



# YE “Flavours Without Borders”

08th of October - 17th of October  
2024

**Garlstedt, Germany**



# About The Project

“Flavours Without Borders” is going to be a youth exchange organized in Garlstedt, Germany which will include 37 young people and group leaders from from 6 different countries: Croatia, Germany, Greece, Poland, Romania, and Spain.

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 youth house near Bremen

Days of activity: 8 days including 2 traveling days(total: 10 days)

Dates: 08th - 17th of October 2024.



## Partner Organizations



Greece – Youth Empowerment Centre



Croatia – Čisteći medvjedići



Romania – ASOCIATIA HAIR REDIVIVUS



Poland – Teatr Wschodni / Eastern Theatre



Spain – ASOCIACIÓN EUROPA 2020

# WELCOME MESSAGE

Dear participants, we are very happy to welcome you in Germany on our youth exchange. We will do our best to make a space where we can learn about the topic of our exchange and also have 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
- Preparation info
- Insurance and other info
- Confirmation of participation



# Info About Project

During our YE "Flavours Without Borders" we will explore the themes of cultural diversity and social inclusion. By spending several days exploring several aspects of culture and identity, we want our participants to broaden their perspectives and create an awareness of the value of celebrating the cultural richness that exists within Europe and extends to a globalised context. Through activities such as team building, cooking together, enriching exchanges + discussions on cultural sensitivity, and creative expression through art and music, we aim to encourage participants to embrace the vast cultural tapestry that we build and transform together.

1

For participants to come together to learn, share, and connect across cultural boundaries.

2

Fostering an atmosphere of inclusion, respect, and belonging.

3

Engage in meaningful dialogue, break down barriers, and celebrate the richness of diverse identities.

4

Creating a safe space for sharing ideas, views and opinions with young people to explore social inclusion and acknowledge cultural diversity.

5

Cultivate a sense of unity amidst diversity.

6

To empower young people to become agents of positive change in their communities.

## Project goals:

# Participant Profile



1. Between 18 – 30 years old (group leaders 18+)
2. Resident of one of the following countries: Croatia, Germany, Greece, Poland, Romania, and Spain.
3. Interested in topics of intercultural understanding and social inclusion.
4. Willingness to be a part of multicultural group.
5. Participants don't need to have good knowledge in English, but group leaders should be able to communicate in English
6. Previous experience in Erasmus+ is not required, but participants should show initiative for learning new things and working with other young people
7. All partners should do their best to create gender-balanced teams

# | Travel to/from Germany

## Important info regarding travel to and from the youth 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 YE one day later or to leave one day before the designated dates We can only reimburse tickets that are on or before 08.10.2024. and on or after 17.10.2024.
3. According to the rules from the National Agency in Germany, it is acceptable to come to Germany maximum 4 days before the exchange and to stay in Germany maximum 4 days after the mobility (but not more than 7 days in total!).
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	Poland up to 275 EUR
Croatia up to 275 EUR	Romania up to 275 EUR
Greece up to 275 EUR	Spain up to 360 EUR

## 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 mobility 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**)
- 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 **6,45 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.



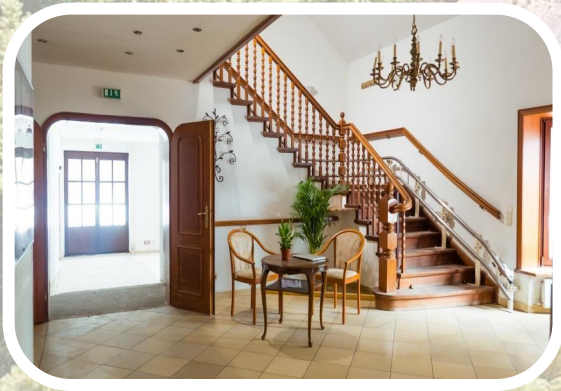
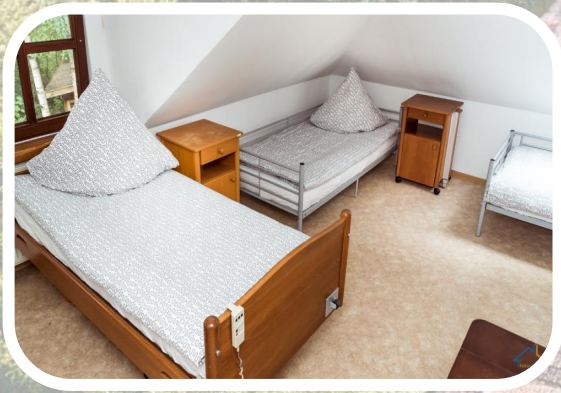
660 Bremen → Bremen-Burg → Garlstedt → Hagen  
Verkehrsverbund Bremen/Niederelbe (VNB), Tel.: 0421 730 80 00  
Neuer Elm-Bus, Niedersachsen, Osterburg

