas. We'll make the rules together and respect the rules that we make.
- In the venue where we will stay, there is rule of inside shoes. This means that every participant should bring slippers or some shoes that you are going to use only inside the house.

THE VENUE



- You should bring your own towels to the exchange. Bedsheets will be provided by the venue where we will stay.
- There is washing machine available in the venue. It costs 2 euro for using the washing machine and 2 euros for using drying machine.
- We have hired our own cooking and logistics team, they will make sure that nice and healthy food will be done, including for the people with food preferences – vegetarians, no pork etc. Please note that we cannot provide HALAL or fruitarian food. If you have any concerns about your diet, please contact us.
- The address of our venue is: Hinterm Horn 5, 27711 Garlstedt, Osterholz-Scharmbeck, Germany

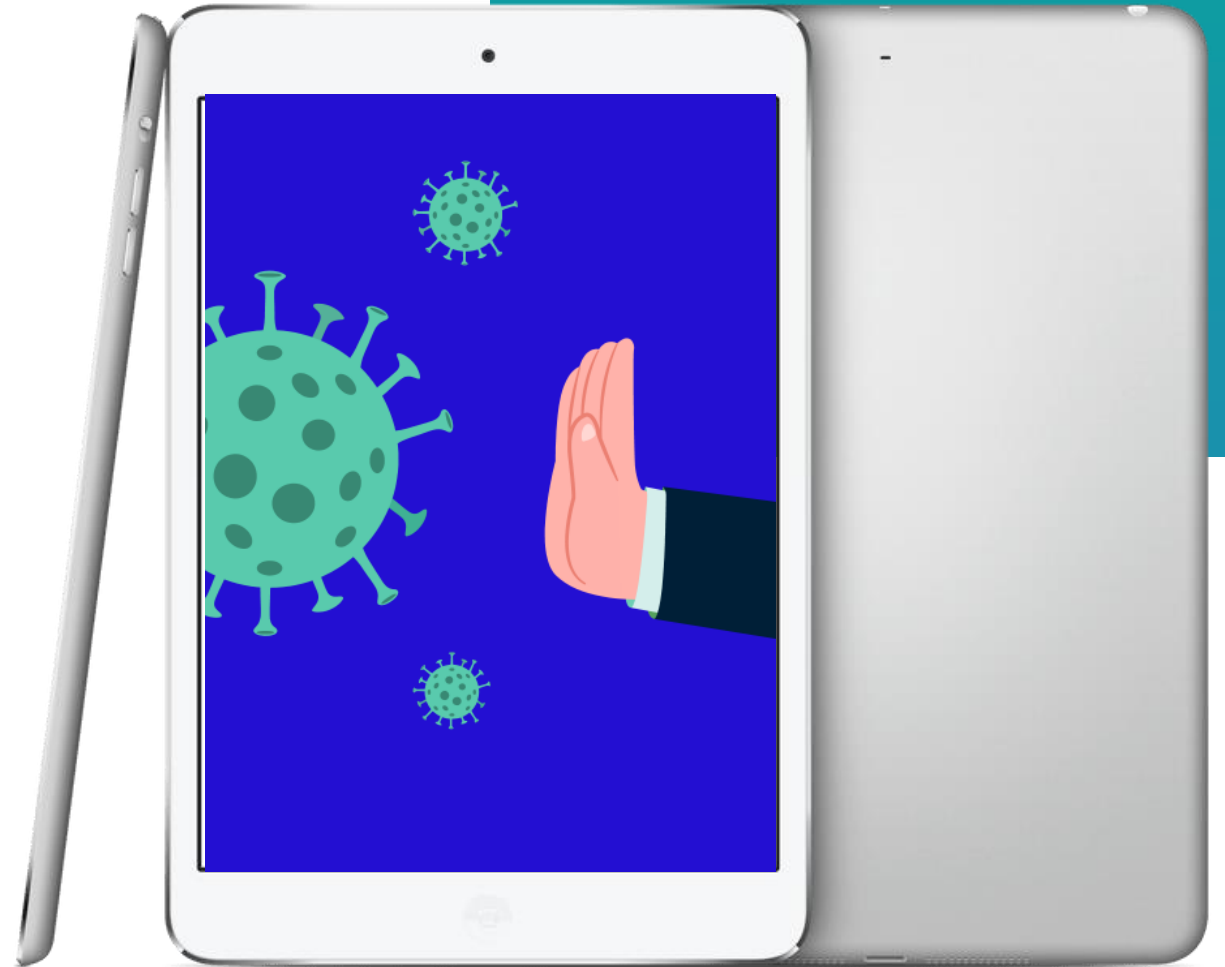
You can find more information and photos about the venue here:

