



Erasmus+



FUTURE EU VOICES - Youth Exchange
30th January-09th February 2025
Osterholz-Scharmbeck (Germany) + Brussels



About The Project

FUTURE EU VOICES is going to be a youth exchange organized in Garlstedt in Germany which will include 40 young people and group leaders from 5 different European Countries: Spain, Czech Republic, Germany, Lithuania and Romania.

Age of participants: 18 – 30 year old , group leaders are 18+

Country group size: 8 participants per country , including 1 group leader (7+1)

Place: Garlstedt ,Osterholz Scharmbeck, Germany + trip to Brussels

Days of activity: 11 days including traveling days

Dates: 30th January till 9th of February 2025

Participation fee: 50EUR per participant.

Info About Project

This project represents the 7th edition of projects implemented by NaturKultur with the EU and Youth in its focus. Previous six projects “EU- to be or not to be” (2017), “EU between benefits and challenges” (2018), “EU in good times and in bad” (2020), “EU: Should I stay or should I go” (2021) and „EU: To Green or Not to Green“ (2023), “European Citizens of Tomorrow” (2024) have been recognized as successful stories by the participants themselves, partner organisations and all other stakeholders involved.

During our youth exchange, we will go for a study visit to Brussels where our plan is to visit European Commission and European Parliament. The group leaders will also have the task to organize meeting with politicians from their country during our stay in Brussels, meaning that every national team should meet politician from their country that is working in EU institution in Brussels. We are going to spend 2 days in Brussels. During the online preparatory meeting with group leaders, we will share more info about the Brussels trip.

Project goals:

1

Increasing awareness of young Europeans about the concepts of the European culture, EUROPEAN VALUES and European citizenship

3

Rising the awareness about the EU among young people, getting to know HOW THE EU FUNCTIONS and increasing support towards the EU;

2

Strengthening of POLITICAL PARTICIPATION of young people, fostering cooperation between youngsters and politicians;

4

Inspiring young people to get involved in the politics at all levels: local, regional, state and the European. BREAKING PREJUDICES towards politics and politicians.

Participant Profile



1. 18-30 years old, group leaders 18+
2. **Resident** of one of the participating countries: Germany, Lithuania, Romania, Czech Republic, Spain.
3. Participants don't need to have a good knowledge in English, they just need a great willingness to be a part of a multi-cultural group.
4. Previous experience in EU topics is not required but participants should show initiative for learning new nonformal methods and working with other young people.
5. Group leader should be 18+ with a stable link to the sending organization and an active role in it, preferably a youth worker or at least an experienced member with high interest in EU politics.

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 30th January 2025: You should be in Bremen latest until 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 9th February 2025: Due to limited bus schedule, all participants will need to leave the house with the bus at 09:00 and you will be in Bremen around 10:00. 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.

PARTICIPATION FEE of 50EUR will be reduced from the travel reimbursement after the exchange.

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

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.

