



Training Course
**“R.I.S.E. – Intercultural
Competence Training”**

23.-30. May 2023
KulturHaus, Germany



About The Project

“R.I.S.E. – Intercultural Competence Training” is a training course (TC) organized in Osterholz-Scharmbeck in Germany which will include 36 youth workers from different countries: Greece, Spain, Lithuania, Serbia, North Macedonia, and Germany.

Age of participants: 18+ years old

Country group size: 5 – 6 participants

Place: Osterholz Scharmbeck, Germany

Venue: KulturHaus, a group house

Days of activity: 8 days including travelling days

Dates: 23.-30. May 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

R.I.S.E. – Intercultural Competence Training

is a training course that is based on one of the ETS trainers competence model. Mainly – but not exclusively – referring to the intercultural competence:

<https://www.salto-youth.net/downloads/4-17-3754/180>

[320_SALTO-CompetenceModel Trainer 06 o.pdf](#)

R.I.S.E. stands for Reflection (R), Intercultural teams (I), Self-Awareness (S), Expression (E).

We will explore intercultural competence in the context of local, national, and international youth work. Experienced trainers will share their knowledge and tips to work with intercultural youth groups.

Project topics and goals:

- 1 Reflecting about own and others stereotypes and prejudices
- 2 Emotional Intelligence, including meaningful communication
- 3 Designing educational programmes based for diverse groups
- 4 Facilitating group learning processes of diverse groups
- 5 Cooperating successfully in intercultural teams
- 6 Sharing best practices and extending own network by creating partnerships

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 interested in intercultural competence, youth work, as well as the topic of working in diverse teams and facilitating group learning processes.
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.

Travel to/from Germany

Important info regarding travel to and from the training course

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 the 23rd of May and between the 30th of May and 3rd of June 2023.
3. 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.
4. Please book flights to **Hamburg Airport** or **Hannover Airport**. Afterwards, you can find good train connections to Bremen.
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:

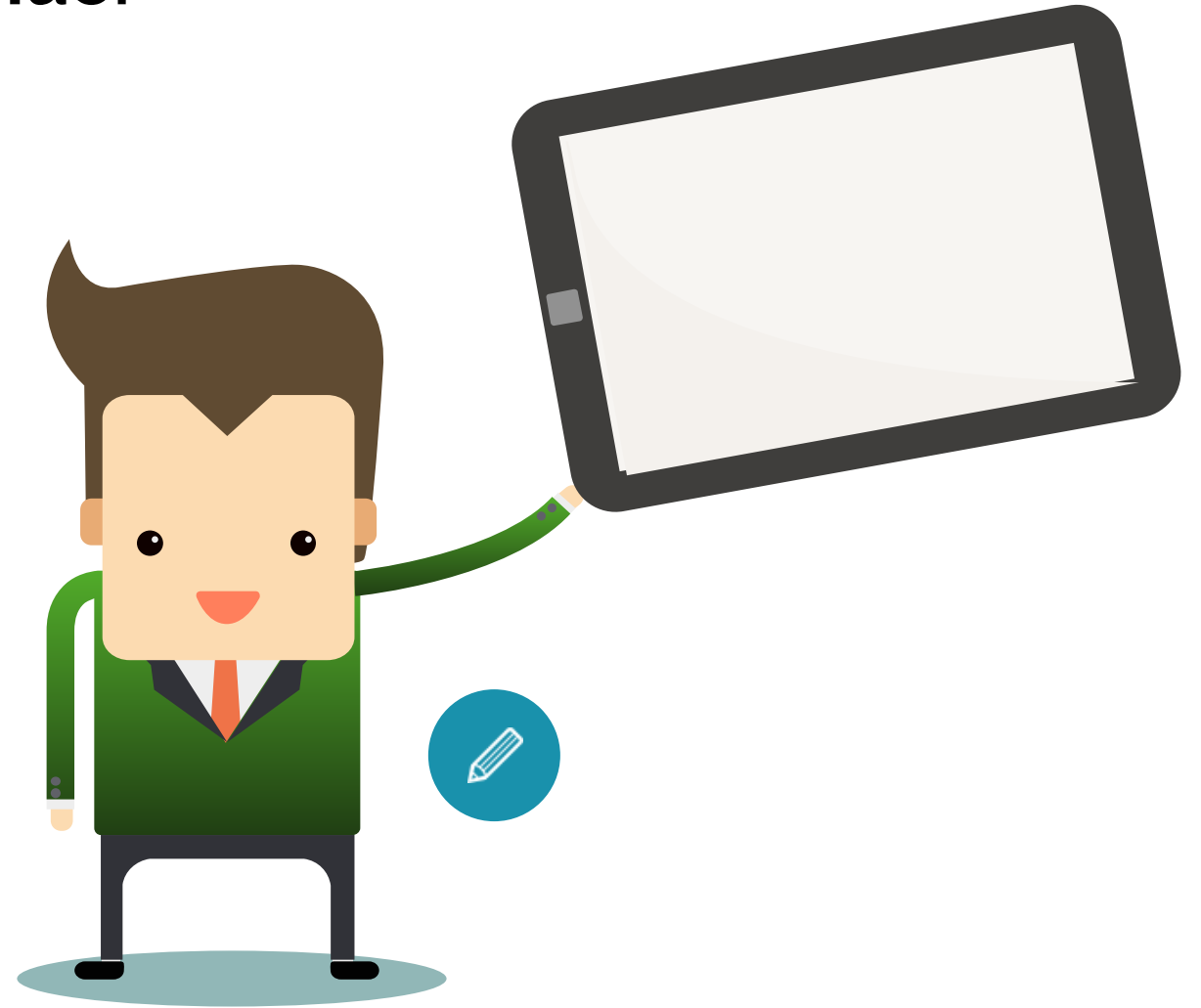
Germany	up to 100 EUR
Spain, North Macedonia, Serbia, Lithuania	up to 275 EUR
Greece	up to 360 EUR