<https://kulturgruppenhaus.de/en/new-home-2/>
<https://www.facebook.com/KulturGruppenHaus/>

Covid-19 measures and restrictions

In order to reduce the chance of anyone getting sick, we have these safety measures:

1. All participants need to be fully vaccinated with one of the approved vaccines (page 5). Unfortunately, other vaccines are not accepted in Germany.
2. All participants will be tested with self-testing kit on arrival day and again at the middle of the exchange. We will provide the tests.
3. All participants will need to travel to Germany on arrival day (01.02.2022.). If you wish to visit other cities in Germany, you can stay in Germany after the exchange up to 4 days.
4. We will create a bubble in our venue. This means that we won't go to any trips to cities and we won't mix with people outside of our group.
5. All common areas will be disinfected daily by our logistics team. The food will be prepared according to latest safety standards.



National evenings

➔ Each national team will have the chance to present their culture one evening. You can bring some national food and drinks that you would love to show to the rest of the group.

➔ You should also decide how else you want to present your country, it can be through dance, games, quizzes or anything else. This will be chance for you to present your country, tradition, culture and everything else that you want to share with the rest of the group.



What to bring with you

1. Health insurance - don't forget to bring your European Health Insurance Card if you are from EU country or other type of insurance if you're not from the EU.
2. All tickets, boarding passes - don't throw any of them, you will need to send them to us after the exchange. If you lose any of the tickets or boarding passes, we won't be able to reimburse you for those tickets.
3. Inside shoes, slippers or other shoes that you will use only inside the house.
4. Towels and toiletry including any medication that you are using
5. Passport or ID card, money if you want to buy souvenirs, etc.
6. Food and materials for your national evening - as explained in the previous section.
7. Your smiles and positive energy



Insurance and other info

All participants from European Union countries need to bring their European Health Insurance Card (EHIC) with them. You can get it for free in your country and it is amazingly useful for you whenever you travel outside of your country. Participants coming from outside of the EU should acquire travel insurance. NaturKultur can cover your costs for insurance up to 15 euros so please take that in mind while purchasing insurance.

On our exchanges **alcohol is forbidden** (including cultural nights) cause we are trying to create an experience where young people can have fun without consuming alcohol or any type of drugs. Please apply only if you are ok with this and ready to spend 11 days without any consumption of alcohol.

To make the communication easier, we have created a Facebook group. Everyone who has Facebook should join this group because we will use it for communication between each other, sharing materials and getting to know each other:

<https://www.facebook.com/groups/1067202560768537>

Confirmation of participation

We are also sharing the Confirmation of Participation.

Read this document and apply only if you agree to everything written in it. On the first day of the exchange, every participant will need to sign this document.



Project Name: "Dancing Gender"

Project Number: 2020-1-DE04-KA105-019170

Project Venue: Garlstedt, Osterholz-Scharmbeck, Germany

Project Activity Dates: 01.02.-11.02.2022.

