



Youth Exchange
“Digital Health Compass”
9th to 18th of December 2024



About The Project

“*Digital Health Compass*” is a youth exchange (YE) organized in Osterholz-Scharmbeck in Germany which will include 42 youngsters from six different countries: Croatia, Spain, Italy, Czechia, Greece, and Germany.

Age of participants: 18 - 30 years old

Country group size: 7 participants including 1 group leader

Place: Osterholz Scharmbeck, Germany

Venue: KulturHaus, a group house

Days of activity: 10 days including travelling days

Dates: 9th to 18th of December 2024.

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 make new friendships, learn about the topic, 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

Living healthily is not a hobby, it is a lifestyle. We want to explore **physical and mental health** with you and youngsters from across Europe.

We will also consider how UNESCO's goal of "the enhancement and improvement of human well-being, in the intermediate and long term, through the **use of digital media**" can be achieved. (UNESCO)

We will apply activities based on non-formal education and learn how to use **digital tools to promote healthy lifestyles**. This includes developing videos, infographics, or photo exhibitions that we can use to raise awareness online.

Project goals:

- 1 Raising awareness about **healthy lifestyles** focusing on mental and physical health
- 2 **Digital well-being:** using technology responsibly
- 3 Learning about healthy **cooking and eating** habits
- 4 **Creatively applying digital** tools to raise awareness about the topic.
- 5 Using **digital tools** to improve our well-being

Participant Profile



1. 18 - 30 years old, while group leaders can be older than 30 y. o.
2. **Resident** of one of the participating countries
3. Young people that are interested in digitalization or want to learn about or improve their healthy lifestyle (physical or mental health).
4. Participants English language skills should be sufficient to actively participate in the mobility, including all the activities.
5. Previous experience in Erasmus+ is not obligatory, but participants should have interest in the topic.
6. All partners should do their best to create gender-balanced teams.

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. ARRIVAL DAY (09.12.2024): You should be in Bremen latest by 19:00 on this day. This is when the last bus goes from Bremen to our venue. Please take this into consideration when booking tickets.
3. DEPARTURE DAY (18.12.2024): Due to limited bus schedule, all participants will need to leave the house with the bus at 08:05 and you will be in Bremen around 09:00. Keep that in mind while planning your trip back home.
4. According to the rules from the National Agency in Germany, it is acceptable to come to Germany maximum 3 days before the activity and to stay in Germany maximum 3 days after the activity.
5. Look for travel options to the following airports: Bremen, Hamburg, Hannover, Dortmund, Dusseldorf or Cologne. You can take a train or bus from these cities to Bremen (2-3 hours by train). Please try to find the most affordable travel option possible.

IMPORTANT: •

Travel costs are refundable for participants who attend all 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.

Travel to/from Germany

Important info regarding travel to and from the exchange

1. Don't throw any ticket or boarding pass. You will need to send all of them after the activity. If you lose any of the tickets or boarding passes, we won't be able to reimburse you for them.
2. On Erasmus+ projects, there is maximum amount that can be reimbursed for the travel of participants, according to the distance from your country to the city where the seminar is being organized. If your tickets cost more than that amount, you are responsible for covering the difference as Erasmus+ is co-financing program.
3. To know the maximum travel costs that can be reimbursed for your trip, please use the distance calculator and calculate the distance between your home town and Garlstedt (Osterholz-Scharmbeck) where the activity will take place. You can check the distance on this [link: https://ec.europa.eu/programmes/erasmus-plus/resources/distance-calculator_en](https://ec.europa.eu/programmes/erasmus-plus/resources/distance-calculator_en)

On the right side, you can see the amounts depending on the travel distance. If you are using plane in any part of your trip, you should check the Non-Green travel amounts.

