



Youth Exchange
“Inner Green Revolution”
21. - 30. July 2023
Berne, Bremen, Germany



About The Project

“Inner Green Revolution” is going to be a youth exchange organized in Berne, Bremen in Germany which will include 50 young people and group leaders from 6 different countries: Aruba, North Macedonia, Greece, Spain, Romania, and Germany.

Age of participants: 18 – 28 (group leaders 18+)

Country group size: 7 participants + 1 group leader (8 in total)

Place: Campsite Juliusplate, Berne, Bremen

Venue: Camping place near Bremen

Days of activity: 21. - 30. July 2023. (10 days including the travel)

WELCOME MESSAGE

Dear participants, we are very happy to welcome you in Germany on our exchange. We will do our best to make a space where we can learn from each other and have lots of 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

With our project "Inner Green Revolution", we want to address the topic of environmental protection and healthy lifestyles by implementing a youth exchange on this topic. By spending multiple days outdoors on a Campsite being connected with nature, we want our participants to learn about nature protection and healthy lifestyles through being in nature and being active and sporty together. We aim to address the lack of motivation and clear information that many youngsters have regarding sport and active lifestyles. Through organising activities such as outdoor games, such as climbing, we want to encourage the participants to try out new activities and discover the fun sides of being physically active together.

Project goals:

1

Address the lack of motivation and clear information that youngsters have regarding an active lifestyle

2

Encourage the participants to try out new activities and discover the fun side of being physically active together

3

Promote environmentally friendly practices through various methods.

4

Show to youngsters the positive effects outdoor activities can have on their physical and mental wellbeing.

5

Teach youth the basics about setting a tent or how to stay dry when it rains.

6

Share information regarding sustainability and climate change in different countries.

Participant Profile



1. Between 18 – 28 years old (group leaders 18+)
2. **Resident** of one of the following countries: Aruba, North Macedonia, Greece, Spain, Romania, and Germany.
3. Interested in topics of environmental protection and healthy lifestyle, outdoor activities, camping
4. Willingness to be a part of multicultural group
5. Participants don't need to have good knowledge in English, but group leaders should be able to communicate in English
6. Previous experience in Erasmus+ is not required, but participants should show initiative for learning new things and working with other young people
7. 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 exchange one day later or to leave one day before the designated dates. We can only reimburse tickets that are **between the 21. July and 3. August 2023**.

The travel and arrival to the venue should be on the same day, while participants can stay a few days longer in Germany (on their own expenses) until the 3. of August 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
- Greece 360 EUR
- Aruba 1500 EUR
- Romania 275 EUR
- Spain 275 EUR
- N.Macedonia 275 EUR

5. Feel free to contact us if you need any help with finding tickets or if you will need any help with organizing your travel. 😊

THE VENUE



We will be accommodated in the campsite Juliusplate in Berne, near Bremen. Participants will be sleeping in a tent (alone or with one more person). There are showers and toilets in the camping site, and we will have two big tents, one that will be used as a kitchen and the second one that we can use for workshops in case of bad weather.

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

<https://juliusplate.de/>



IMPORTANT

This youth exchange will be very active, and we will spend a lot of time outdoor, being physically active and spending the time in the nature. The exchange will be camping, which means that we are going to sleep in tents, and we are not going to have the same conditions like the ones we have in our homes. This exchange will be a great chance to challenge yourself and to try something new, something that potentially you never did before. We hope that all participants will come to the exchange with an open mind and wish to try something new.

Since we are going to spend a lot of time outdoor and doing physical activities, we suggest you to also bring some older clothes with you, clothes that you don't mind getting dirty or destroyed.

FOOD

We are going to have three meals per day: Breakfast, lunch and dinner. Keep in mind that everyone needs to help with preparation of the food. Setting up the tables, preparing the food, taking the trash out will be all of our responsibility.

We will have two options – **vegetarian and food with meat** (no pork). Unfortunately, we cannot provide vegan or fruitarian food. Keep in mind that the food is going to be camping food prepared outdoor.

WEATHER

The weather in Germany might be different comparing to weather in your countries. Summer temperatures are typically between 20°C and 30°C, with more rainfall during the summer months, compared to Southern Europe. It can be very cold at night.

