



Training Course  
**“Self-Care in Youth Work”**  
2nd to 10th of March 2023  
KulturHaus, Germany





# About The Project

**“Self-Care in Youth Work”** is a training course (TC) organized in Osterholz-Scharmbeck in Germany which will include 35 youth workers from different countries: Cyprus, Netherlands, Croatia, Spain, Italy, North Macedonia, Romania, Slovakia, and Germany.

**Age of participants:** 18+ years old

**Country group size:** 3 to 4 participants

**Place:** Osterholz Scharmbeck, Germany

**Venue:** KulturHaus, a group house

**Days of activity:** 9 days including travelling days

**Dates:** 2nd to 10th of March 2023.



## **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

Self-care in youth work is a project about self-care, mental health issues, stress management and their connection to youth, youth work and youth workers.

Toxic environments, and stressful conditions, are increasingly present. Nowadays, there is even a bigger need to know how to communicate empathically and manage crisis together.

Acknowledging, accepting and learning how to deal with one's emotions is crucial for the life of every human being.

Understanding oneself brings better understanding of others and creates essential human connection. This training course will equip youth workers with the right tools to manage challenging situations.

# Project topics and goals:

- 1 Mental health and various practical tools and techniques
- 2 Mindfulness and nature-based techniques (such as walking meditation)
- 3 Emotional Intelligence, including empathetic communication
- 4 Non-Violent Communication (NVC) and Neurolingual programming (NLP)
- 5 Cooperation and support of diverse groups
- 6 Body movement techniques for mental health

## The Team

Filip Kňážek & Monika Zajíčková - trainers  
Andre Figueiredo Garcia - project manager

# Participant Profile



1. 18+ years old - adults only, without exception
1. Resident of one of the participating countries
2. People that are youth workers or professionally interested in youth work, as well as the topic of self-care (including mental health).
3. Motivation in non-formal education and active approach to participation in intense daily programme of **7-9 hours/day**.
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 basic information about the Erasmus+ program and its conditions and limits.
6. Participants who are willing to eat only vegetarian and vegan food during this training course



# 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 training course one day later, but you can stay up to four days after the training course. Therefore, we can only reimburse tickets that are on 2nd of March and between the 10th and 14th of March 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 2nd of March.
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. Please book flights to **Hamburg Airport** or **Hannover Airport**. Afterwards, you can find good train connections to Bremen.
6. 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**
  - **The Netherlands, Slovakia up to 180 EUR**
  - **Italy, Romania, Croatia, Spain, N. Macedonia, up to 275 EUR**
  - **Cyprus up to 360 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 and follow-up phase that will happen after the training course. :)**

# 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. When arriving at the train station, you have to take the “city exit”, walk out of the train station and take the bus.

On the right side you find a screenshot of the location marked in pink.

The schedule of the bus from Bremen to our venue and vice versa:

