



**“The Wellbeing of
Youth Workers”**



About The Project

“The Wellbeing of Youth Workers” is going to be a training course organized in Garlstedt in Germany which will include 38 youth workers from 8 different European countries: Portugal, Turkey, Romania, Greece, Czech Republic, North Macedonia, Lithuania and Germany.

Age of participants: 18+

Country group size: 4 participants per country

Place: Garlstedt, Osterholz Scharmbeck, Germany

Venue: KulturHaus, a group house

Days of activity: 9 days including traveling days

Dates: 08th till 16th of December 2022.

WELCOME MESSAGE

Dear participants, we are very happy to welcome you in Germany on our training course. We will do our best to make a space where we can learn about the topic of our training 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
- Covid-19 measures and restrictions
- Preparation info
- Insurance and other info
- Confirmation of participation



Info About Project

Being a youth worker is not an easy job, there are a lot of benefits of working with young people and helping them grow as individuals and discover new skills and competences, but there is also negative sides. The job comes with a lot of responsibilities that often come with a stress and crisis situations. This is why professional burnout is happening much more often in youth work comparing to other fields and that professional burnout often leads to lower quality of youth work or even changing of career by youth workers.

Youth workers are depending mostly on themselves and they need to deal alone with the challenges they are facing, with the emotions this challenges bring and with motivation being lost because of all of this. Since the youth workers don't have the possibility to have someone supporting them every time there is a need for it, we believe that the solution can be developing competences with the youth workers and giving them tools how to improve their physical and mental health, to develop resilience, learn how to notice early and fight professional burnout and use their values to overcome challenges they face.

Project goals:

1

Informing and Training participants about resilience, professional burnout and the emotional intelligence, in order to improve their physical and mental health

3

To create space for sharing knowledge and exchanging experiences and good practices with the atmosphere of common understanding between youth workers

2

To develop a resilience among youth workers participating on the training course, in order to improve their job satisfaction and prevent brain drain from the youth work.

4

Increasing the knowledge and skills of youth workers from the 8 European countries,

Participant Profile



1. 18+ years old
2. **Resident** of one of the participating countries
3. Participants should be youth workers who are beginners, who come from small or medium organisations, who are part of newly established associations, started working in youth centers recently or are working with youth through informal groups.
4. Participants English language skills should be sufficient to actively participate on the mobility and work on the creation of new projects
5. Previous experience in Erasmus+ is not obligatory, but participants should have interest in creating new partnerships and writing Erasmus+ and European Solidarity Corps

| 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 TC one day later or to leave one day before the designated dates We can only reimburse tickets that are on/before 08.12.2022. and on/after 16.12.2022.
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
 - Turkey up to 360 EUR
 - Greece up to 360 EUR
 - Portugal up to 530 EUR
 - Lithuania up to 275 EUR
 - Czech Rep up to 275 EUR
 - Romania up to 275 EUR
 - N.Macedonia up to 275 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**)
- 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, 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.

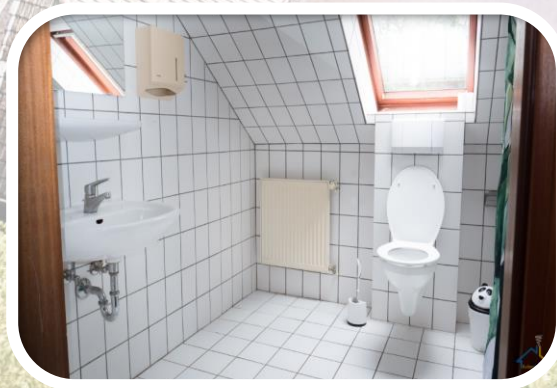
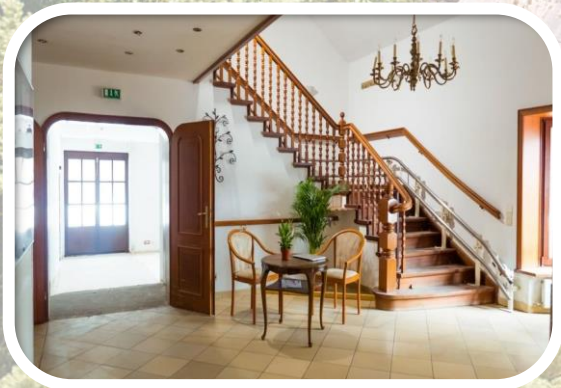
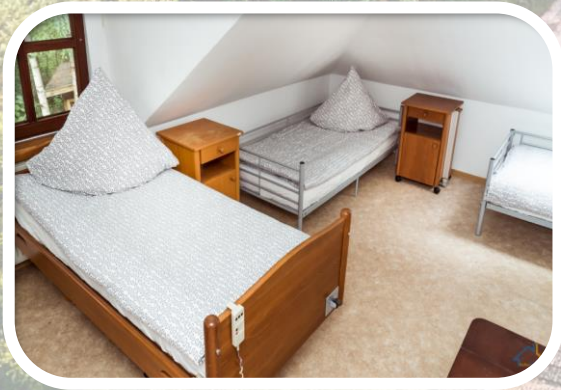


