



“Change today for a better tomorrow”



About The Project

“Change today for a better tomorrow” is going to be a youth exchange organized in Berne, Bremen in Germany which will include 51 young people and group leaders from 6 different countries: Luxembourg, Cyprus, Romania, The Republic of North Macedonia, Greece and Germany.

Age of participants: 18 - 25 (group leaders 18+)

Country group size: 7 participants + 1 group leader (8 in total)

Place: Campsite Juliusplate, Berne, Bremen

Venue: Camping place near Bremen

Days of activity: 12th till 22nd of July 2022. (11 days including the travel)

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

With our project "Change Today for a better Tomorrow", we want to address the topic of environmental protection and healthy lifestyles by implementing a youth exchange on this topic. By spending ten days outdoors on a Campsite being connected with nature, we want our participants to learn about nature protection and healthy lifestyles through being in nature and being active and sporty together. We aim to address the lack of motivation and clear information that many youngsters have regarding sport and active lifestyles. Through organising activities such as outdoor games, canoeing and climbing, we want to encourage the participants to try out new activities and discover the fun sides of being physically active together.

Project goals:

1

Address the lack of motivation and clear information that youngsters have regarding sport and active lifestyle

4

Show to youngsters the positive effects outdoor activities can have on their physical and mental wellbeing.

2

Encourage the participants to try out new activities and discover the fun side of being physically active together

5

Teach to the youth the basics about setting a tent or how to stay dry when it rains.

3

Make participants more aware of easy ways to incorporate outdoor sports into their daily routines

6

Address the lack of activism among some young people regarding nature and environmental protection

Participant Profile



1. Between 18 – 25 years old (group leaders 18+)
2. **Resident** of one of the following countries: Luxembourg, Cyprus, Romania, The Republic of North Macedonia, Greece and Germany.
3. Interested in topics of environmental protection and healthy lifestyle, outdoor activities, camping
4. Willingness to be a part of multi cultural 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 4 + 4 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/before 12.07.2022. or on/after 22.07.2022.
3. 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.
4. 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
 - Luxembourg 180 EUR
 - Cyprus 360 EUR
 - Greece 360 EUR
 - Romania 275 EUR
 - Rep. Of N.Macedonia 275 EUR
5. Feel free to contact us if you need any help with finding tickets or if you will need any help with organizing your travel. 😊

COVID-19 RESTRICTIONS

In order to enter Germany, all participants need to have one of these three documents

- a) Proof of vaccination not older than 9 months**
- b) Proof of recovery not older than 3 months**
- c) PCR/Antigen test not older than 48 hours at the moment of entering Germany**

If proof of vaccination or recovery is older than stated, participants will still need a test in order to travel to Germany

THE VENUE



We will be accommodated in a campsite Juliusplate in Berne, near Bremen. Participants will be sleeping in a tent (alone or with one more person). There are showers and toilets in the camping site and we will have two big tents, one that will be used as a kitchen and the second one that we can use for workshops in case of bad weather.

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

<https://juliusplate.de/>



IMPORTANT

This youth exchange will be very active and we will spend a lot of time outdoor, being physically active and spending the time in the nature. The exchange will be camping which means that we are going to sleep in tents and we are not going to have same conditions like the ones we have in our homes. This exchange will be great chance to challenge yourself and to try something new, something that potentially you never did before. We hope that all participants will come to the exchange with open mind and wish to try something new.

Since we are going to spend a lot of time outdoor and doing physical activities, we suggest you to also bring some older clothes with you, clothes that you don't mind getting dirty or destroyed.

FOOD AND

We are going to have three meals per day: Breakfast, lunch and dinner. Keep in mind that everyone needs to help with preparation of the food. Setting up the tables, preparing the food, taking the trash out will be all of our responsibility.

We will have two options – vegetarian and food with meat (no pork). Unfortunately, we cannot provide vegan or fruitarian food. Keep in mind that the food is going to be camping food prepared outdoor.

WEATHER

The weather in Germany might be different comparing to weather in your countries. Summer temperatures are typically between 20°C and 30°C, with more rainfall during the summer months, compared to southern Europe.