<https://www.vnn.de/fileadmin/user/pdf/fahrplaene/660.pdf>



## Bremen

4,0 ★★★★★ 1.111 Rezensionen ⓘ  
Haltestelle



Routenplaner



Speichern



In der Nähe



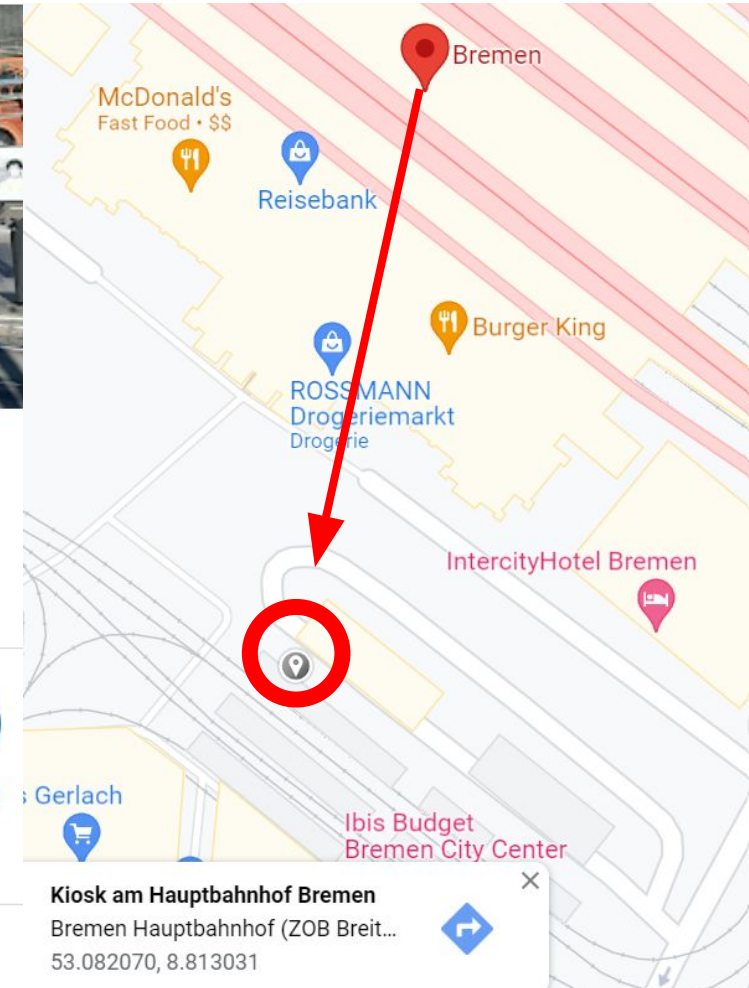
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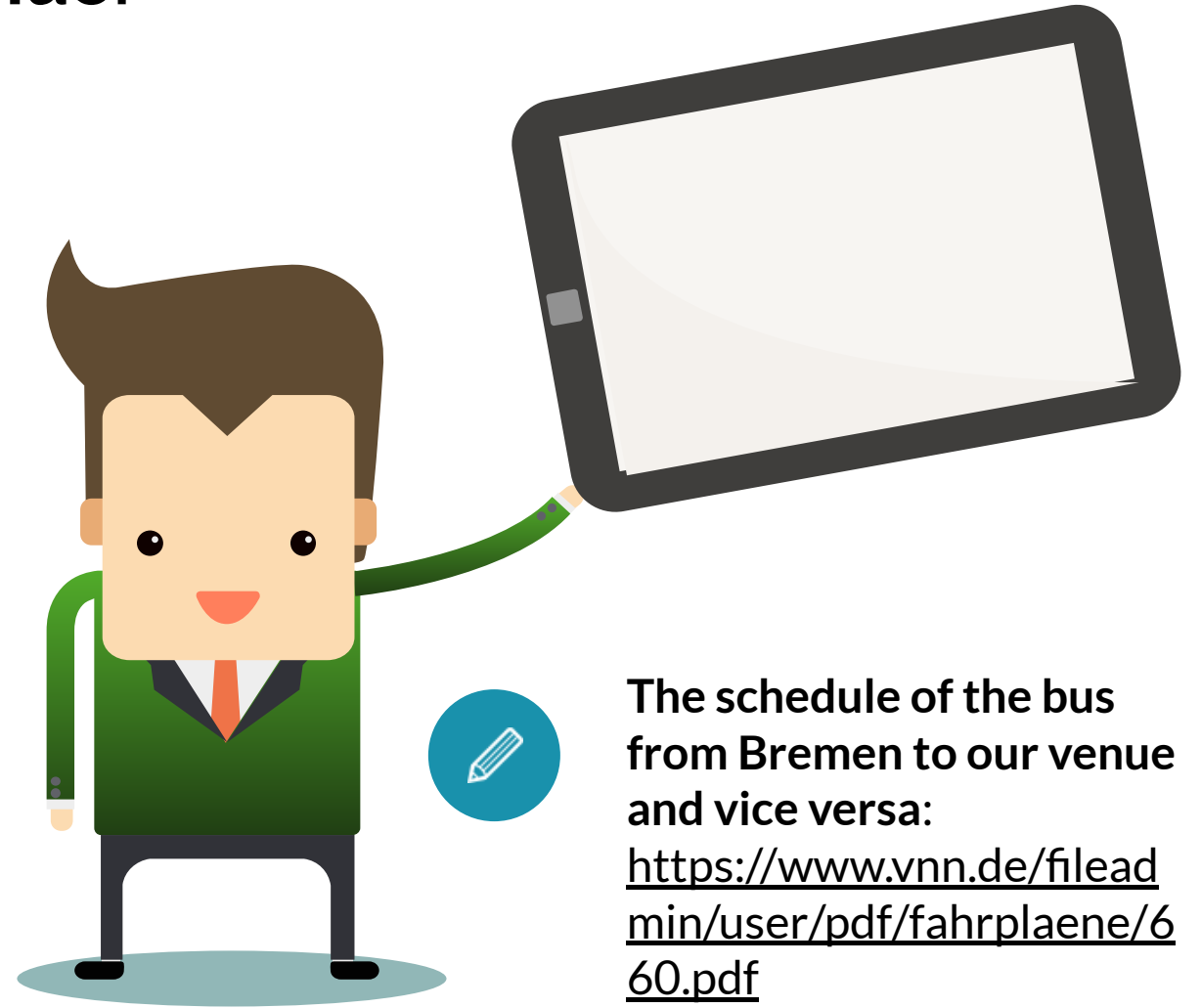
Bahnhofspl. 15, 28195 Bremen



