



Youth Exchange
“Digital Health Revolution”
10th to 19th of January 2023



About The Project

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

Age of participants: 18 - 30 years old

Country group size: 6 or 7 participants

Place: Osterholz Scharmbeck, Germany

Venue: KulturHaus, a group house

Days of activity: 10 days including travelling days

Dates: 10th to 19th of January 2023.

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
- Covid-19 measures and restrictions
- Preparation info
- Insurance and other info
- Confirmation of participation



Info About Project

A healthy life is not a goal, it is a lifestyle. We want to explore **physical and mental health** with you and young adults from Europe.

We are also taking a look at “the enhancement and improvement of human well-being, in the intermediate and long term, through the **use of digital media**”. (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. It is not allowed to come to the venue of the youth exchange one day later, but you can stay up to four days after the youth exchange. Therefore, we can only reimburse tickets that are on 10th of January and between the 19th and 23rd of January 2023.
3. In order to reduce the chance of people getting sick during the trip, we are asking everyone to travel to Germany on the 10th of January.
4. Don't throw away any ticket or boarding pass. You will need to send us 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.
5. 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
 - Croatia up to 275 EUR
 - Italy up to 275 EUR
 - N. Macedonia up to 275 EUR
 - Greece up to 360 EUR
 - Spain up to 275 EUR