Confirmation of Participation

I, _____ (your name) confirm my participation in the above mentioned project:

I also confirm:

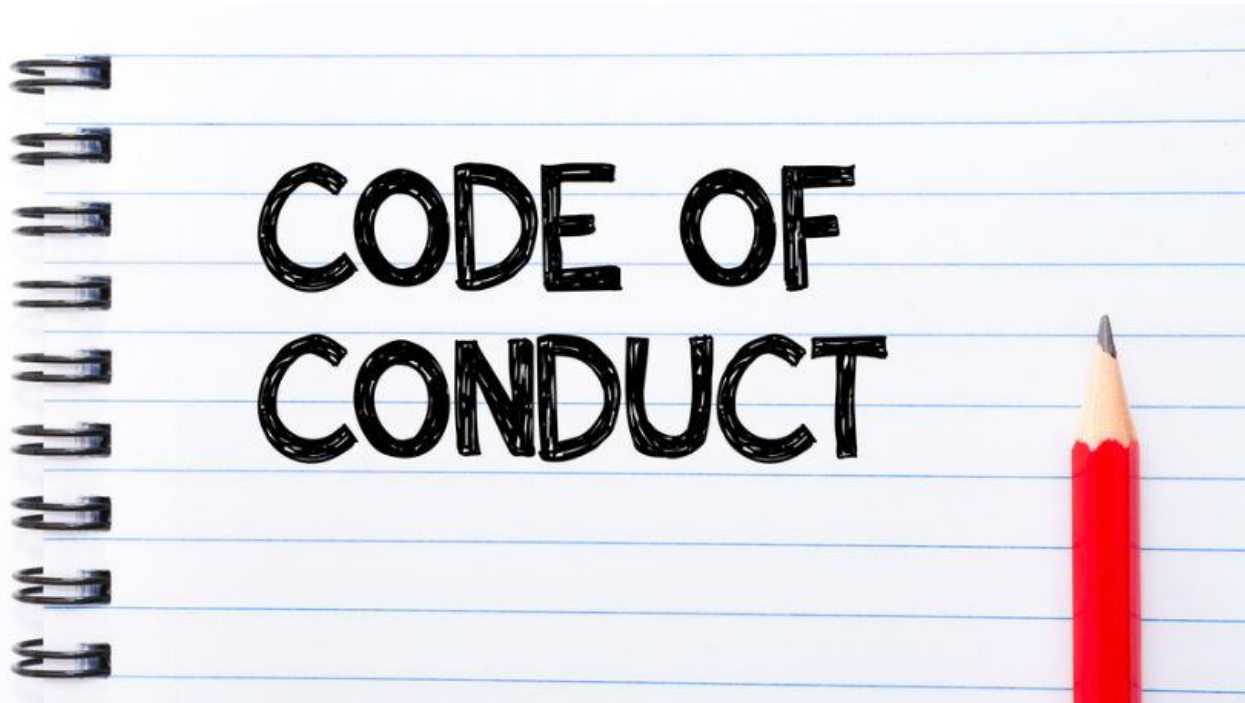
1. Full participation in the exchange. I understand that if my participation is not 100% and my absence, for any reason, is not fully justified, I may not receive any reimbursement.
2. I will be responsible for covering any additional costs (exceeding the given budget) for my overall travel costs.
3. I will keep all invoices and proof of travel, including boarding passes, tickets, etc. and submit them to the host organization in original format as requested by them in a timely fashion.
4. I will prepare relevant materials in time for the project activity.
5. I intend to participate in all evaluation activities during the project and after its completion.
6. I will show openness and respect towards other participants and all other individuals involved in the program.
7. I will respect the rules in the Erasmus+ program guide that requires participants, facilitators and staff to respect each other's dignity, values, religion and culture, irrespective of race, gender, national or ethnic origin, sexual orientation, age or disability.
8. I will not bring or drink any alcoholic drink during the project activity.
9. I will not bring or use any drugs (including weed) during my participation on the project activity.
10. I allow the organizers to have photos and videos taken of me during the activity and publish these on their websites, social media, promotional material and dissemination material.
11. I will have my European Health Card during the activity (In case of non-EU residents, travel insurance).¹
12. That the days prior or after the mobility I am traveling on my own risks and that having insurance is my own responsibility.
13. Failure to comply with the above rules and the rules of the project will result in no reimbursement given to me for the project and could also result in me being liable to financial damages as a result of me not following these rules.