Kiosk am Hauptbahnhof Bremen  
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## Location – how to reach our venue:

- The bus stop of your accommodation 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.
- You can find the link to the bus schedule on the right.
- 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](mailto:garcia@naturkultur.eu)).

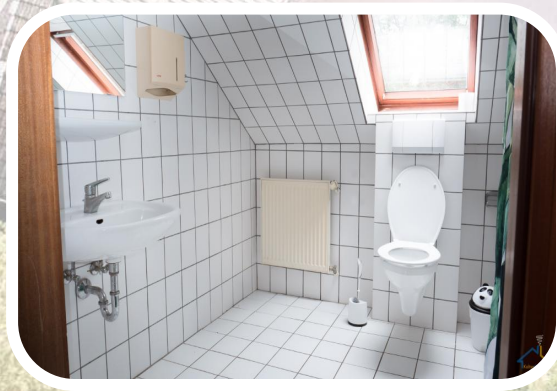
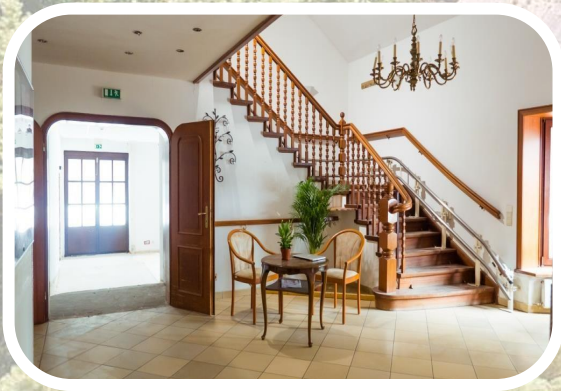


The schedule of the bus from Bremen to our venue and vice versa:

<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.

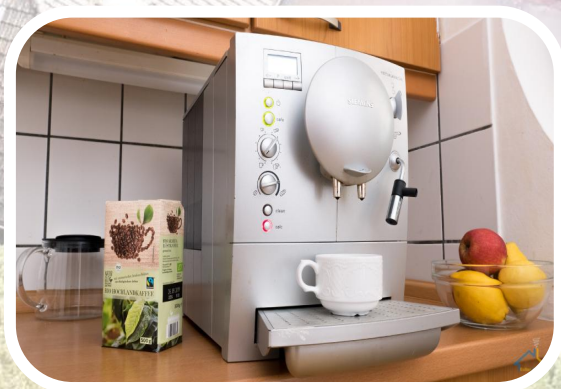
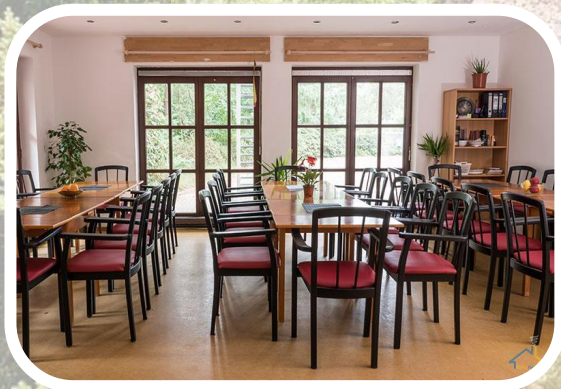
The accommodation will be simple. Participants will be sharing rooms with 3-4 people from same gender but different nationalities. Some of the rooms are with private and some with shared bathrooms.