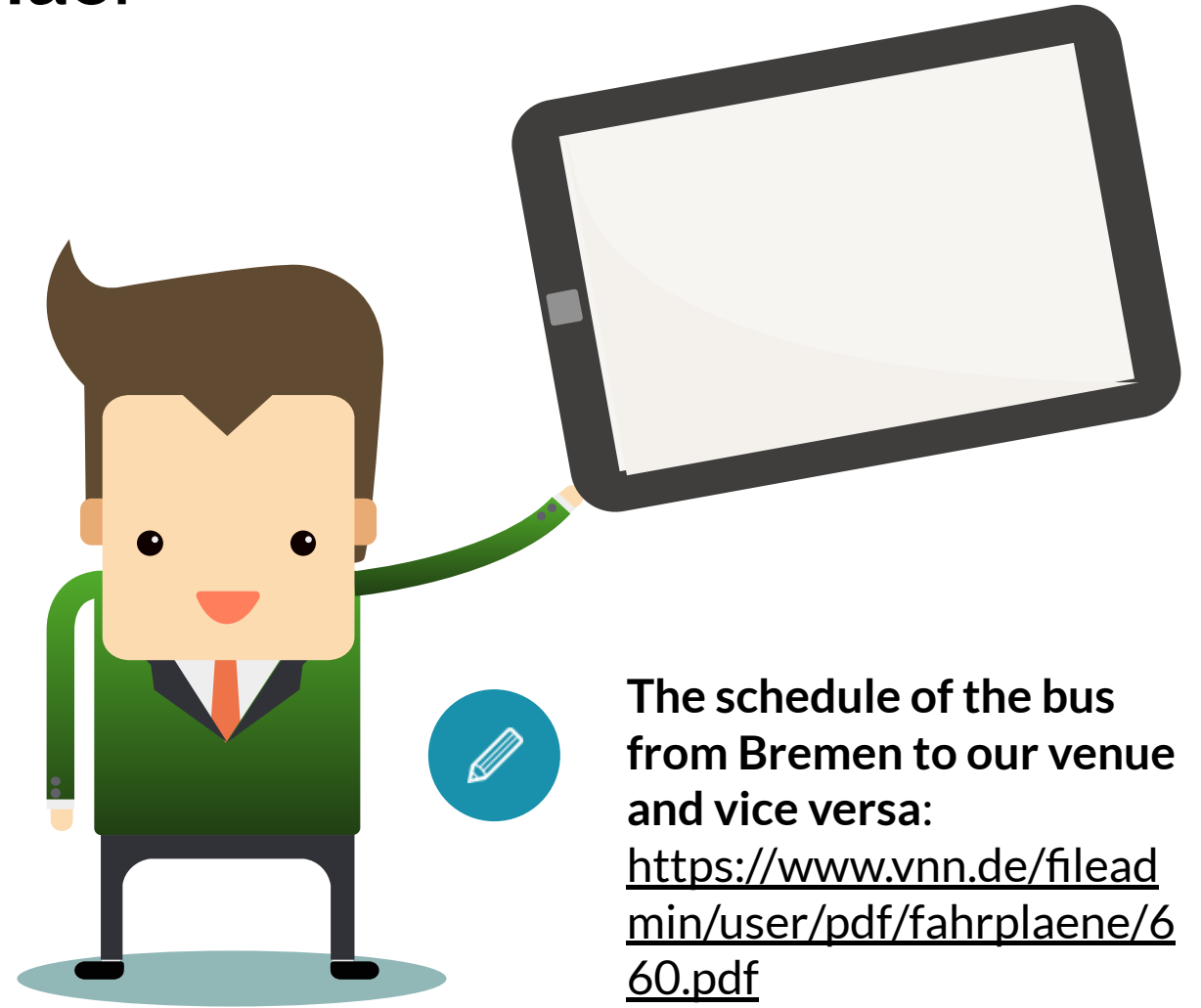
IMPORTANT: •

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 also participate in the dissemination phase that might partially be after the youth exchange. :)

Location – how to reach our venue:

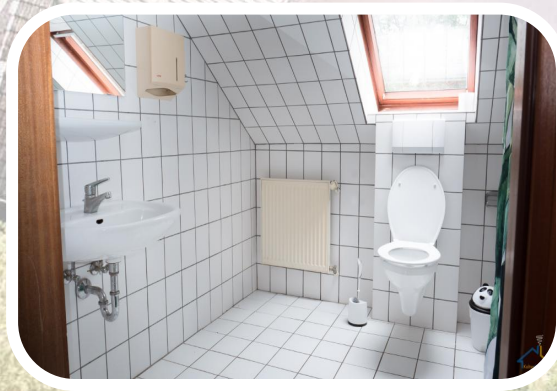
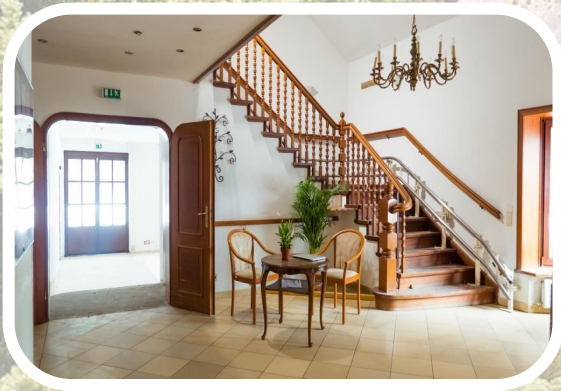
- The village where the mobility is taking place is called **Garlstedt**. The nearest city is Bremen, and from Bremen to our venue you will need to use public transportation (**bus number 660**). The bus stops in front of the train station in Bremen.
- On the right side of this page, you can find a link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



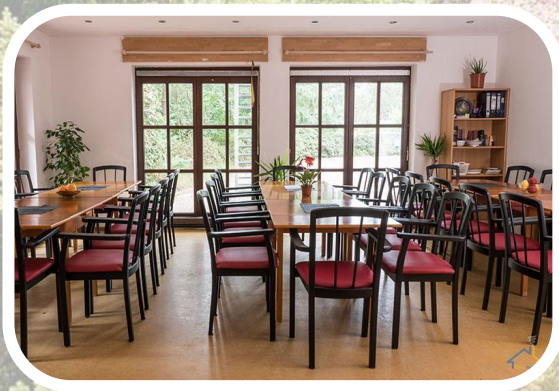
We will be accommodated in a youth centre/group house in Osterholz-Scharmbeck, close to the city of Bremen, Germany.

