



**“Healthy Mind in
a Healthy Body”**



About The Project

“Healthy Mind in a Healthy Body” is going to be a youth exchange organized in Garlstedt in Germany which will include 32 young people and 8 group leaders from 4 different European countries: **Spain, North Macedonia, Croatia and Germany.**

Age of participants: 14–19 year old, group leaders are 18+

Country group size: 10 participants per country, including 2 group leaders (8+2)

Place: Garlstedt , Osterholz Scharmbeck , Germany

Venue: KulturHaus , a group house

Days of activity: 11 days including traveling days

Dates: 19th till 29th of June 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 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

"A healthy mind in a healthy body" is an often used quote which translates from latin ("Mens Sana in Corpore Sano"). We believe in the connection between body, mind and soul as we experience how much impact physical exercises and spending time in nature have on the mental and psychological well-being especially in the work with young people.

This project aims for prevention and helping young people to get reattached with themselves, nature and other people their age. By going on walks or doing other physical activities, they will not just improve their physical but also their mental health. Showing them tools how to take care of their health in both these areas is the main focus of the project. Also helping them to handle their responsibilities in a healthy way.

Project goals:

1

Raising awareness among young people about their status of mental and physical health

3

Encourage young people to become more active and spend more time in nature

2

Give tools to young people how to handle their responsibilities and priorities.

4

Multiply and share the results from this project in the local societies of participants and partner organizations

Participant Profile



1. 14-19 years old, group leaders 18+
2. **Resident** of one of the participating countries: Germany, Spain, Croatia, North Macedonia
3. Participants should be interested in topic of youth exchange and willing to learn and work in international environment
4. Participants don't need to have any experience in Erasmus + neither they need to have knowledge about the topic of the exchange
5. Group leaders should be youth workers/youth leaders that have experience working with the youth of this age and they will be able to take care of participants during the travel and the exchange.

| Travel to/from Germany

Important info regarding travel to and from the youth 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 YE one day later or to leave one day before the designated dates We can only reimburse tickets that are on/before 19.06.2023. and on/after 29.06.2023.
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
 - Croatia up to 275 EUR
 - Spain 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

Verkehrsbund Bremen/Neueachtzehn (VNB, Tel.: 0421 / 53 60 00
West-Ende-Bus, Niederlassung Osterholz

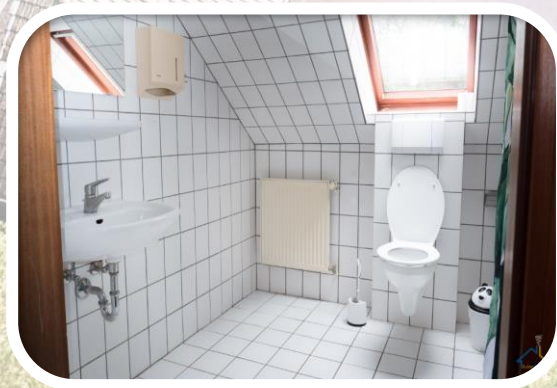
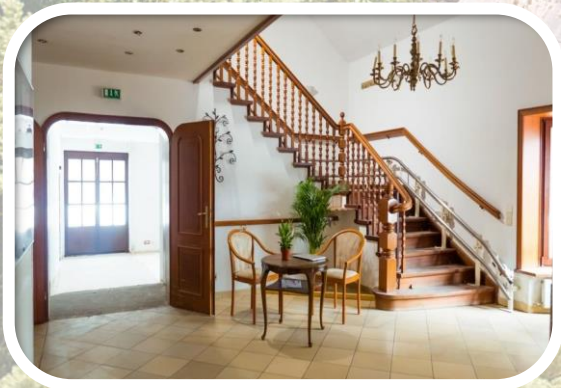
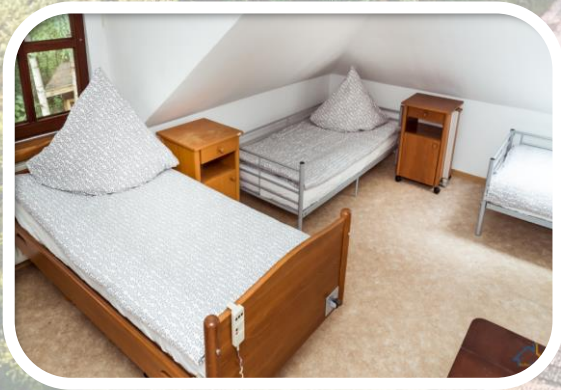
Am 24. und 21.12 gilt der Samstagfahrplan, bitte Verkehrsbeschränkung beachten