660 Bremen → Bremen-Burg → Garlstedt → Hagen	
Verkehrsbetrieb Bremisch-Niederelbischer VNN, Tel.: 0421 / 53 80 00 Weener-Ems-Bus, Niederelbische Ostelbische	
Am 24. und 21.12 gilt der Samstagfahrplan, bitte Verkehrsbeschränkung beachten	
Montag - Freitag	
Samstag	
Sonnt- und Feiertag	
Bremen, Hauptbahnhof	9:00 12:15 14:30 17:35 19:00
Bremen, Ostbahnhof	9:10 12:31 14:46 18:01 19:21
Bremen, Wehse, Landstraße	9:20 12:36 14:51 18:07 19:27
Bremen, Bahnhof Burg 4	7:11 9:26 12:41 14:58 17:06 18:06 19:26
Bremen, Gültzingsplatz	7:18 9:33 12:48 15:03 17:10 18:13 19:33
Fährhude-Grund, Fährstraße	7:20 9:35 12:50 15:05 17:12 18:15 19:35
Bremervorstadt, Garm. Weide	7:21 9:36 12:51 15:06 17:13 18:16 19:36
Bremervorstadt, Fährstraße	7:22 9:37 12:52 15:07 17:14 18:17 19:37
Bremervorstadt, Abz. Bismarckpl.	7:23 9:38 12:53 15:08 17:15 18:18 19:38
Bremervorstadt, Brücke	7:24 9:39 12:54 15:09 17:16 18:19 19:39
OHZ-Hellhorn, Wehsehaus	7:25 9:40 12:55 15:10 17:17 18:20 19:40
OHZ-Hellhorn, Wehsehaus	7:26 9:41 12:56 15:11 17:18 18:21 19:41
OHZ-Garlstedt, Wehsehaus	7:27 9:42 12:57 15:12 17:19 18:22 19:42
OHZ-Garlstedt, Wehsehaus	7:28 9:43 12:58 15:13 17:20 18:23 19:43
OHZ-Garlstedt, Wehsehaus	7:29 9:44 12:59 15:14 17:21 18:24 19:44
OHZ-Garlstedt, Wehsehaus	7:30 9:45 13:00 15:15 17:22 18:25 19:45
OHZ-Garlstedt, Wehsehaus	7:31 9:46 13:01 15:16 17:23 18:26 19:46
OHZ-Garlstedt, Wehsehaus	7:32 9:47 13:02 15:17 17:24 18:27 19:47
OHZ-Garlstedt, Wehsehaus	7:33 9:48 13:03 15:18 17:25 18:28 19:48
OHZ-Garlstedt, Wehsehaus	7:34 9:49 13:04 15:19 17:26 18:29 19:49
OHZ-Garlstedt, Wehsehaus	7:35 9:50 13:05 15:20 17:27 18:30 19:50
OHZ-Garlstedt, Wehsehaus	7:36 9:51 13:06 15:21 17:28 18:31 19:51
OHZ-Garlstedt, Wehsehaus	7:37 9:52 13:07 15:22 17:29 18:32 19:52
OHZ-Garlstedt, Wehsehaus	7:38 9:53 13:08 15:23 17:30 18:33 19:53
OHZ-Garlstedt, Wehsehaus	7:39 9:54 13:09 15:24 17:31 18:34 19:54
OHZ-Garlstedt, Wehsehaus	7:40 9:55 13:10 15:25 17:32 18:35 19:55
OHZ-Garlstedt, Wehsehaus	7:41 9:56 13:11 15:26 17:33 18:36 19:56
OHZ-Garlstedt, Wehsehaus	7:42 9:57 13:12 15:27 17:34 18:37 19:57
OHZ-Garlstedt, Wehsehaus	7:43 9:58 13:13 15:28 17:35 18:38 19:58
OHZ-Garlstedt, Wehsehaus	7:44 9:59 13:14 15:29 17:36 18:39 19:59
OHZ-Garlstedt, Wehsehaus	7:45 10:00 13:15 15:30 17:37 18:40 20:00