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

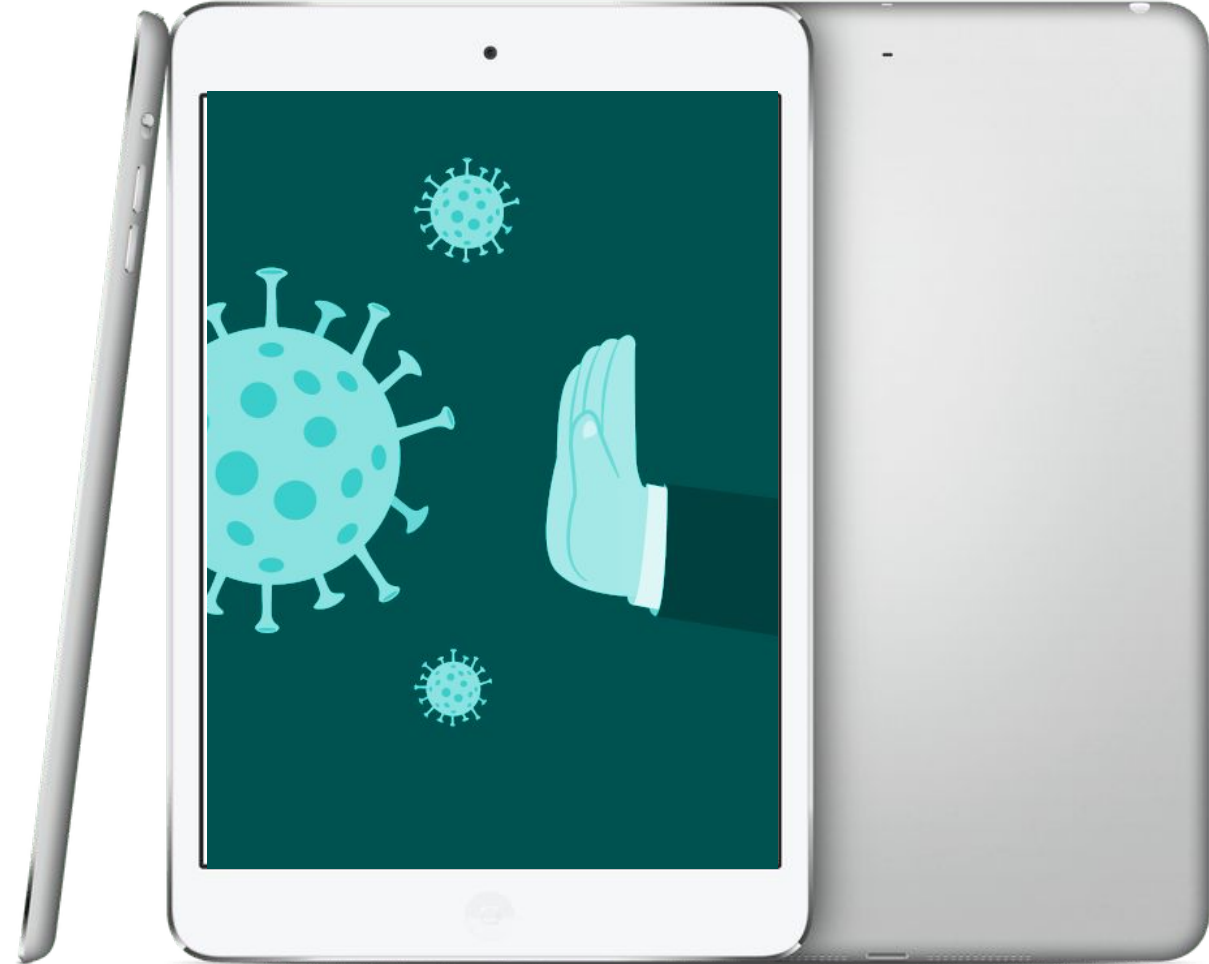
You can find more information and photos about the venue here: <https://kulturgruppenhaus.de/en/new-home-2/>
<https://www.facebook.com/KulturGruppenHaus/>

Covid-19 measures and restrictions

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

1. All participants need to follow the regulations that will be implemented during the youth exchange.
2. All participants will be tested with self-testing kits during the youth exchange.
3. All participants will need to travel to Germany on arrival day (10th of January 2023.). If you wish to visit other cities in Germany, you can stay in Germany after the mobility up to 4 days. You are responsible for covering all costs (food, accommodation, etc.) during these extra days.
4. We will try to reasonably minimize unnecessary contact with other people to avoid being infected by others so that everyone stays safe during our stay together.
5. All common areas will be disinfected daily by our logistics team. The food will be prepared according to the latest safety standards.
6. Every participant has to take a COVID-19 test (less than 24 hours) before departure on the 10th of January.

