



**Youth Exchange  
"Voices For Change"**

29th March to 07th April 2025  
Garlstedt, Germany



# About The Project

“**Voices for Change**” is going to be a youth exchange organized in Osterholz-Scharmbeck in Germany which will include 30 young people from 5 different countries: Romania, Spain, Lithuania, Greece and Germany.

**Age of participants:** 18-30 Years old

**Country group size:** 6 people including 1 group leader

**Place:** Osterholz-Scharmbeck, Germany

**Venue:** KulturHaus, a group house

**Days of activity:** 10 days including travel days

**Dates:** 29th March to 7th April 2025

# 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

Recently bias in media and the formation of social media echo chambers has led to the polarisation of political beliefs in many European countries, and has also led to the rise in popularity of extremist political parties. The rise in extremism threatens our democracy and our shared European values of cultural diversity and acceptance.

Voices for change will bring together young people from across Europe to discuss their beliefs and the realities in their countries. It aims to empower these young people to make their voices heard in their communities, while also giving them the tools they need to identify and fight back against fake news, and hence help avoid radicalisation.

## Objectives:

- 1 Raising awareness about the importance of media literacy
- 2 Raising awareness about the political consequences media literacy has on European countries
- 3 Helping the participants develop the tools to develop their media literacy
- 4 Introducing the participants to various methods through which they can make their own stories heard.
- 5 Empowering participants to use their voice to defy false narratives

# Participant Profile



1. Participants should: be between 18-30 years old  
Group leaders can be over the age of 30
2. **Resident** of one of the participating countries
3. Motivated to learn about media literacy, the role that this plays in our democracy, and how to think critically when reading the news
4. Motivated to raise awareness about these topics, and to be a changemaker in their community
5. Erasmus+ experience is not required but participants should have interest in the topic.
6. Participants should be willing and motivated to try and communicate in English, but fluency is not a requirement
7. The group will be gendered balanced where possible

# 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 (29.03.2025): You should be in Bremen latest until 18:45 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 (07.04.2025): 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.

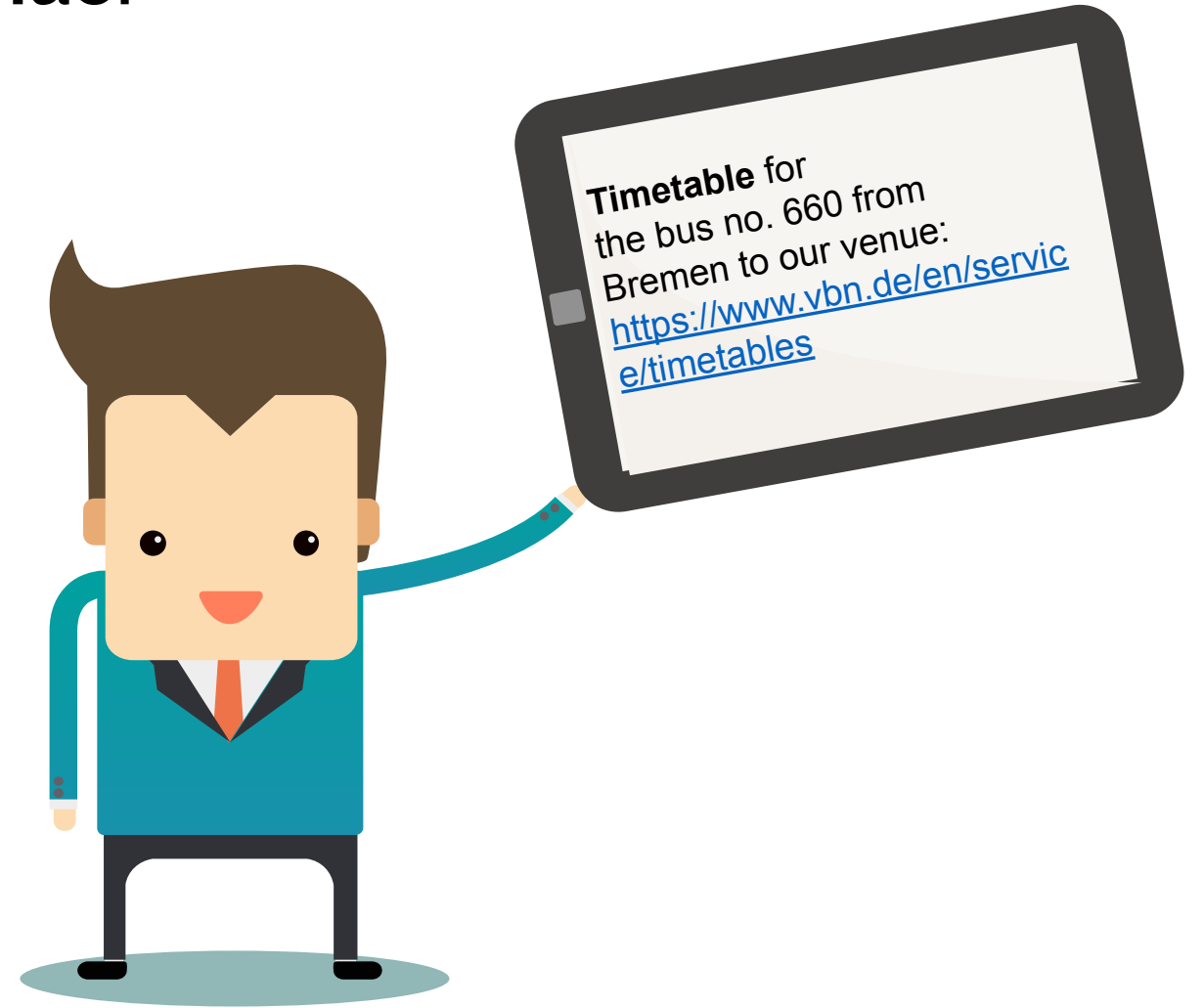
Here are the maximum travel costs for the projects in Erasmus+, according to the distance:

| Travel distance | 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:

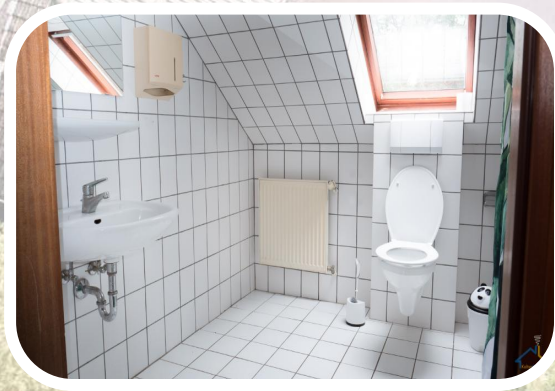
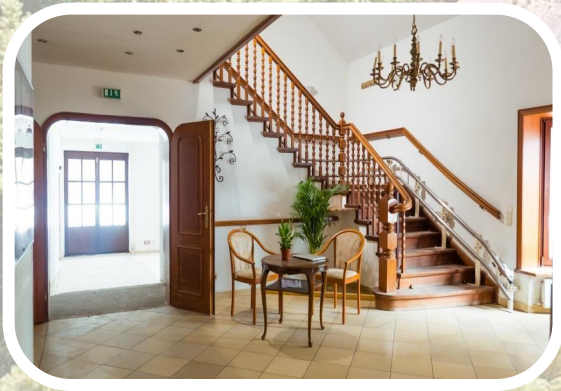
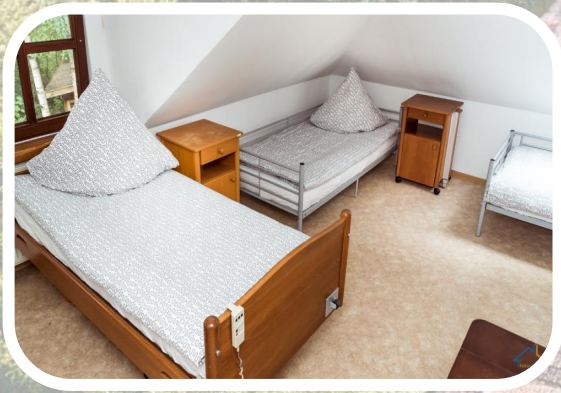