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



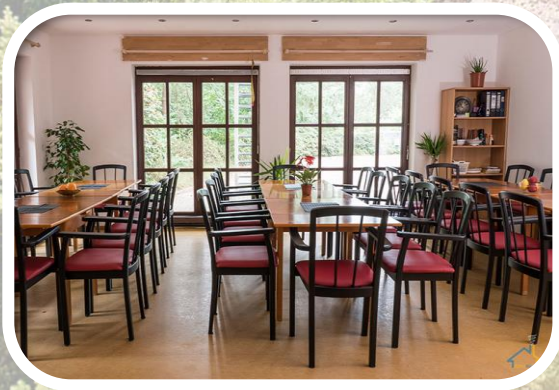
We will be accommodated in a youth center/group house in Osterholz-Scharmbeck, close to the city of Bremen, Germany.

The accommodation will be simple. Participants will be sharing rooms with 2-3 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. 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

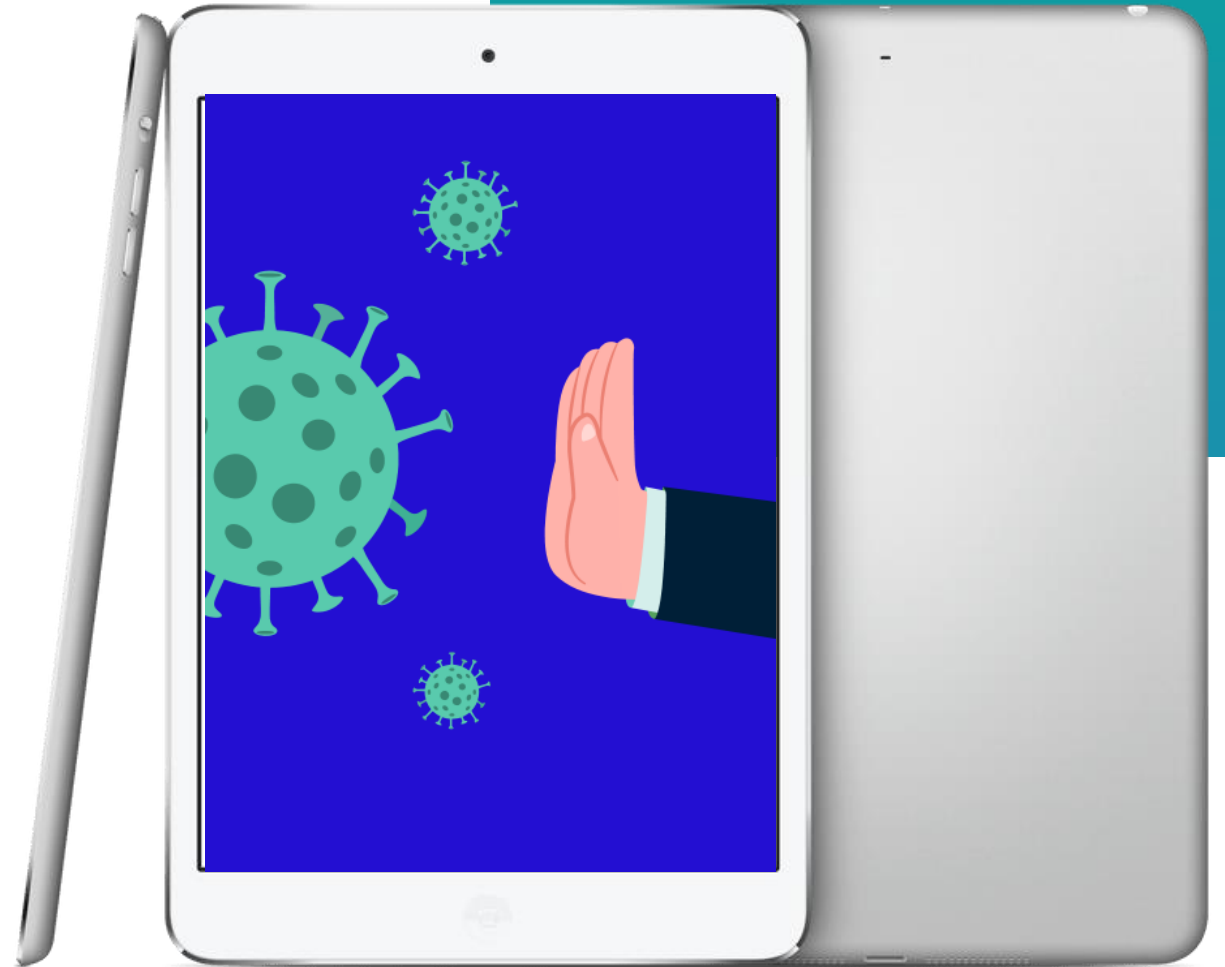
You can find more information and photos about the venue here:

<https://kulturgruppenhaus.de/en/new-home-2/>
<https://www.facebook.com/KulturGruppenHaus/>

Covid-19 measures and restrictions

In order to reduce the chance of anyone getting sick, we have these safety measures:

1. Starting from 01.06.2022., there is no need for proof of vaccination or recovery to enter Germany. Also, participants don't need any type of test to enter Germany. We are going to regularly follow the situation regarding Covid-19 restrictions and we'll let you know if any changes happen in the next period.
2. All participants will be tested with self-testing kit on the arrival day. We will provide the tests. Depending on regulations in our region, we might also need to wear the masks during the first few days.
3. All common areas will be disinfected daily by our logistics team. The food will be prepared according to latest safety standards.



Intercultural evening / NGO fair:

→ 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.

→ We are also going to have an NGO fair during which you will have the chance to present your sending organization. You should prepare all information in advance and also bring any materials that you would like to share during the fair. NGO fair is one of the crucial parts of building a partnership.



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.
7. Materials for the NGO fair





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. Please apply only if you are ok with this and ready to spend 9 days without any consumption of alcohol.

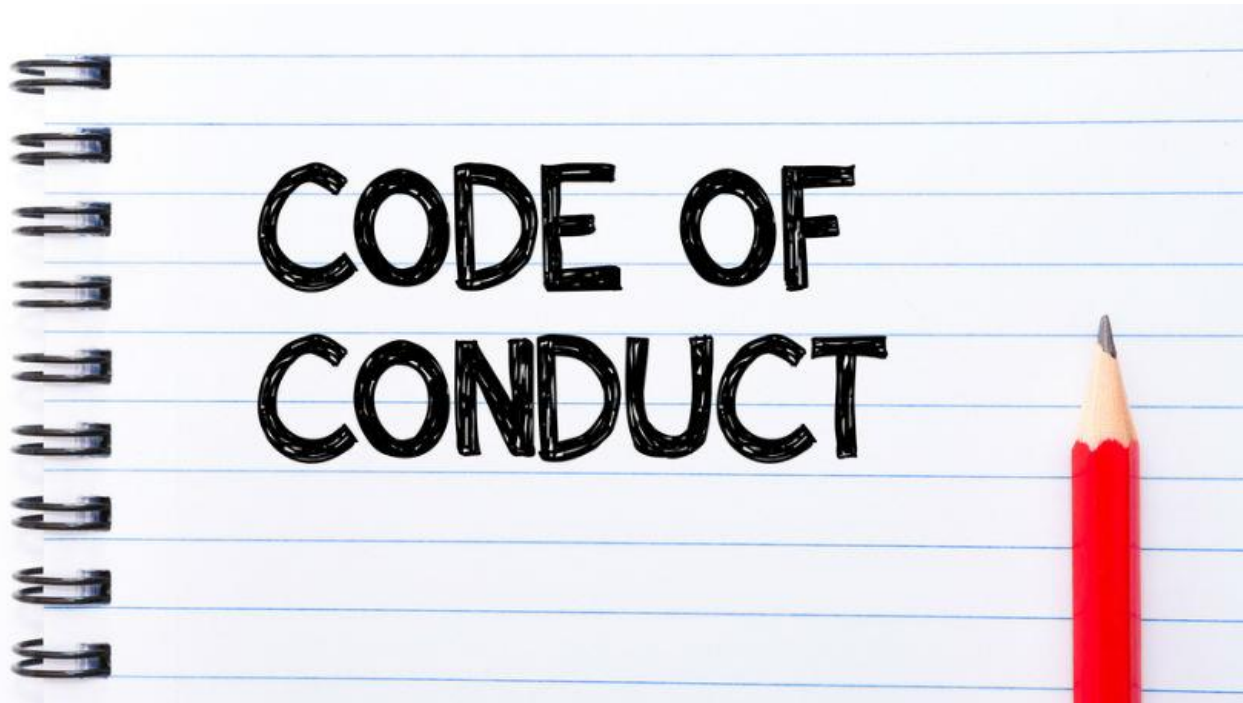
To make the communication easier, we have created a Facebook group. Everyone who has Facebook should join this group because we will use it for communication between each other, sharing materials and getting to know each other:

<https://www.facebook.com/groups/1811932959184758>

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: "The Wellbeing of Youth Workers"

Project Number: 2021-1-DE04-KA153-YOU-000007363

Project Venue: Garlstedt, Osterholz-Scharmbeck, Germany

Project Activity Dates: 08.12.-16.12.2022.