IMPORTANT: •

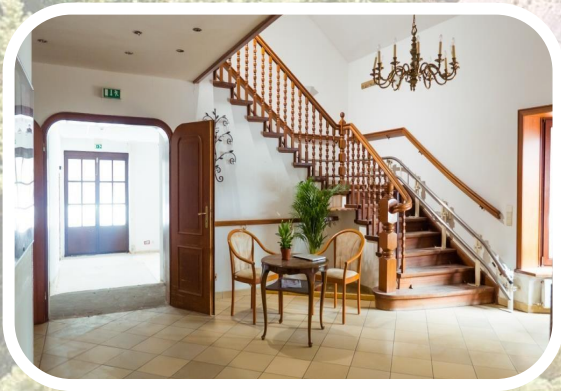
Travel costs are refundable for participants who attend all the sessions, commit themselves fully to the activities and provide all original tickets, invoices, boarding passes and emails relating to their travel. The participants should also participate in the dissemination and follow-up phase that will 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.
- 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 **6,45 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 VENUE



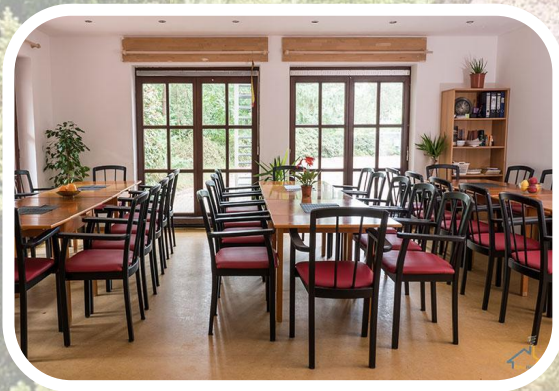
We will be accommodated in a youth centre/group house in Osterholz-Scharmbeck, close to the city of Bremen, Germany.

The accommodation will be simple. Participants will be sharing rooms with 2-5 other 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/>