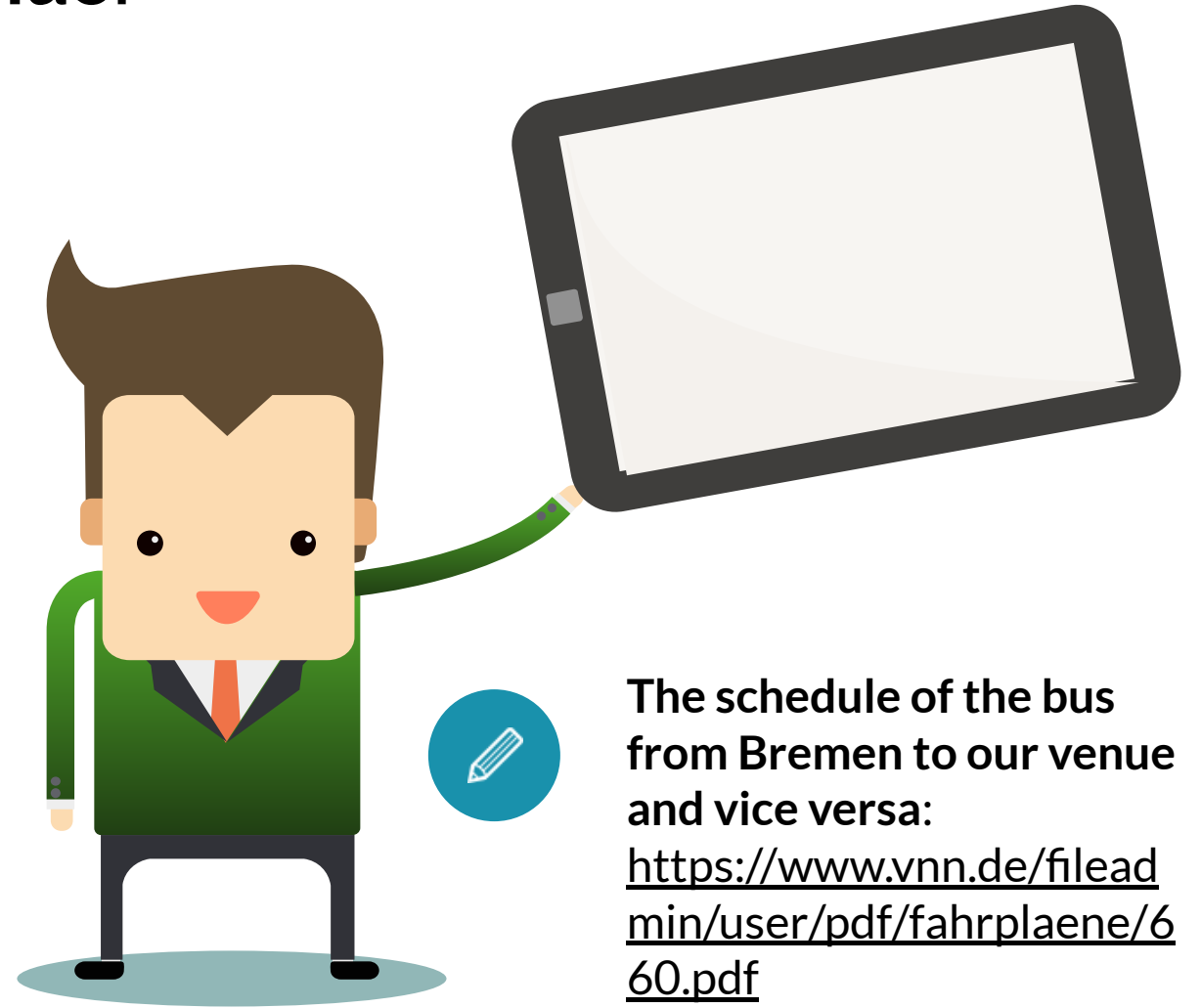
If you are not sure about the calculated distance and amounts, you can contact your sending organization or us for help.