Frequent changes of weather make forecasting difficult. To be on the safe side, bring a **sweater and raincoat** or some other type of clothes for the rainy days.

National evenings



Each national team will have the chance to present their culture one evening. You can bring some national food (that does not need to be cooked) and drinks that you would love to show to the rest of the group.



You should also decide how else you want to present your country, it can be through dance, games or anything else. This will be a chance for you to present your country, tradition, culture and everything else that you want to share with the rest of the group.



Travel essentials

- Health - 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.
- Passport or ID card, money if you want to buy souvenirs, etc.
- Sleeping bag and pillow
- Drinking bottle
- Backpack (avoid suitcases and borrow a backpack from a friend) and a small backpack (to carry the daily necessities)
- Towel for the beach and standard towel for shower
- Bathing suit and sunscreen
- Slippers or sandals
- Waterproof jacket or cape (for summer)
- Warm clothes for the nights (incl. warm jacket)
- Toiletry and any medication that you are using



Insurance and other info

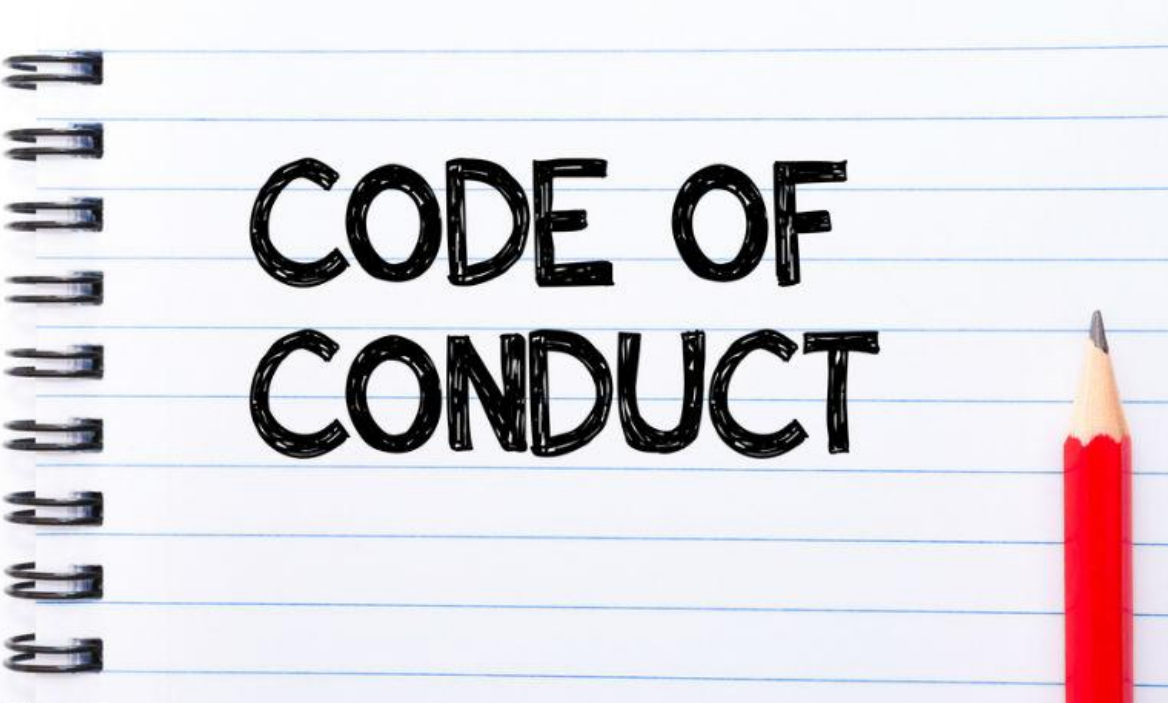
All participants from European Union countries need to bring their European Health Insurance Card (EHIC) with them. You can get it for free in your country, and it is amazingly useful for you whenever you travel outside of your country. Participants coming from outside of the EU should acquire travel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

On our exchanges, **alcohol is forbidden** (including cultural 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 a few days without any consumption of alcohol.

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 exchange, every participant will need to sign this document.