Confirmation of Participation

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

I also confirm:

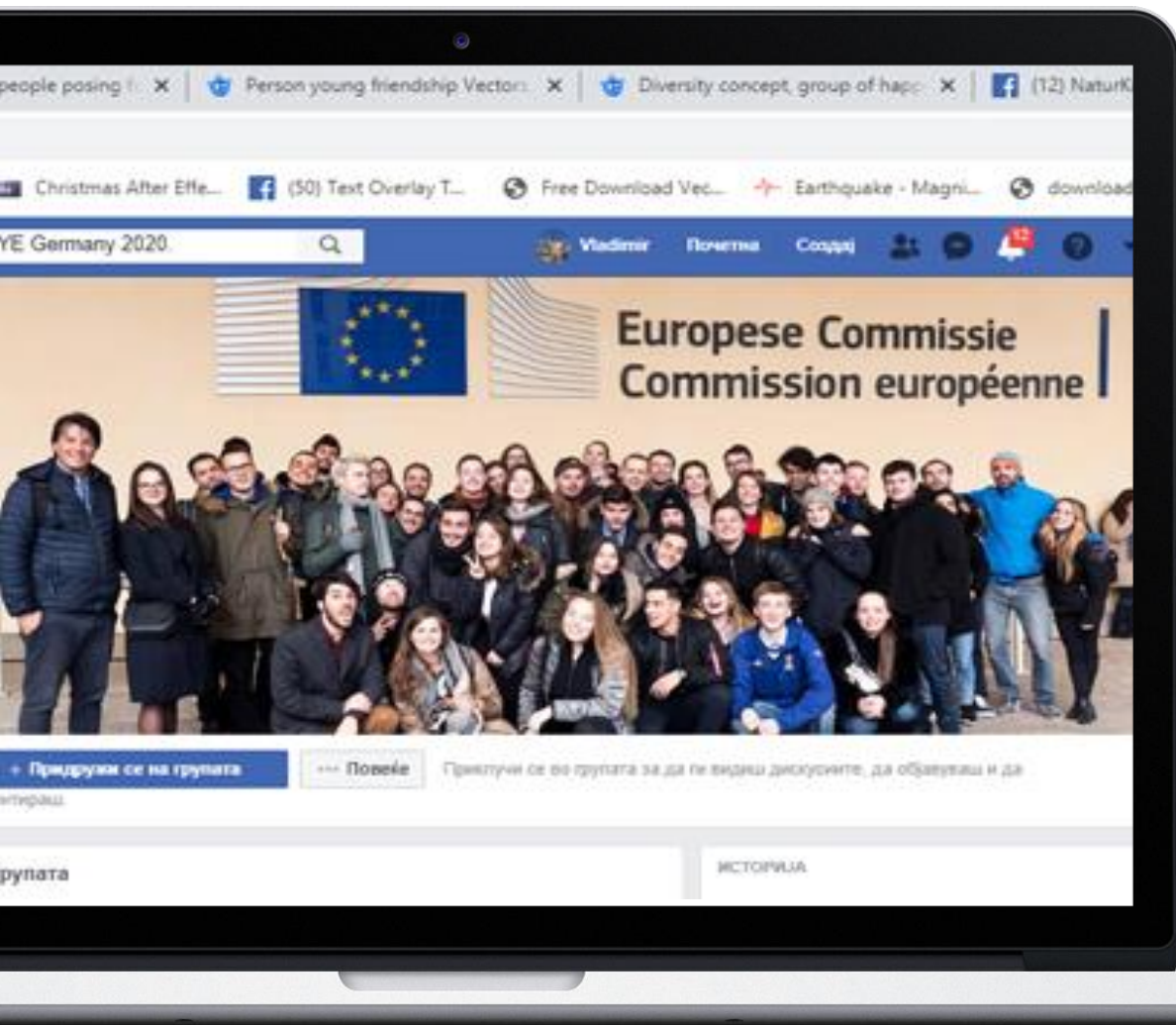
1. Full participation in the seminar. I understand that if my participation is not 100% and my absence, for any reason, is not fully justified, I may not receive any reimbursement.
2. I will be responsible for covering any additional costs (exceeding the given budget) for my overall travel costs.
3.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

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