Verkehrsbeschränkungen	Montag - Freitag				Samstag				Sonnt- und Feiertag				
	06:00	07:00	08:00	19:00	06:00	07:00	08:00	19:00	06:00	07:00	08:00	19:00	
Bremen, Hauptbahnhof 1	9:00	12:15	14:30	17:35	19:00	7:30	8:30	14:20	18:45	9:30	14:20	18:45	19:00
Bremen, Ostentor	9:10	12:31	14:46	17:51	19:16	7:41	8:41	14:31	18:56	10:01	14:31	18:56	19:11
Bremen, Wilhelm-Lauestraße	9:20	12:36	14:51	18:01	19:21	7:51	8:51	14:41	19:06	10:11	14:41	19:06	19:16
Bremen, Bahnhof Burg 4	7:14	8:50	10:46	14:09	17:07	18:07	19:26	7:56	10:08	14:13	18:18	19:20	19:26
Bremen, Gültzingsplatz	7:18	8:33	12:48	15:03	17:15	18:13	19:33	8:00	10:08	14:13	18:18	19:20	19:26
Fahrerbus-Stop, Terebaste	7:20	8:36	12:50	15:05	17:16	18:16	19:36	8:02	10:13	14:18	18:23	19:26	19:32
Fahrerbus-Stop, Gahl-Waude	7:21	8:36	12:51	15:06	17:17	18:17	19:37	8:03	10:14	14:19	18:24	19:27	19:33
Hornh. Oberdorf, Fahrenberg	7:22	8:37	12:52	15:07	17:18	18:18	19:38	8:05	10:16	14:21	18:26	19:29	19:35
Hornh. Oberdorf, Abbe-Bahnhof	7:23	8:38	12:53	15:08	17:19	18:19	19:39	8:06	10:17	14:22	18:27	19:30	19:36
Bleik. Oberdorf, Abbe-Bahnhof	7:25	8:40	12:55	15:10	17:21	18:21	19:41	8:10	10:21	14:26	18:31	19:34	19:40
OHZ-Hallstrom, Brücke	7:27	8:44	12:59	15:13	17:23	18:23	19:43	8:12	10:23	14:28	18:33	19:36	19:42
OHZ-Hallstrom, Weidenhaus	7:29	8:46	13:00	15:15	17:25	18:25	19:45	8:14	10:25	14:30	18:35	19:38	19:44
OHZ-Garlstedt, Weidenhaus	7:31	8:48	13:02	15:17	17:27	18:27	19:47	8:16	10:27	14:32	18:37	19:40	19:46
OHZ-Garlstedt, OHZ-Lichtbus	7:33	8:50	13:04	15:19	17:29	18:29	19:49	8:18	10:29	14:34	18:39	19:42	19:48
OHZ-Garlstedt, Hasserbrook	7:35	8:52	13:07	15:21	17:31	18:31	19:51	8:20	10:31	14:36	18:41	19:44	19:50
Havelk. Page	7:37	8:54	13:09	15:23	17:33	18:33	19:53	8:22	10:33	14:38	18:43	19:46	19:52
Hagen, Hagen	7:39	8:56	13:11	15:25	17:35	18:35	19:55	8:24	10:35	14:40	18:45	19:48	19:54
Hagen, Böhler	7:41	8:58	13:13	15:27	17:37	18:37	19:57	8:26	10:37	14:42	18:47	19:50	19:56
Hagen, Dierberg	7:43	8:59	13:15	15:29	17:39	18:39	19:59	8:28	10:39	14:44	18:49	19:52	19:58
Hagen, Schulzentrum 1	7:45	9:00	13:17	15:31	17:41	18:41	20:01	8:30	10:41	14:46	18:51	19:54	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



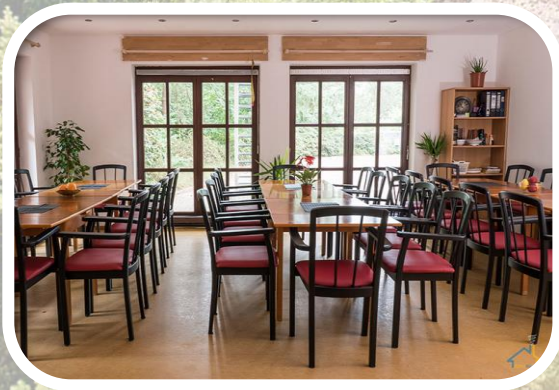
We will be accommodated in a youth center/group house in Osterholz-Scharmbeck, close to the city of Bremen, Germany.