- The village where the mobility is taking place is called **Garlstedt**. The nearest city is Bremen and from Bremen to our venue you will need to use public transportation (**bus number 660**)
- The bus departs from **bus stop “J”** that you can find close to the Bremen train station entrance.
- Our bus stop is called **OHZ-GARLSTEDT, BW LOGISTIKSCHULE**.
- You should **take the last bus** from Bremen (**at 18:45**). 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



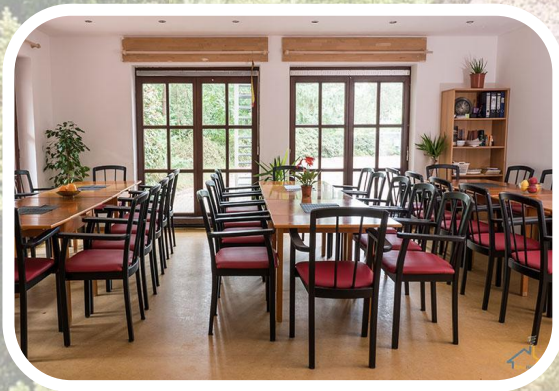
We will be accommodated in a group house in a village Garlstedt, close to the city of Bremen, Germany.

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 2 euro for using the washing machine and 2 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 prepare some small activity to present your culture.



## 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.

**Reasonable Consumption Policy** - This means that during the exchange, we expect participants to prioritise their ability to actively participate in workshops. Hence we expect all participants to consume alcohol responsibly, both to ensure the safety of themselves and the group, and to ensure they can participate in workshops.

**Drug policy** - The consumption of drugs is strictly prohibited. This includes marijuana.

**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:

<https://www.facebook.com/groups/1676350602932062/>



## 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:

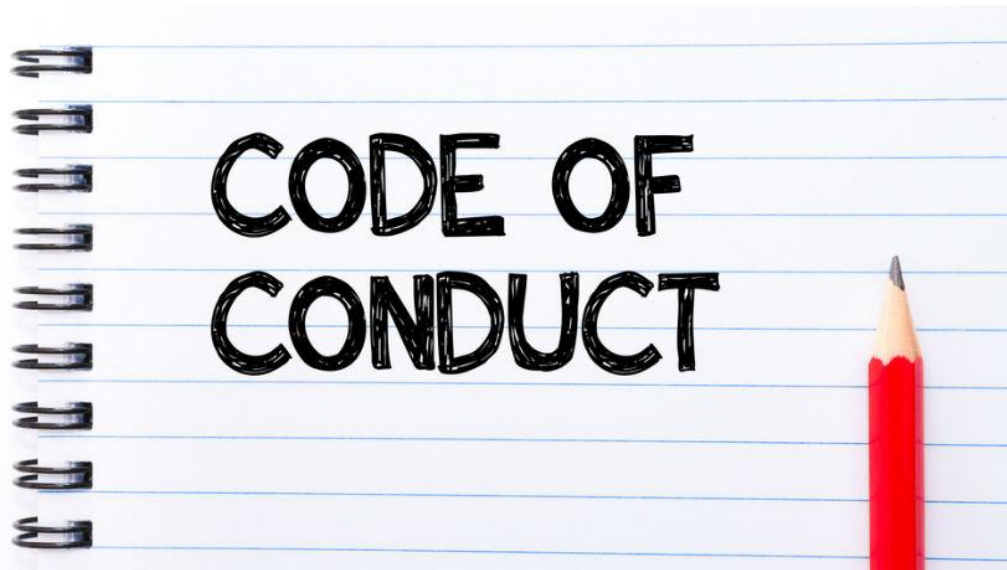
I also confirm:

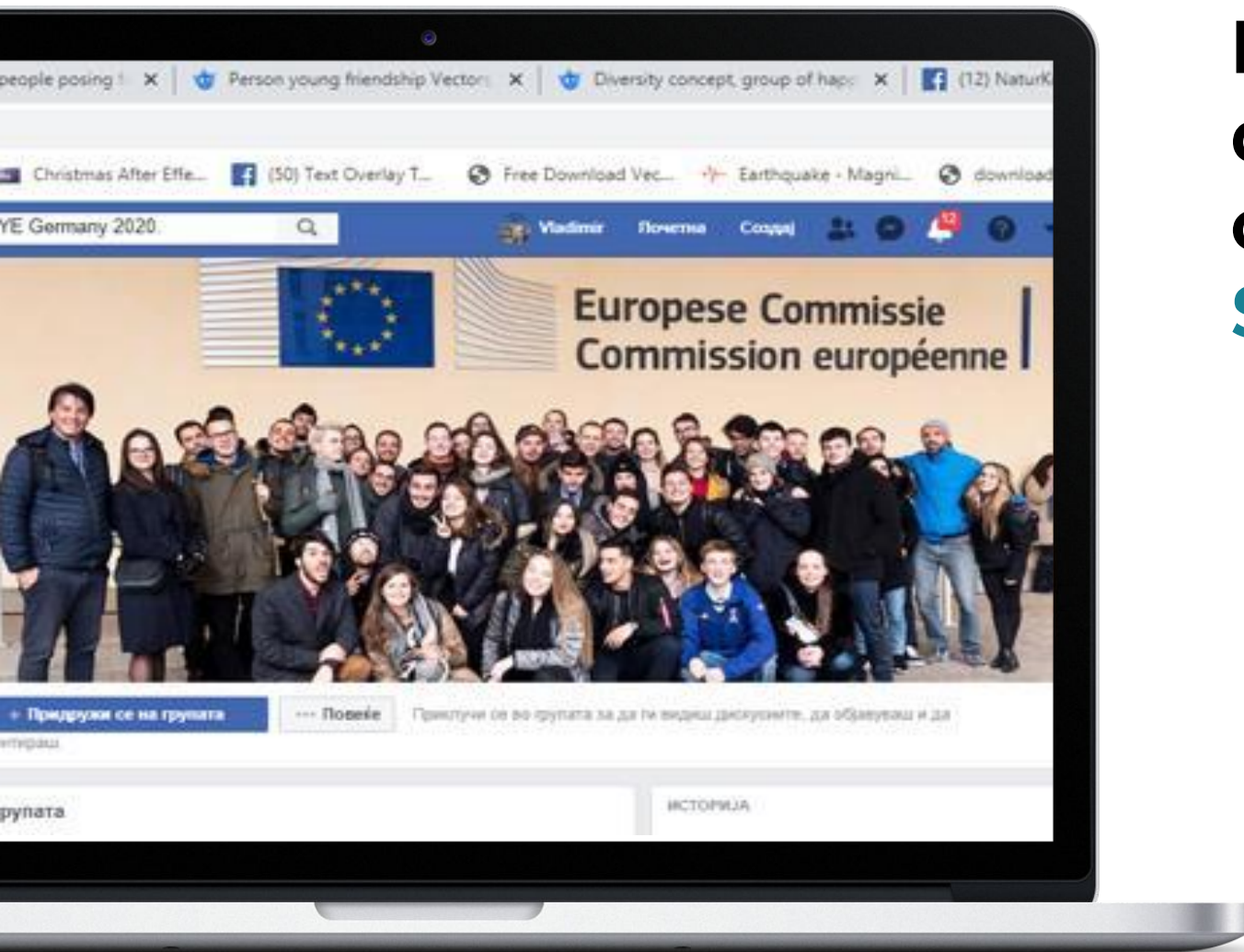
1. **Full participation** in the seminar. I understand that if my participation is not 100% and my absence, for any reason, is not fully justified, I may not receive any reimbursement.
2. I will be responsible for covering any additional costs (**exceeding the given budget**) for my overall travel costs.
3. I will **keep all invoices and proof of travel**, including boarding passes, tickets, etc. and submit them to the host 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).<sup>1</sup>
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!**

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