Here are the maximum travel costs for the projects in Erasmus+, according to the distance:

Travel distance	Standard travel	Green travel
10 – 99 km	23 EUR	
100 – 499 km	180 EUR	210 EUR
500 – 1999 km	275 EUR	320 EUR
2000 – 2999 km	360 EUR	410 EUR
3000 – 3999 km	530 EUR	610 EUR
4000 – 7999 km	820 EUR	
8000 km or more	1500 EUR	

Location – how to reach our venue:

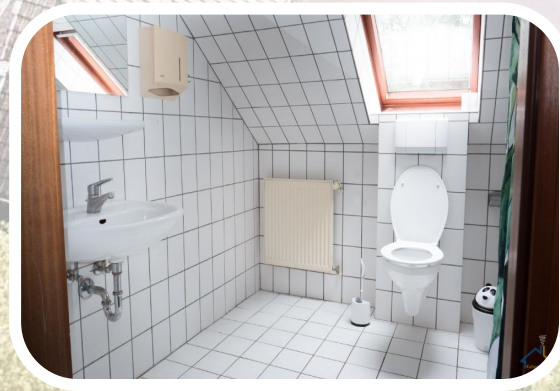
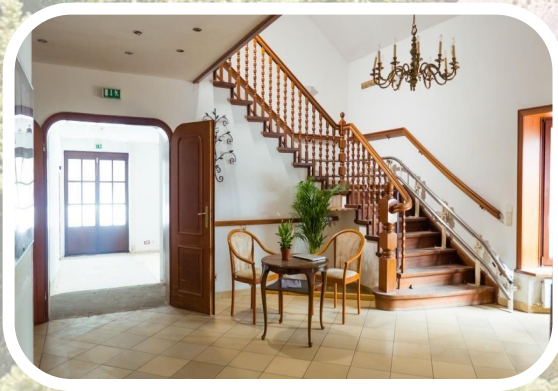
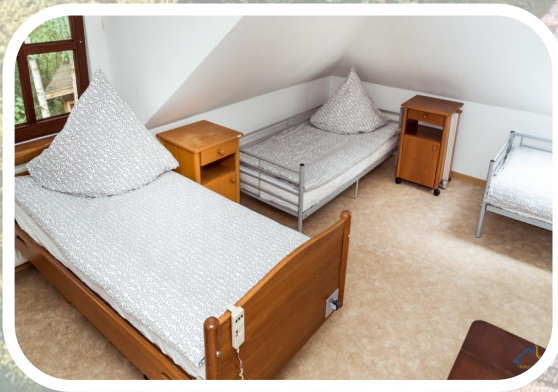
- The village where the mobility is taking place is called **Garlstedt**. The nearest city is Bremen, and from Bremen to our venue you will need to use public transportation (**bus number 660**). The bus stops in front of the train station in Bremen.
- On the right side of this page, you can find a link 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 **6,25 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**, please get in contact with the project manager (garcia@naturkultur.eu).



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



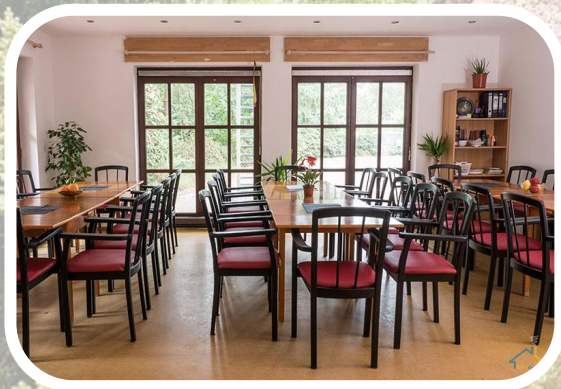
We will be accommodated in a youth centre/group house in Osterholz-Scharmbeck, close to the city of Bremen, Germany.

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 a middle of nowhere. Cafés, 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 a washing machine available in the venue. It costs 2 euro for using the washing machine and 2 euros for using the 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. It is worth mentioning 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:



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



You will also have time to present your country, either through games, theatre, presentation, or any other way you can think of. We encourage you to be creative, and to prepare beforehand for this.



What to bring with you

1. Health insurance – don't forget to bring your European Health Insurance Card if you are from an 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.