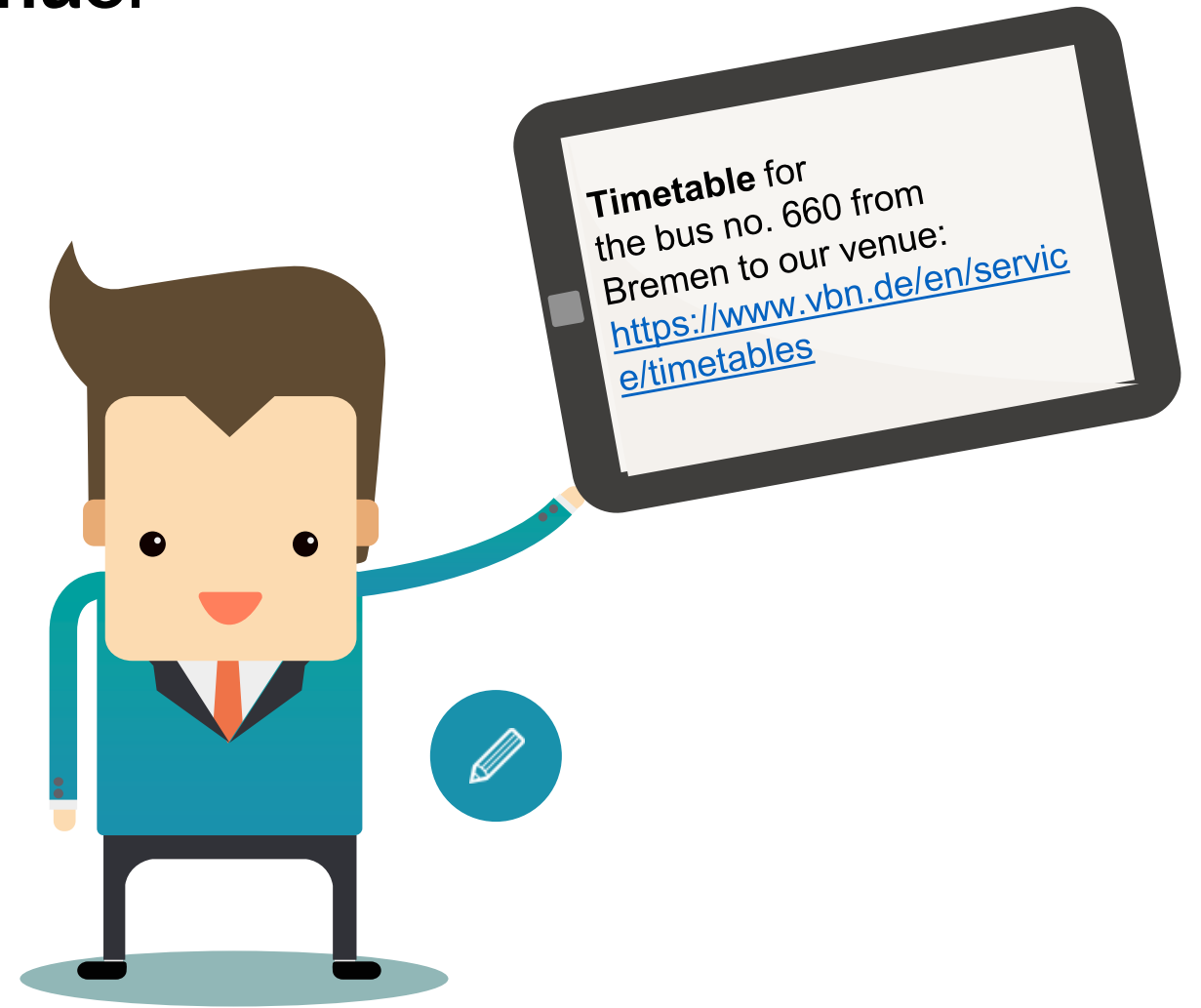
Here are the maximum travel costs for the projects in Erasmus+, according to the distance:

Travel distance	Green travel	Non-Green travel
10 – 99 km	56 EUR	28 EUR
100 – 499 km	285 EUR	211 EUR
500 – 1999 km	417 EUR	309 EUR
2000 – 2999 km	535 EUR	395 EUR
3000 – 3999 km	785 EUR	580EUR
4000 – 7999 km	1188 EUR	1188 EUR
8000 km or more	1735 EUR	1735 EUR