Frequent changes of weather make forecasting difficult. To be on the safe side, bring a sweater and rain coat or some other type of clothes for the rainy days.

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.



Travel essentials

- Health - 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.
- Passport or ID card, money if you want to buy souvenirs, etc.
- Sleeping bag and pillow
- Camping Cutlery – cup, plate, fork, knife, spoon
- Drinking bottle
- Backpack (avoid suitcases and borrow backpack from a friend) and a small backpack (to carry the daily necessities)
- Towel for the beach and standard towel for shower
- Bathing suit and sunscreen
- Slippers or sandals
- Waterproof jacket or cape (for summer)
- Toiletry and any medication that you are using



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/408103757863132>

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: "Change today for a better tomorrow"

Project Number: 2022-1-DE04-KA152-YOU-000039355

Project Venue: Berne, Bremen, Germany

Project Activity Dates: 12.07.-22.07.2022.

Confirmation of Participation

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

I also confirm:

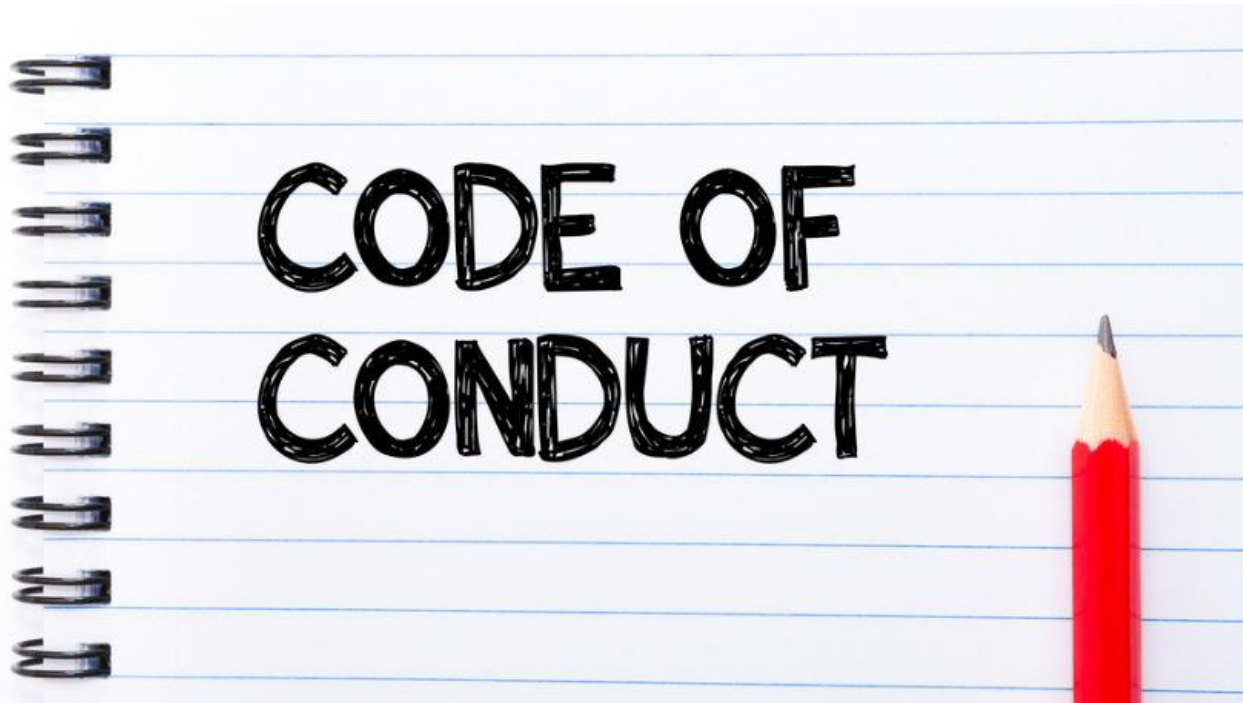
1. Full participation in the exchange. I understand that if my participation is not 100% and my absence, for any reason, is not fully justified, I may not receive any reimbursement.
2. I will be responsible for covering any additional costs (exceeding the given budget) for my overall travel costs.
3. 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.