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.

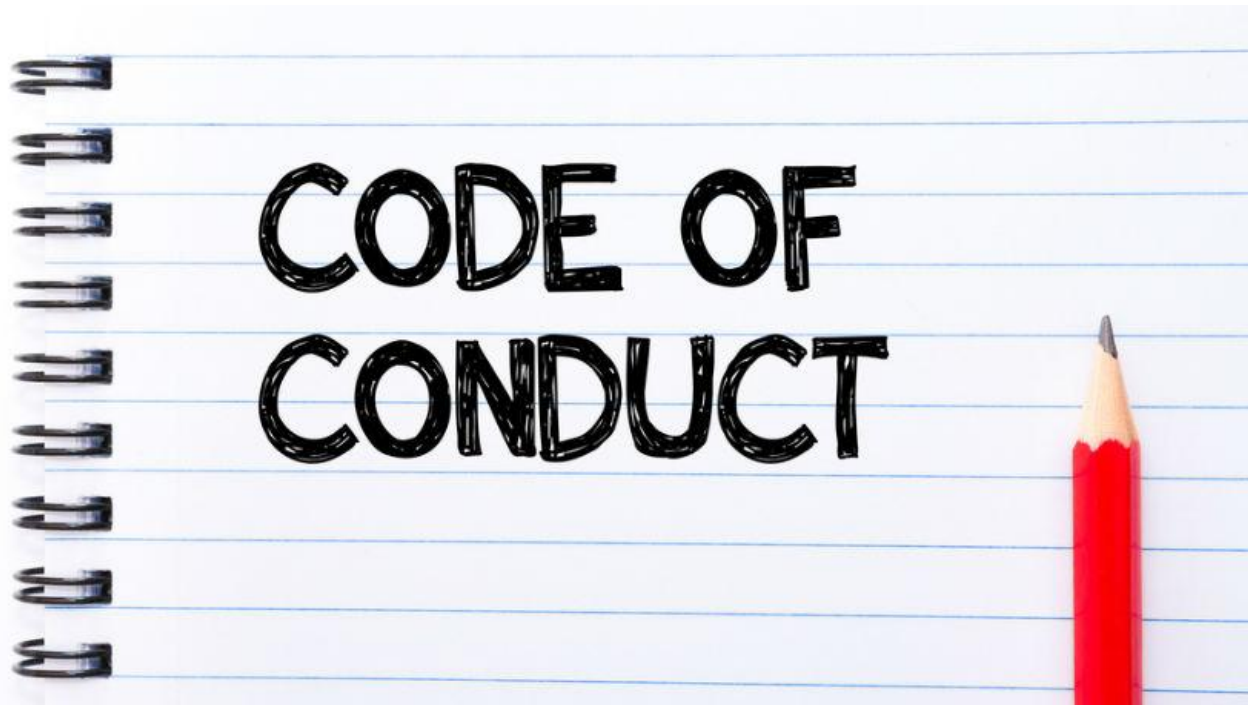
On our projects we have a reasonable alcohol consumption policy, meaning we do not allow the consumption of hard liquors, and we expect participants to consume alcohol responsibly, without getting wasted. This is because we prioritise making a safe space, where everyone feels comfortable and everyone is in a good space to participate actively in workshops. Please apply only if you are ok with this.

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/487816494092814/>

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: "Digital Health Compass"

Project Number: 2023-1-DE04-KA151-YOU-000120595

Project Venue: ~~Garlstedt, Osterholz-Scharmbeck~~ Germany

Project Activity Dates: 09.-18.12|2024.