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

Verkehrsbeschränkungen	Montag - Freitag				Samstag				Son- und Feiertag						
	07:00	10:00	15:00	19:00	07:00	10:00	15:00	19:00	07:00	10:00	15:00	19:00			
Bremen, Hauptbahnhof 2	8:00	12:15	14:30	17:35	19:00								8:30	14:20	16:45
Bremen, Ohlenweg	8:18	12:31	14:46	17:51	19:16								10:00	14:30	16:55
Bremen, Wilhelm-Landstraße	8:31	12:36	14:51	18:01	19:21								10:11	14:41	17:06
Bremen, Bahnhof Burg 4	7:11	8:26	12:41	14:56	17:06	18:06	19:26						10:16	14:46	17:11
Bremen, Goldbergerplatz	7:18	8:33	12:48	15:03	17:13	18:13	19:33						10:23	14:53	17:18
Bremen, Fährstraße	7:20	8:36	12:50	15:05	17:15	18:15	19:35						10:26	14:56	17:21
Bremen, Fährstraße	7:21	8:36	12:51	15:06	17:16	18:16	19:36						10:27	14:57	17:22
Bremen, Fährstraße	7:22	8:37	12:52	15:07	17:17	18:17	19:37						10:28	14:58	17:23
Bremen, Fährstraße	7:23	8:38	12:53	15:08	17:18	18:18	19:38						10:29	14:59	17:24
Bremen, Fährstraße	7:24	8:39	12:54	15:09	17:19	18:19	19:39						10:30	15:00	17:25
Bremen, Fährstraße	7:25	8:40	12:55	15:10	17:20	18:20	19:40						10:31	15:01	17:26
Bremen, Fährstraße	7:26	8:41	12:56	15:11	17:21	18:21	19:41						10:32	15:02	17:27
Bremen, Fährstraße	7:27	8:42	12:57	15:12	17:22	18:22	19:42						10:33	15:03	17:28
Bremen, Fährstraße	7:28	8:43	12:58	15:13	17:23	18:23	19:43						10:34	15:04	17:29
Bremen, Fährstraße	7:29	8:44	12:59	15:14	17:24	18:24	19:44						10:35	15:05	17:30
Bremen, Fährstraße	7:30	8:45	13:00	15:15	17:25	18:25	19:45						10:36	15:06	17:31
Bremen, Fährstraße	7:31	8:46	13:01	15:16	17:26	18:26	19:46						10:37	15:07	17:32
Bremen, Fährstraße	7:32	8:47	13:02	15:17	17:27	18:27	19:47						10:38	15:08	17:33
Bremen, Fährstraße	7:33	8:48	13:03	15:18	17:28	18:28	19:48						10:39	15:09	17:34
Bremen, Fährstraße	7:34	8:49	13:04	15:19	17:29	18:29	19:49						10:40	15:10	17:35
Bremen, Fährstraße	7:35	8:50	13:05	15:20	17:30	18:30	19:50						10:41	15:11	17:36
Bremen, Fährstraße	7:36	8:51	13:06	15:21	17:31	18:31	19:51						10:42	15:12	17:37
Bremen, Fährstraße	7:37	8:52	13:07	15:22	17:32	18:32	19:52						10:43	15:13	17:38
Bremen, Fährstraße	7:38	8:53	13:08	15:23	17:33	18:33	19:53						10:44	15:14	17:39
Bremen, Fährstraße	7:39	8:54	13:09	15:24	17:34	18:34	19:54						10:45	15:15	17:40
Bremen, Fährstraße	7:40	8:55	13:10	15:25	17:35	18:35	19:55						10:46	15:16	17:41
Bremen, Fährstraße	7:41	8:56	13:11	15:26	17:36	18:36	19:56						10:47	15:17	17:42
Bremen, Fährstraße	7:42	8:57	13:12	15:27	17:37	18:37	19:57						10:48	15:18	17:43
Bremen, Fährstraße	7:43	8:58	13:13	15:28	17:38	18:38	19:58						10:49	15:19	17:44
Bremen, Fährstraße	7:44	8:59	13:14	15:29	17:39	18:39	19:59						10:50	15:20	17:45
Bremen, Fährstraße	7:45	9:00	13:15	15:30	17:40	18:40	20:00						10:51	15:21	17:46



# THE VENUE



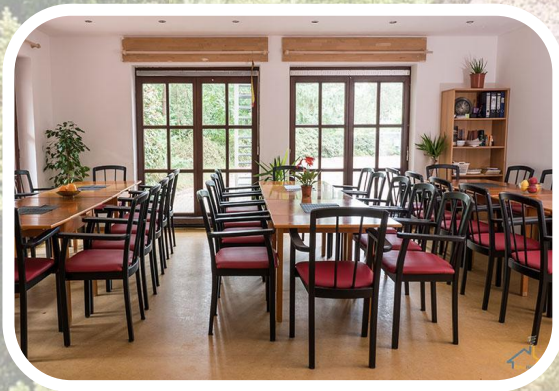
We will be accommodated in a youth center/group house in Osterholz-Scharmbeck, close to the city of Bremen, Germany.