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 share time together, cook and eat together, and share our experience 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.
- There will be **only vegetarian and vegan food** served during this training course
- 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/>

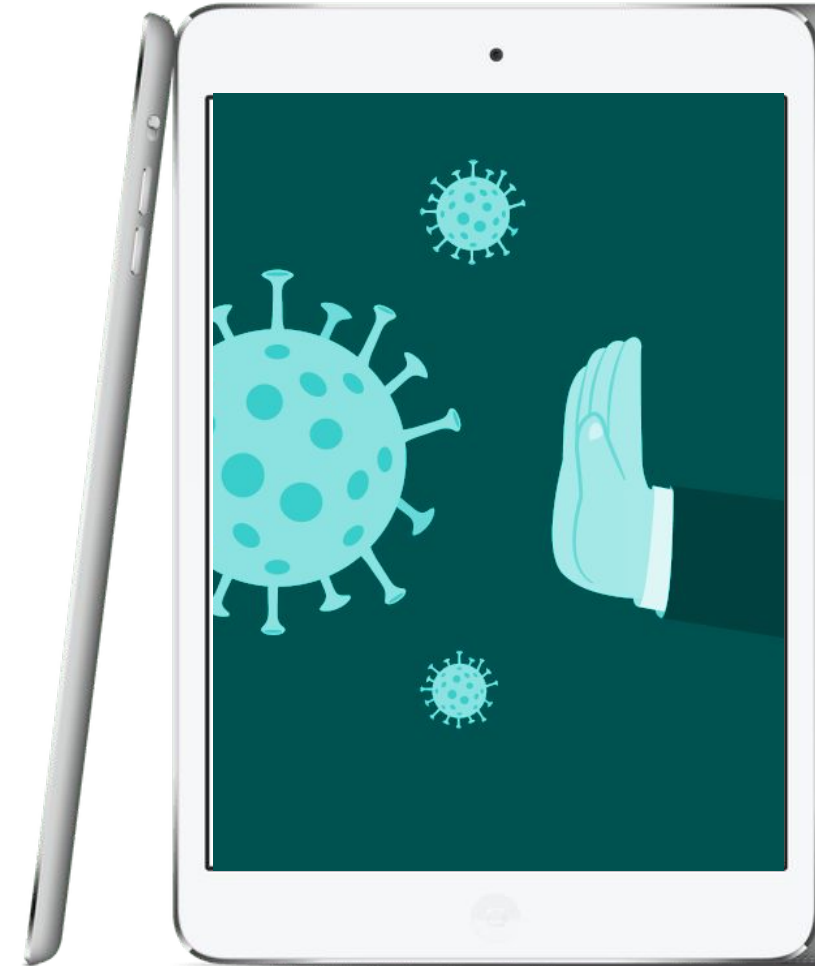


# Covid-19 measures and restrictions

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 training course.
2. Every participant has to take a **COVID-19 test (less than 24 hours) before departure** on the 2nd of March. This test can be an anti-gen test (unless a PCR test is required to travel to Germany), and needs to be certified on paper or digitally. The costs for the test will be reimbursed.
3. All participants will need to travel to Germany on arrival day (2nd of March 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. All participants will be tested with self-testing kits during the training course.

All the regulations during the training course depend on various factors, and will be implemented accordingly.



# Useful information

➔ On our projects **alcohol or any other types of drugs are not allowed** because we are trying to create an experience where participants can learn and grow together without these substances. 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:

<https://www.facebook.com/groups/5655503884565573>

# 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 travel insurance if you're not from the EU - it is compulsory! NaturKultur can cover your costs for insurance up to 15 euros, so please take that in mind while purchasing insurance.
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. Water bottle, to keep yourself hydrated.
5. Towels and toiletry, including any medication that you are using
6. Passport or ID card, money if you want to buy souvenirs, etc.
7. Materials about your sending organisation you want to share with others.





# 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.



## CODE OF CONDUCT

Project Name: "Self-Care in Youth Work" Training Course (2021-2-DE04-KA153-YOU-000039860)

Project Venue: Garlstedt, Osterholz-Scharmbeck, Germany

Project Activity Dates: 02.-10. 03. 2023.

### Confirmation of Participation

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

#### I also confirm:

1. Full participation in the training course: 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 training course - for example a European Health Card during the activity (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.