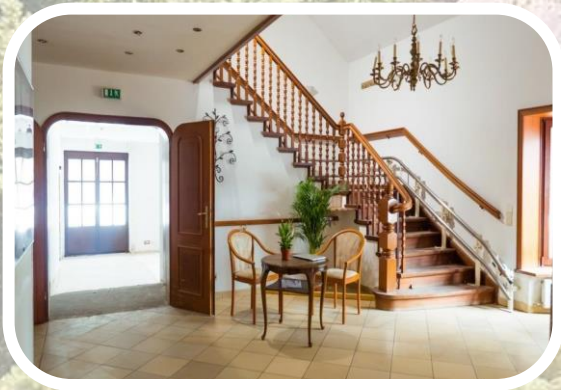
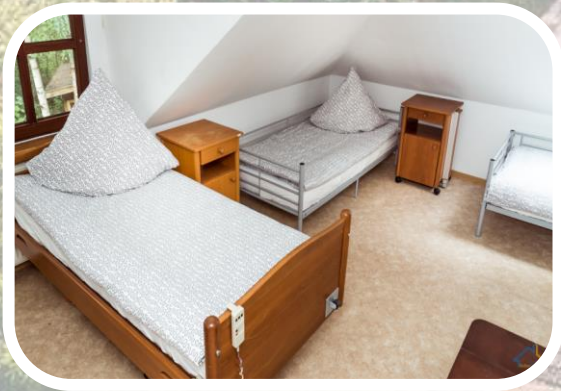
Location – how to reach our venue:



- 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 departs from **bus stop “J”** that you can find close to the Bremen train station entrance.
- 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 **6,90 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
- Only for the ones **arriving after 19:00 to Bremen**: You will have to take a more complex travel option. **Contact us** for supporting you in finding your way.



THE VENUE



We will be accommodated in a group house in a village Garlstedt, 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 3 euro for using the washing machine and 3 euros for using drying machine.
- There are several hair dryers available in the venue and should be shared by the whole group.
- 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/>

Intercultural evening:



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

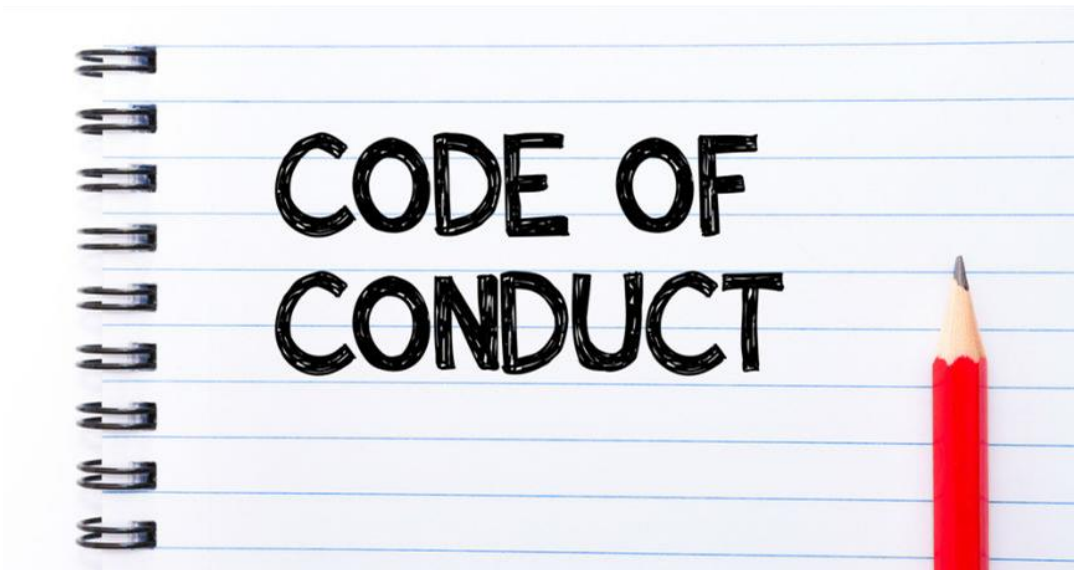
On our projects **alcohol is forbidden** cause we are trying to create an experience where youth workers and young people can have fun without consuming alcohol or any type of drugs.



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 activity, every participant will need to sign this document.