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/>

Intercultural evening / NGO fair:

➔ **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.

➔ **Social nights** - Each national team will be responsible to organize one of the social nights. This social nights can be karaoke night, boardgame night, movie night or something else. We will agree what each team will prepare during online meeting after the teams get selected.



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 you need for your social night



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.

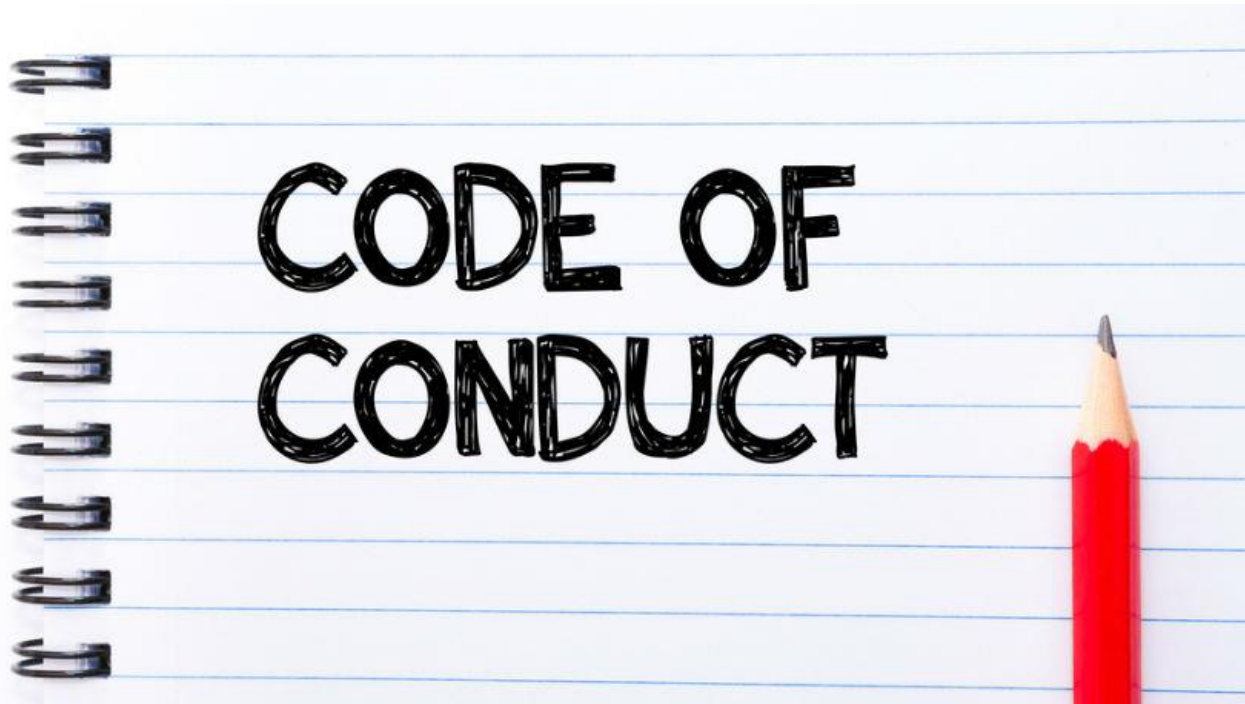
1. **“No alcohol policy”** - It means that during the whole exchange, in our venue there won't be any alcohol allowed. This includes: any hard liquor, beer, wine or any other kind of alcohol, including the alcohol during the national evenings.
2. **“Sleeping time”** - Since we will have a very intense program through which we will learn and have fun together, it is important to take care of ourselves and to get some good sleep. This is why at midnight everyone should be in their rooms.

3. **“Phones off”** - We will have one day without phones. We will collect all phones in the morning and return them to the participants after the dinner. The goal is to experience how it is to spend the whole day without phones and to focus on ourselves and people around us.
4. **“Vegetarian days”** - We will have two or three vegetarian days during the exchange. On these days, we will eat only vegetarian food and reflect about the effect it has on us.