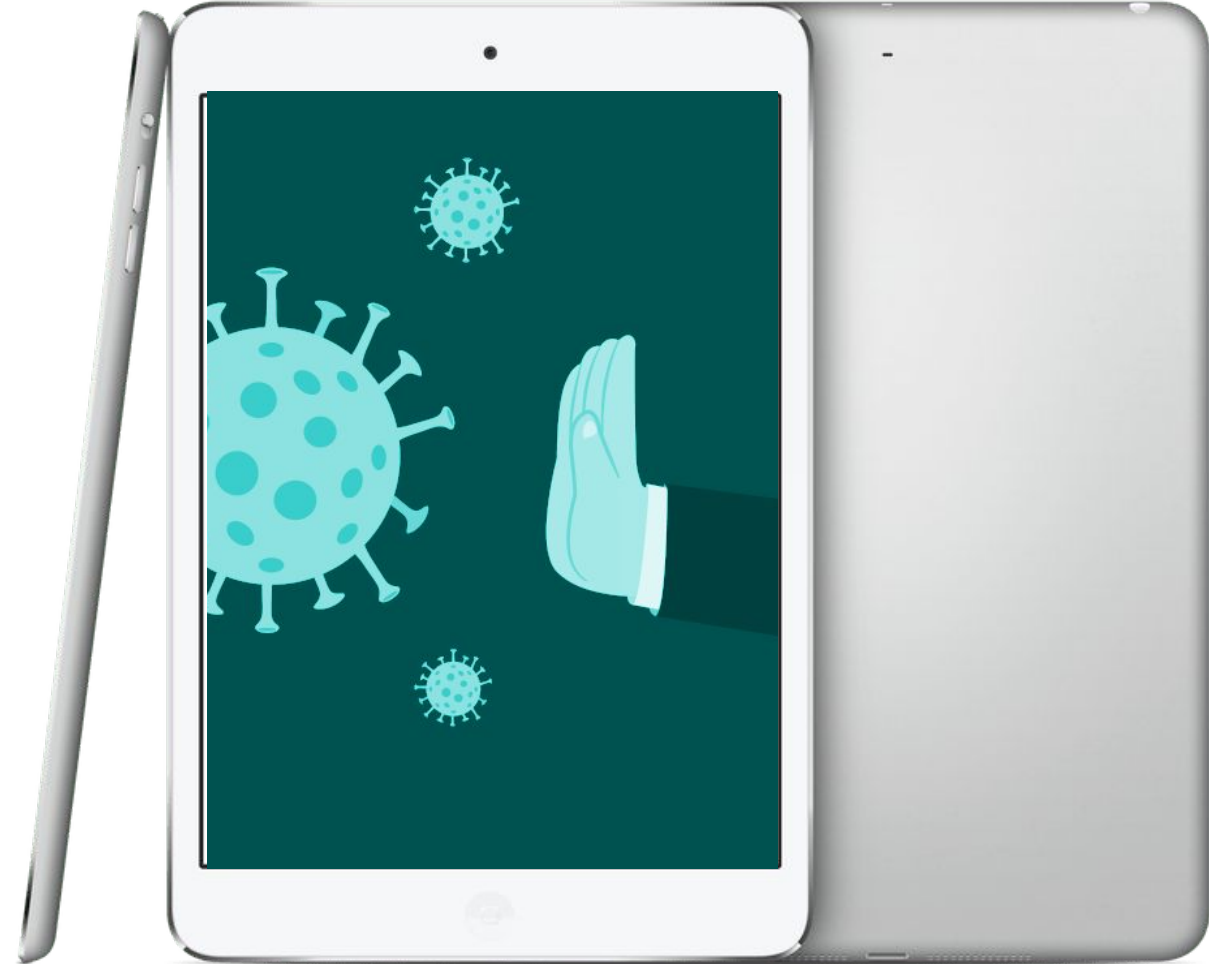
<https://www.facebook.com/KulturGruppenHaus/>

Covid-19 measures and restrictions

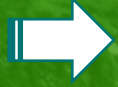
In order to reduce the chance of anyone getting sick, we have these safety measures:

1. All participants need to follow the regulations that will be implemented during the training course.
2. All participants might be tested with self-testing kits during the training course.
3. All participants will need to travel to Germany on arrival day (23th of May 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 training course 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 training. 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