All the regulations during the youth exchange depend on various factors, including the number of infected people in Germany.



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.



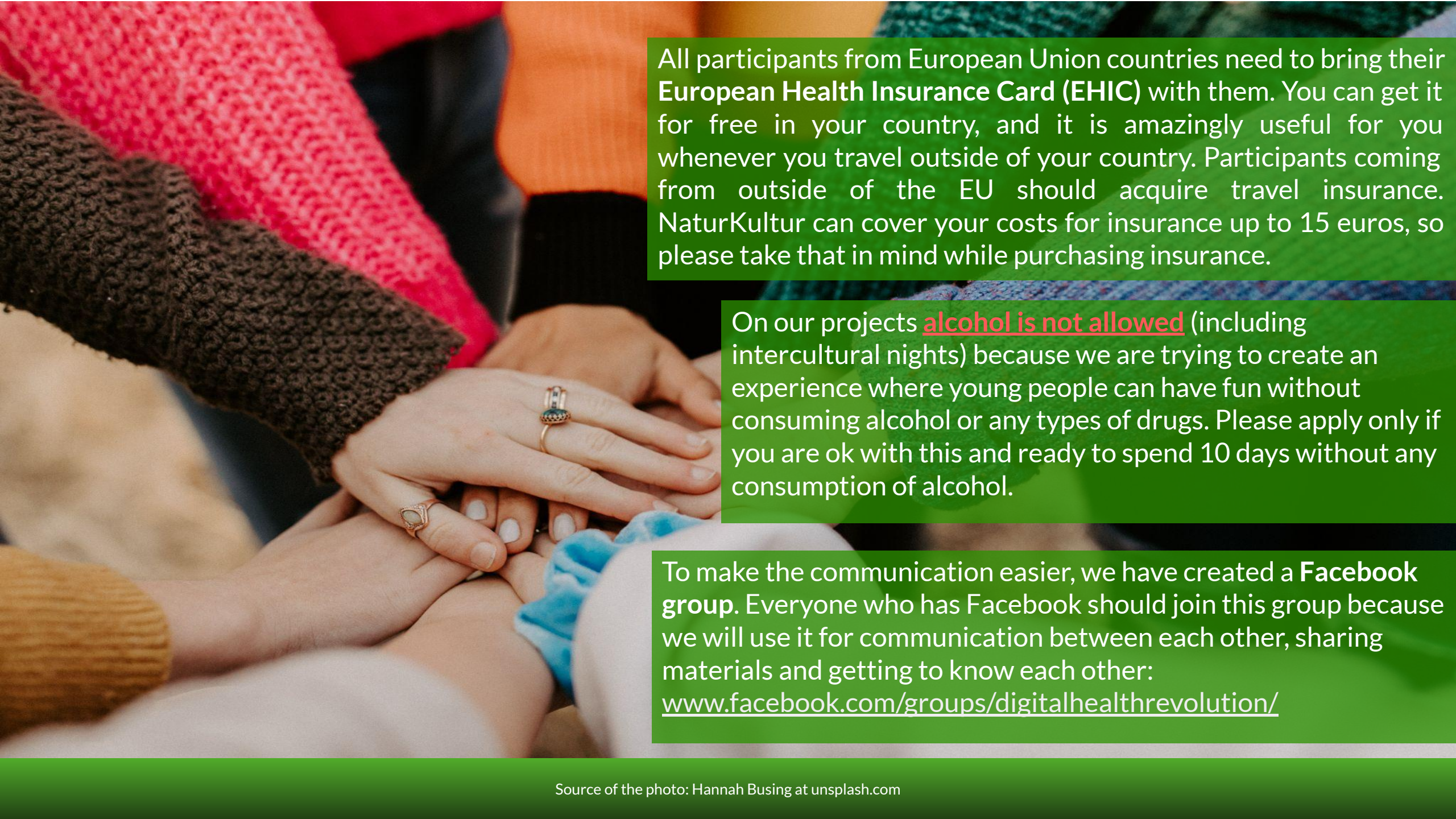
We are also going to have an NGO fair during which you will have the chance to present your sending organization. You should prepare all information in advance and also bring any materials that you would like to share during the fair.