**In order to apply, contact partner local organisation!  
DEADLINE for applying is 30.01.2023!**

**Spain** - [Brisa Intercultural](#)

**North Macedonia** - [Volunteers centre - Volonterski centar](#)

**Cyprus** - [ARGONAFTES](#)

**Italy** - [Moby Dick](#)

**Romania** - [Artistic and Social Revolution Association](#)

**Slovakia** - [ADEL Slovakia](#)

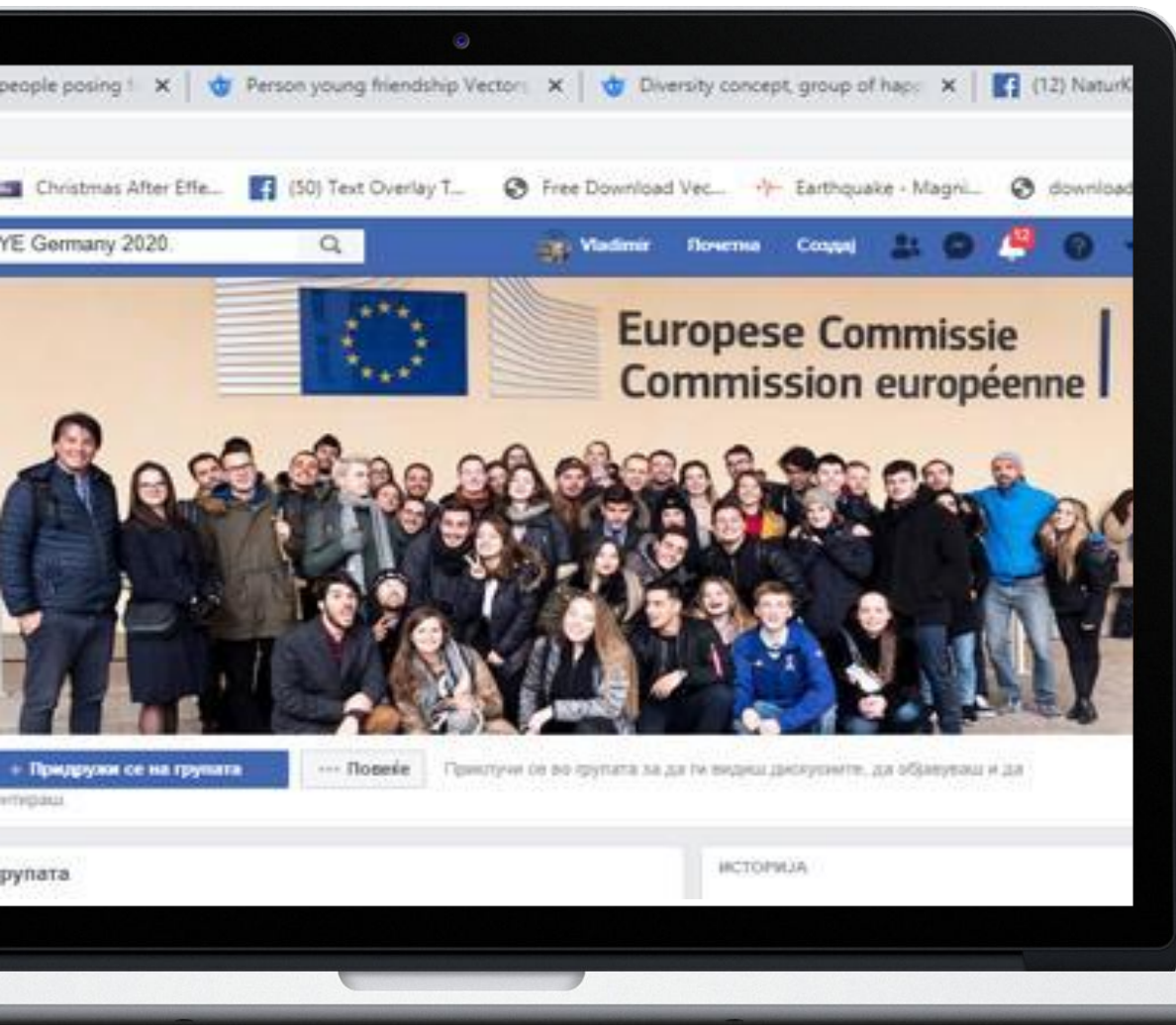
**The Netherlands** - [Stichting Felis](#)

**Croatia** - [Ocean Znanja u Republici Hrvatskoj](#)

**Germany** - [NaturKultur \(also the hosting organisation\)](#)

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

Andre Figueiredo Garcia  
Project Manager

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