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

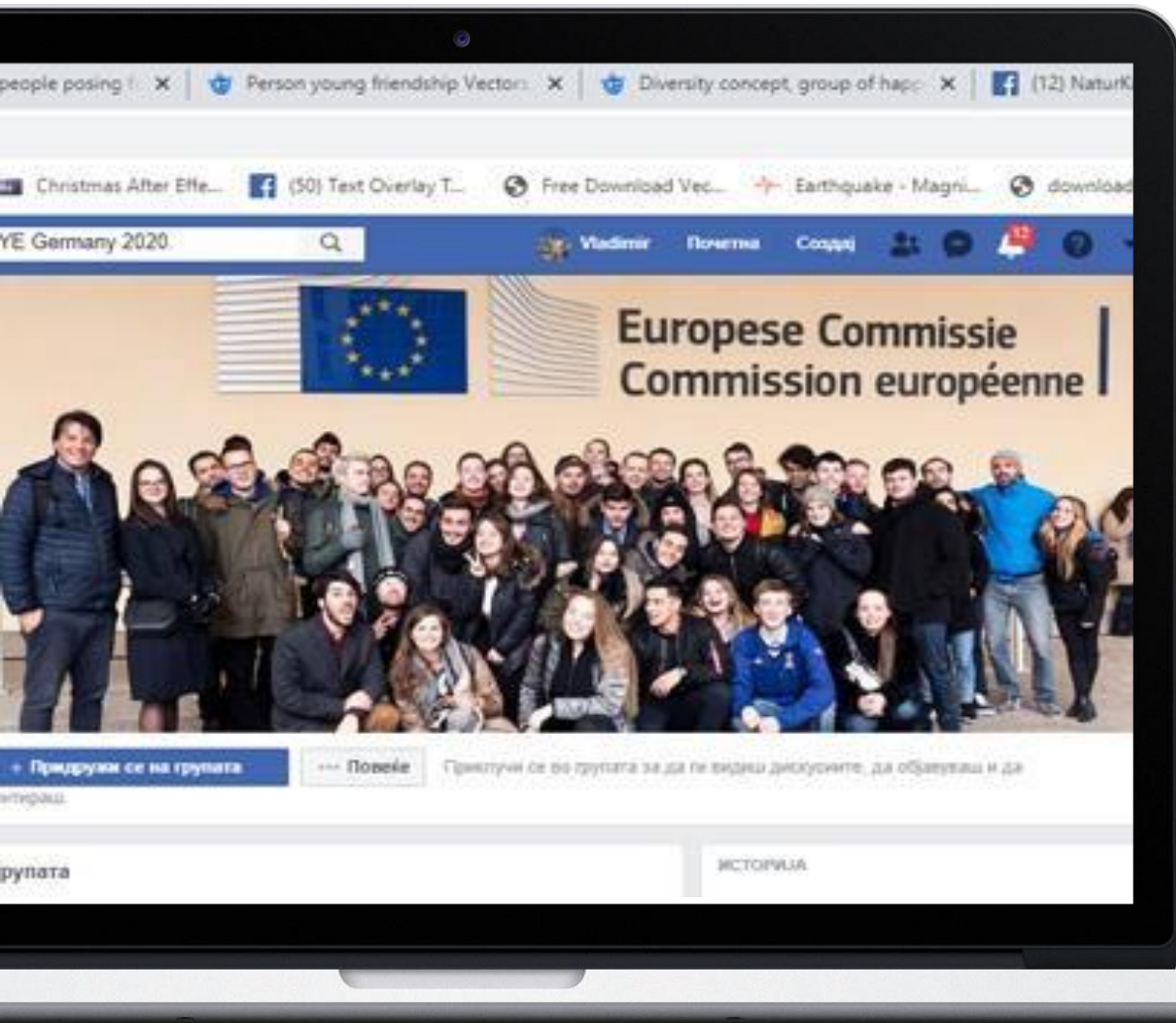
I also confirm:

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 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 **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 suitable **health insurance** during the project activity - European Health Card (or travel insurance in case of non-EU residents).¹
12. That the days prior or after the mobility I am **traveling at 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!

Slobodan Durovic
Project Manager

slobodan@naturkultur.eu

+38269760577