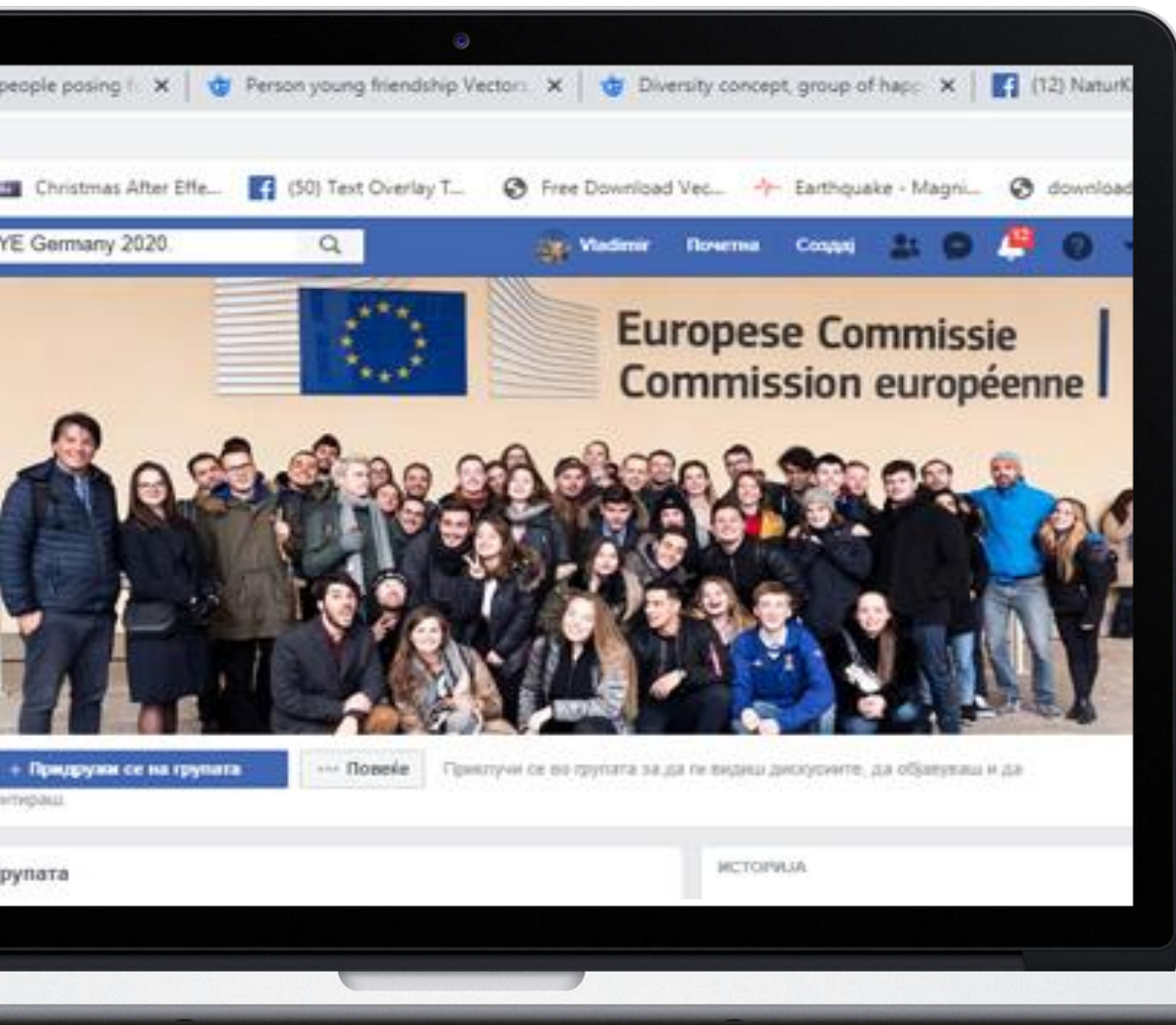
I, the undersigned, hereby confirm my participation and agree fully with the above stated.

Date _____ Place _____

Signature _____

¹ E111 European Health Cards apply For EU Citizens only





**For further questions
don't hesitate to
contact us.
See you soon!**

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