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.
7. Materials for the NGO fair





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 **alcohol is not allowed** (including intercultural nights) because we are trying to create an experience where young people can have fun without consuming alcohol or any types of drugs. Please apply only if you are ok with this and ready to spend 10 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:
www.facebook.com/groups/digitalhealthrevolution/

Project Name: "Digital Health Revolution" - Youth Exchange

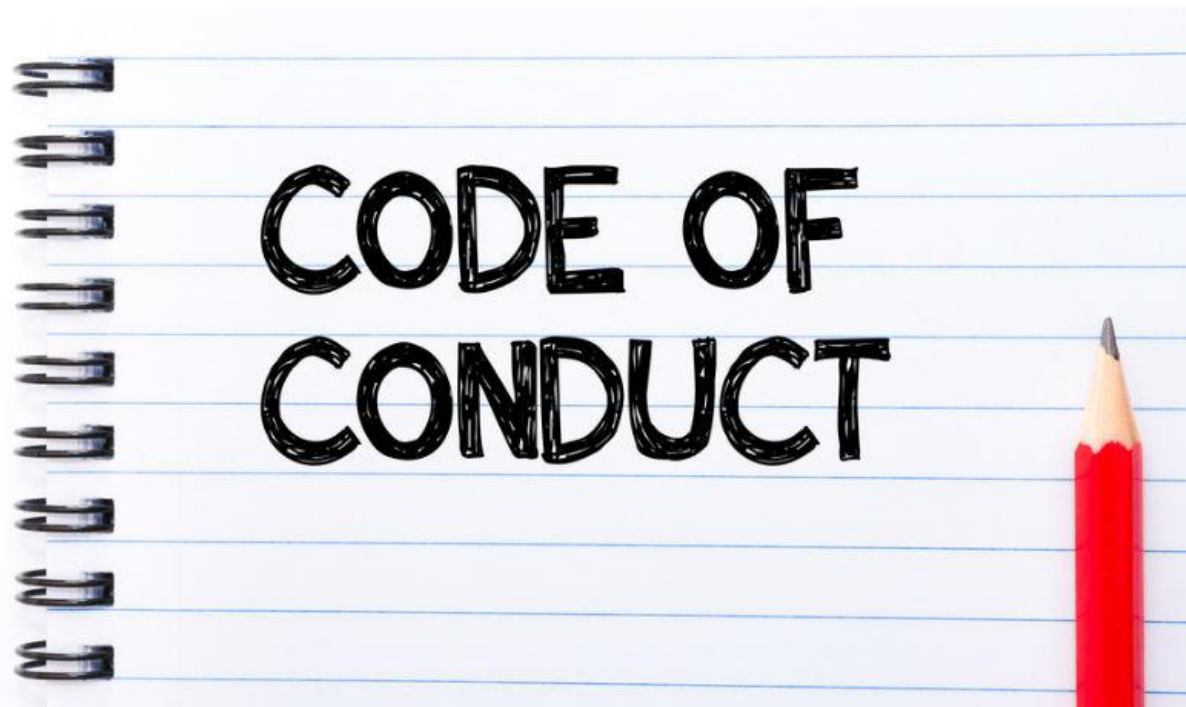
Project Venue: Garlstedt, Osterholz-Scharmbeck, Germany

Project Activity Dates: 10. - 19. January 2023.

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.