The accommodation will be simple. Participants will be sharing rooms with 3-4 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 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 mobility. 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/>

## Intercultural evening / Myths and Legends :

➔ **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.

➔ **Culture around Food** – You should also make research about myths and legends from your country because this will be an important part of our youth exchange.



## 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.





# Insurance and other info

**Insurance** - 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 (**only for participants from non-EU countries**) so please take that in mind while purchasing insurance.

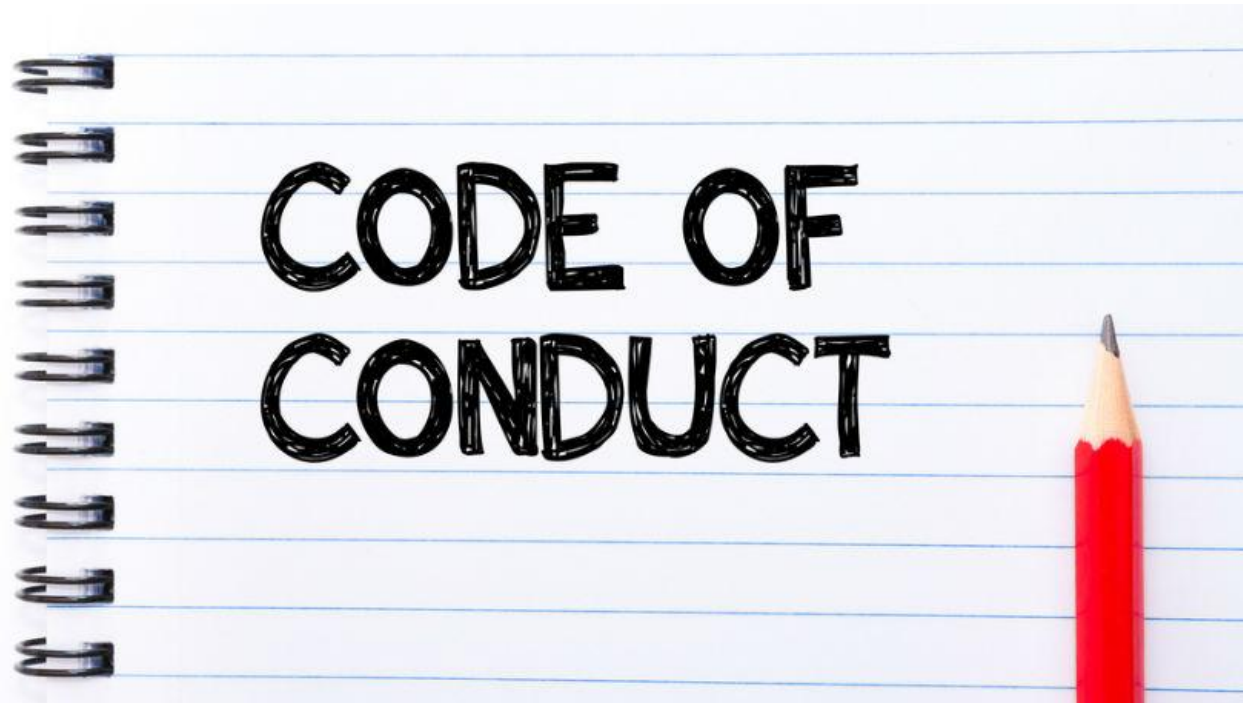
**Facebook group** - To make the communication easier, we have created a Facebook group. Everyone who has Facebook should join this group because we will use it for communication between each other, sharing materials and getting to know each other.



# 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 mobility, every participant will need to sign this document.



Project Name: "Cultural Palooza"

Project Venue: Garlstedt, Osterholz-Scharmbeck, Germany

Project Activity Dates: 15.-24.03.2024.

## Confirmation of Participation

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

### I also confirm:

1. Full participation in the seminar. 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).<sup>1</sup>
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 \_\_\_\_\_

<sup>1</sup> E111 European Health Cards apply For EU Citizens only



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

Samuel Ponce  
Project Manager

[sam@naturkultur.eu](mailto:sam@naturkultur.eu)

+49 176 31116473