CODE OF CONDUCT

Project Name: "Inner Green Revolution" - Youth Exchange

Project Number: 2022-1-DE04-KA151-YOU-000068265

Project Venue: Berne, Bremen, Germany

Project Activity Dates: 21. - 30. July 2023.

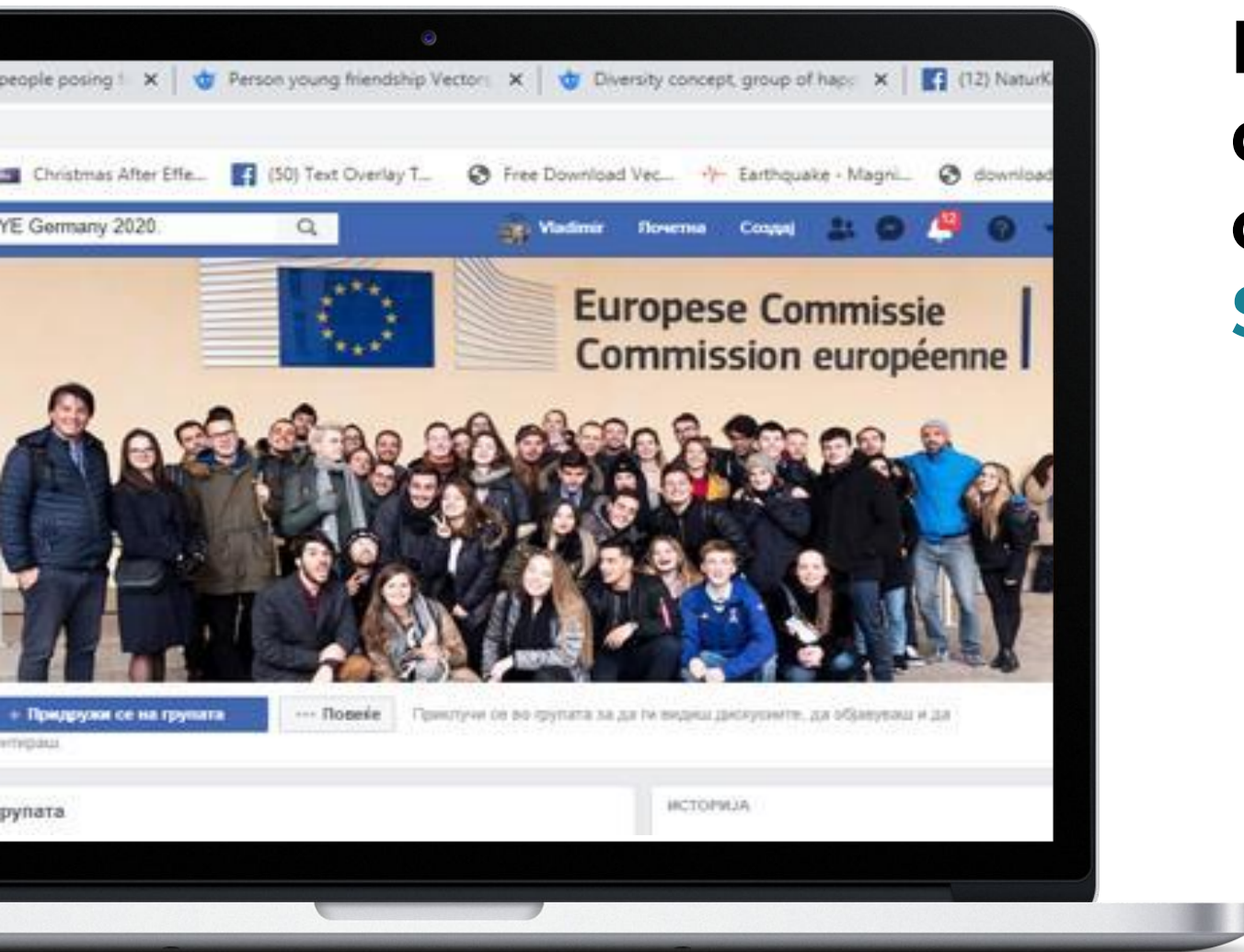
Confirmation of Participation

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 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.



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

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