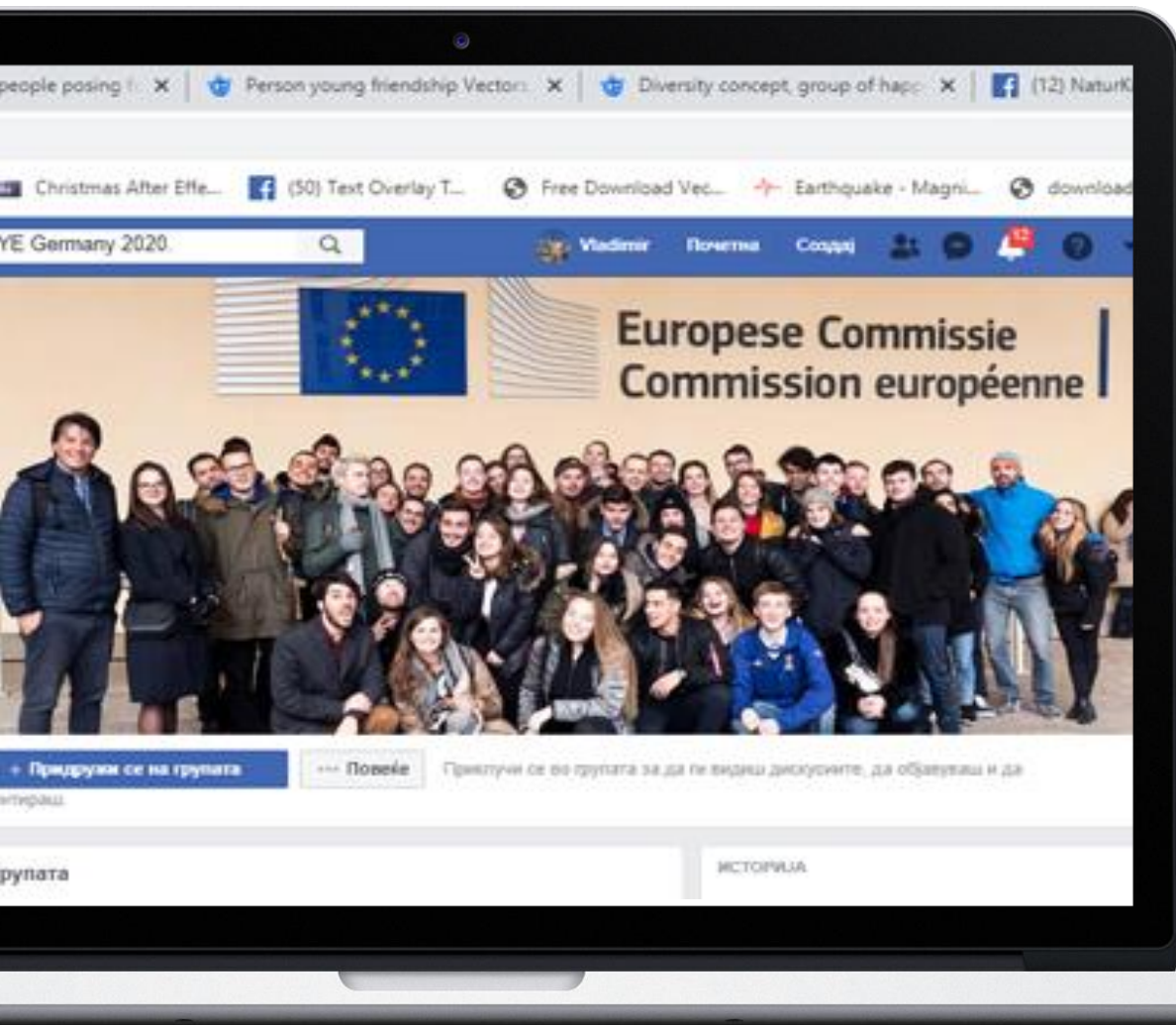
I, the undersigned, hereby confirm my participation and agree fully with the above stated.

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!**

Aleksandar Čičković
Project Manager

partnerships@naturkultur.eu

+385977789322