Confirmation of Participation

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

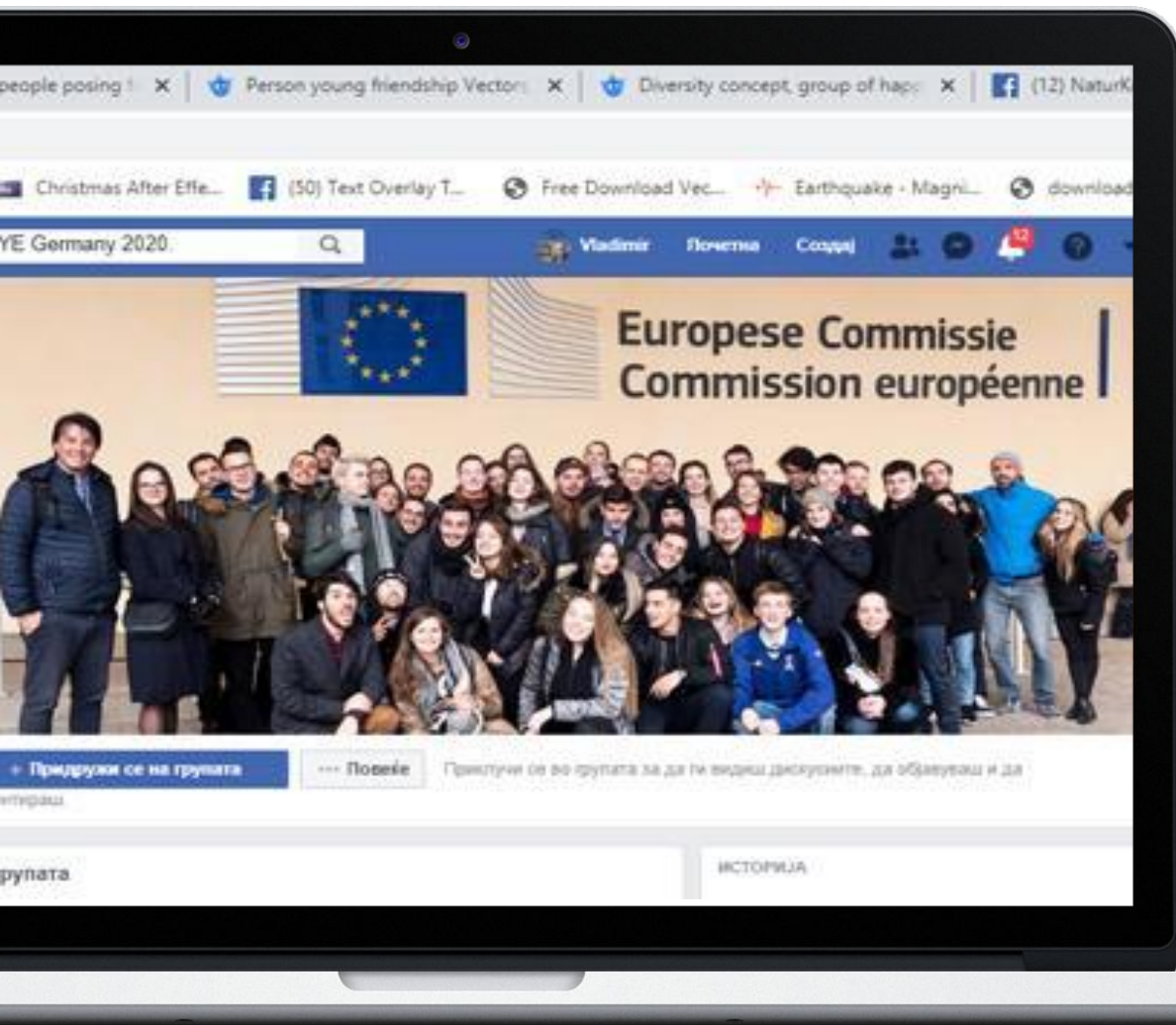
I also confirm:

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 a suitable health insurance during the youth exchange - for example a 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 _____



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

Andre Figueiredo Garcia
Project Manager

garcia@naturkultur.eu

Tel. +4917620522413