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: "Healthy Mind in a Healthy Body"

Project Number: 2021-2-DE04-KA152-YOU-000039344

Project Venue: Garlstedt, Osterholz-Scharmbeck, Germany

Project Activity Dates: 19.06.–29.06.2023.

Confirmation of Participation

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

I also confirm:

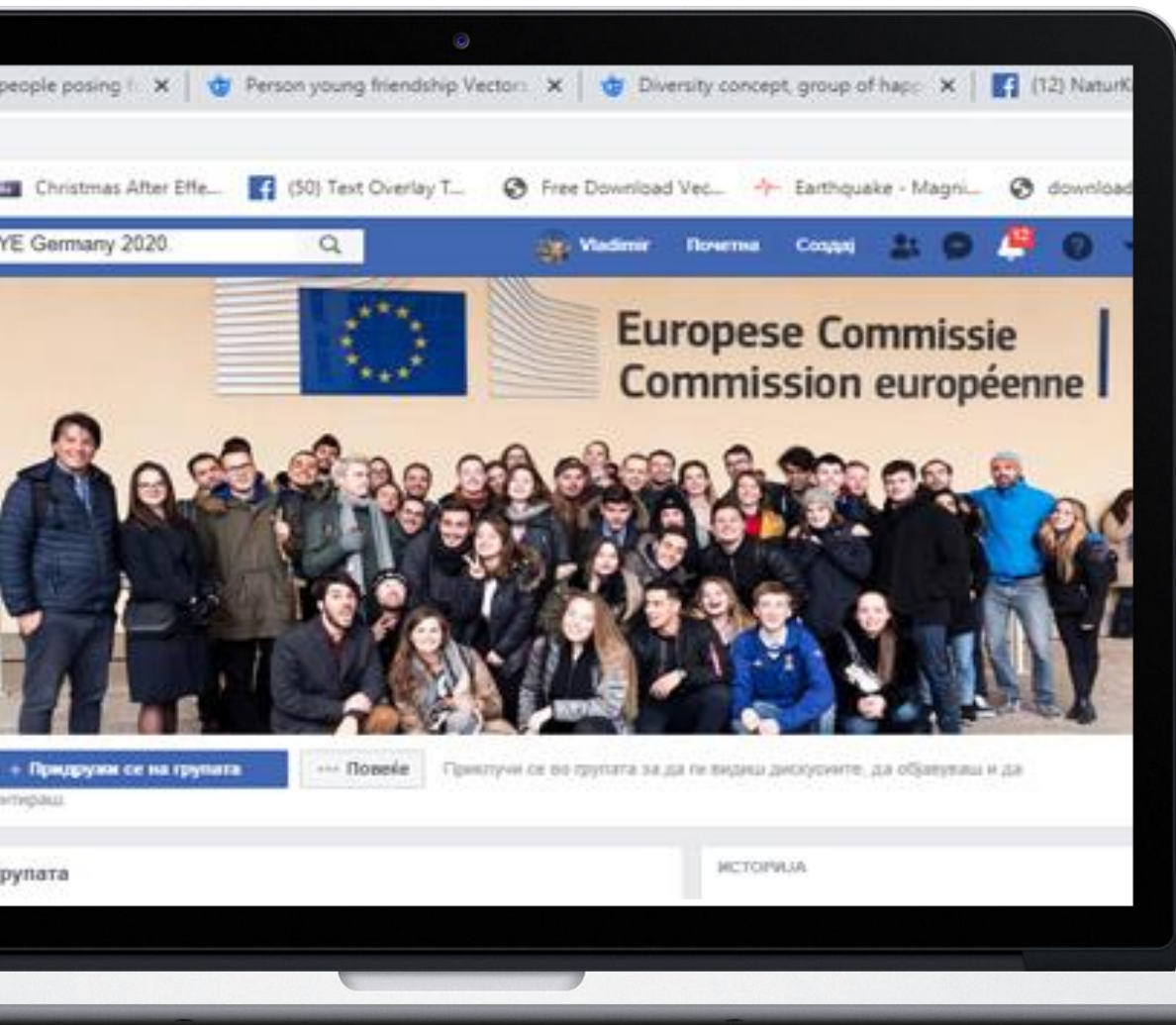
1. Full participation in the seminar. I understand that if my participation is not 100% and my absence, for any reason, is not fully justified, I may not receive any reimbursement.
2. I will be responsible for covering any additional costs (exceeding the given budget) for my overall travel costs.
3.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