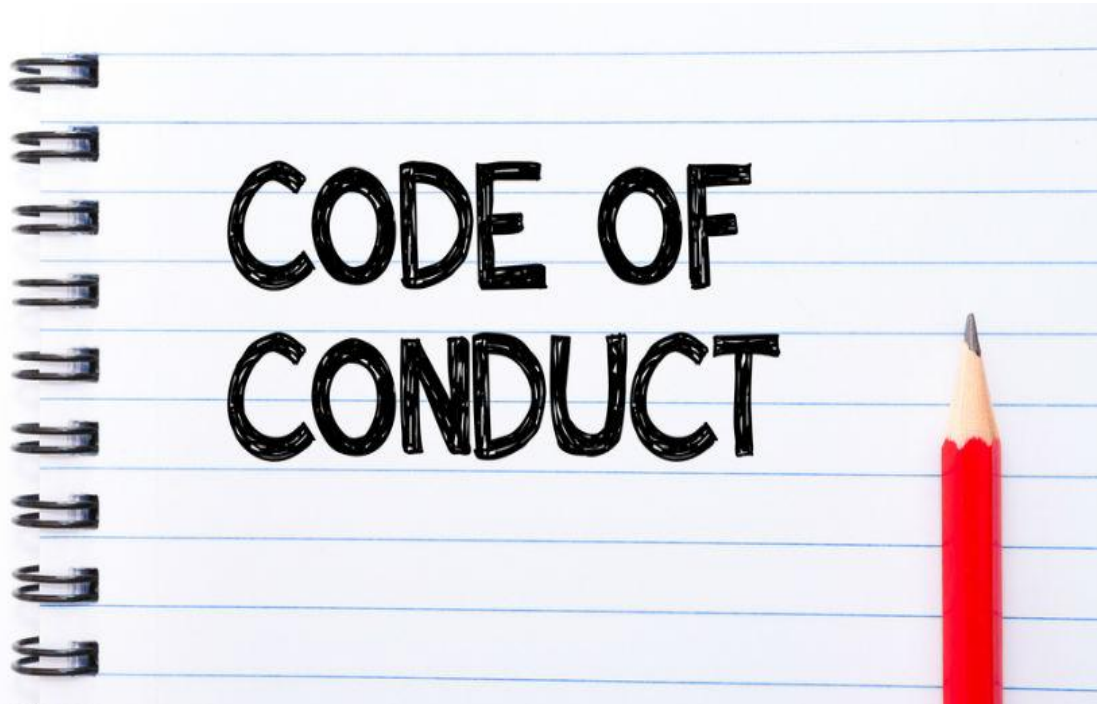


All participants from European Union countries need to bring their **European Health Insurance Card (EHIC)** with them. You can get it for free in your country, and it is amazingly useful for you whenever you travel outside of your country. Participants coming from outside of the EU should acquire travel insurance. NaturKultur can cover your costs for insurance up to 15 euros, so please take that in mind while purchasing insurance.

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:

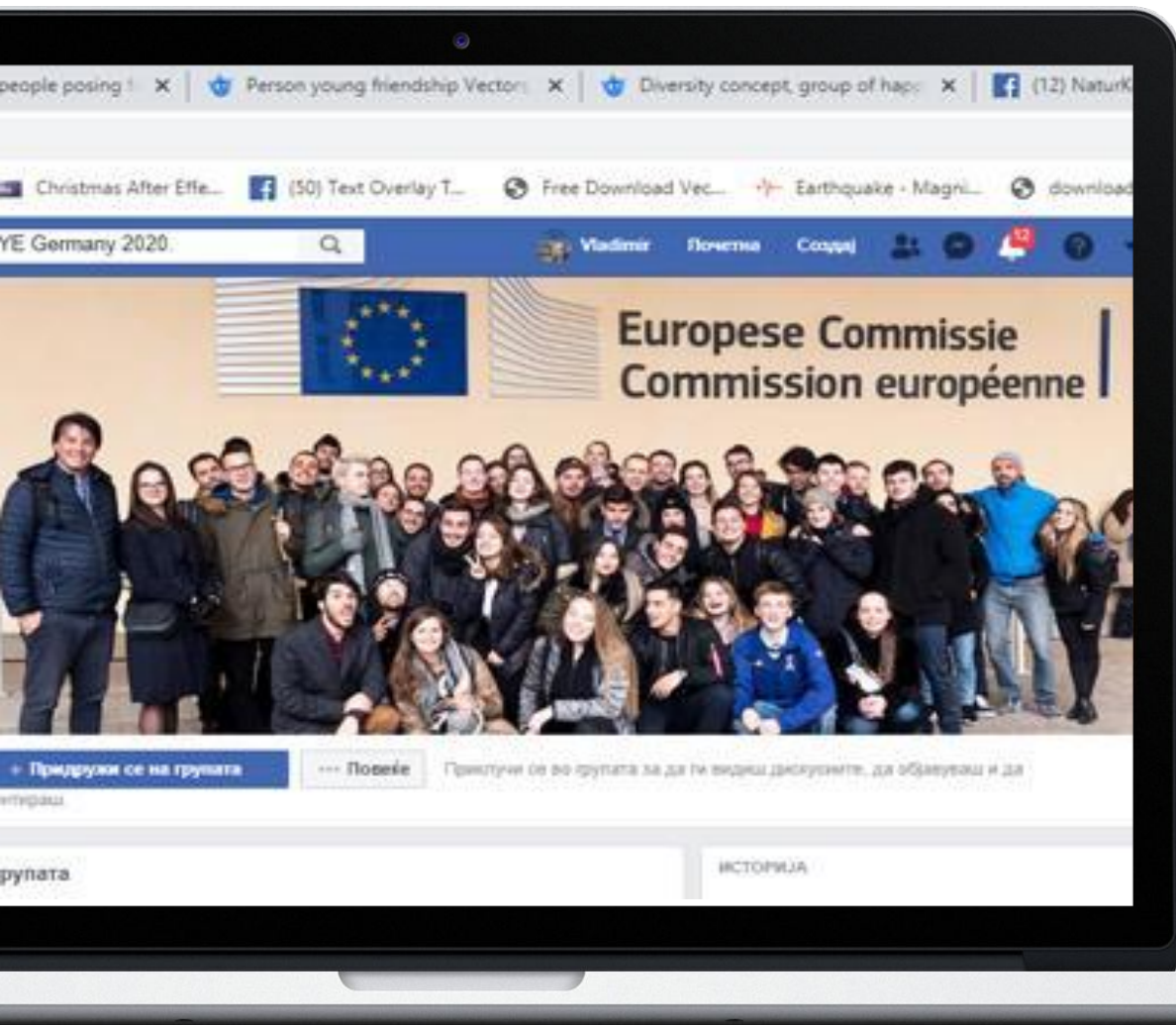
I also confirm:

1. Full participation in the 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).¹
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.

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!**

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