Confirmation of Participation

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

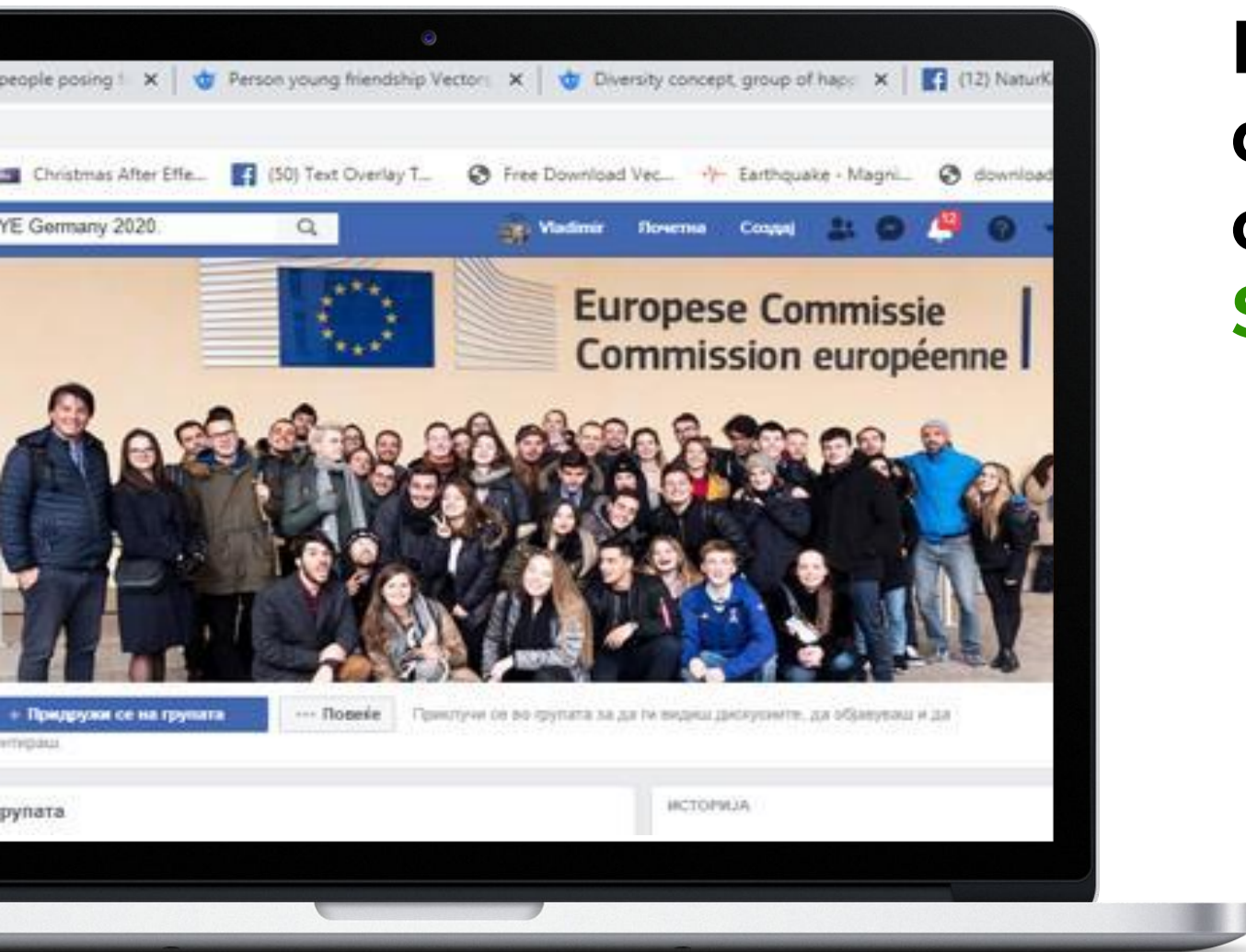
I also confirm:

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 organisation 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 activity 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 conduct **responsible and moderate behaviour** when it comes to the consumption of alcohol.
9. I will **not bring or use any drugs** (including weed) during my participation on the project activity.
10. I allow the organisers 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 suitable **health insurance** during the activity of the project - for example a European Health Card (In case of non-EU residents, travel insurance).¹
12. That the days prior or after the mobility I am **travelling 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 _____



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

Tomas Main
Project Manager

tomas@naturkultur.eu

Tel. +447840448986