



Erasmus+



**The EU Citizens of Tomorrow, Youth Exchange, 20-29th April 2024, Osterholz-Scharmbeck (Germany) + Brussels**



# About The Project

THE EU CITIZENS OF TOMORROW is going to be a youth exchange organized in Garlstedt in Germany which will include 45 young people and group leaders from 6 different European Countries: Spain, Czech Republic, Germany, North Macedonia, Montenegro and Ukraine.

Age of participants: 18 – 30 year old , group leaders are 18+

Country group size: 7 participants per country , including 1 group leader (6+1)

Place: Garlstedt ,Osterholz Scharmbeck, Germany + trip to Brussels

Days of activity: 10 days including traveling days

Dates: 20th till 29th of April 2024

Participation fee: 25EUR per participant. The amount will be reduced from the travel reimbursement after the exchange.

# Info About Project

This project represents the 6th edition of projects implemented by NaturKultur with the EU and Youth in its focus. Previous five projects “EU- to be or not to be” (2017), “EU between benefits and challenges” (2018), “EU in good times and in bad” (2020), “EU: Should I stay or should I go” (2021) and „EU: To Green or Not to Green“ (2023) have been recognized as successful stories by the participants themselves, partner organisations and all other stakeholders involved.

During our youth exchange, we will go for a study visit to Brussels where our plan is to visit European Commission and European Parliament. The group leaders will also have the task to organize meeting with politicians from their country during our stay in Brussels, meaning that every national team should meet politician from their country that is working in EU institution in Brussels. We are going to spend 2 days in Brussels. During the online preparatory meeting, we will share more info about the Brussels trip.

## Project goals:

1

Increasing awareness of young Europeans about the concepts of the European culture, European values and European citizenship

3

Rising the awareness about the EU among young people, getting to know how the EU functions and increasing support towards the EU;

2

Strengthening of political participation of young people, fostering cooperation between youngsters and politicians;

4

Inspiring young people to get involved in the politics at all levels: local, regional, state and the European. Breaking prejudices towards politics and politicians.



# Participant Profile



1. 18-30 years old, group leaders 18+
2. **Resident** of one of the participating countries: Germany, North Macedonia, Ukraine, Czech Republic, Montenegro, Spain.
3. Participants don't need to have a good knowledge in English, they just need a great willingness to be a part of a multi-cultural group.
4. Previous experience in EU topics is not required but participants should show initiative for learning new nonformal methods and working with other young people.
5. Group leader should be 18+ with a stable link to the sending organization and an active role in it, preferably a youth worker or at least an experienced member.
6. All partners should do their best to create gender balanced teams.

# | 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. **Deadline for buying tickets is 12th March.**
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/two days before 20.04.2024 and on/two days after 29.04.2024.
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
  - Montenegro up to 275 EUR
  - Ukraine up to 275 EUR
  - Spain up to 275 EUR
  - N. Macedonia up to 275 EUR
  - Czech Republic 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 **6,90 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.

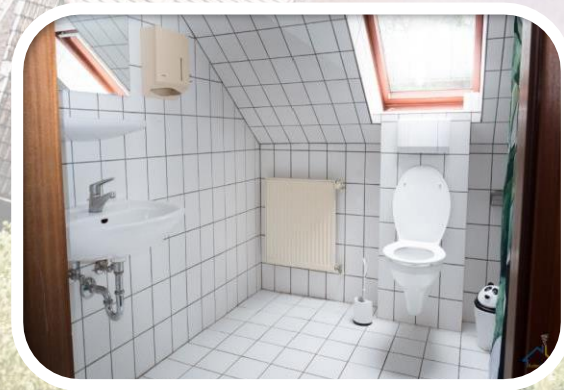
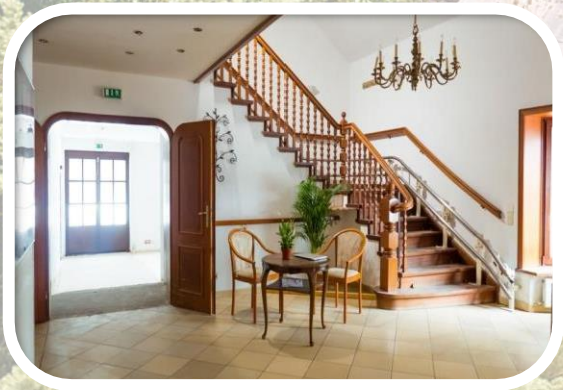
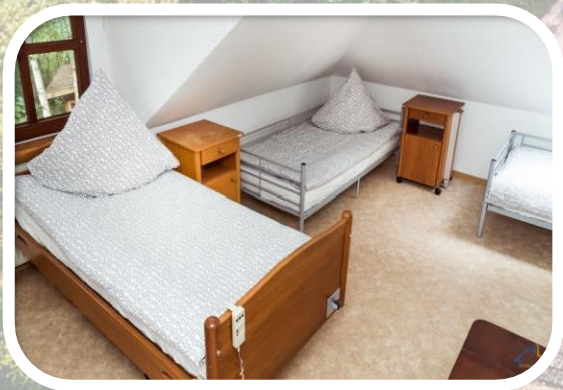


Verkehrsbeschränkungen		Montag - Freitag		Samstag		Sonnt- und Feiertag	
Hausen							
Bremen, Hauptbahnhof	5:30 12:15 14:30	14:35 17:15	7:30 8:30 14:30 18:45	9:30 14:30 18:45			
Bremen, Hauptbahnhof	5:15 12:31 14:46	14:51 17:31	7:41 8:51 14:51 19:06	10:01 14:41 19:06			
Bremen, Hauptbahnhof	5:00 12:06 14:21	14:26 17:06	7:56 9:06 14:56 19:11	10:16 14:56 19:11			
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The schedule of the bus from Bremen to our venue is on the photo above! 😊



# THE VENUE



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

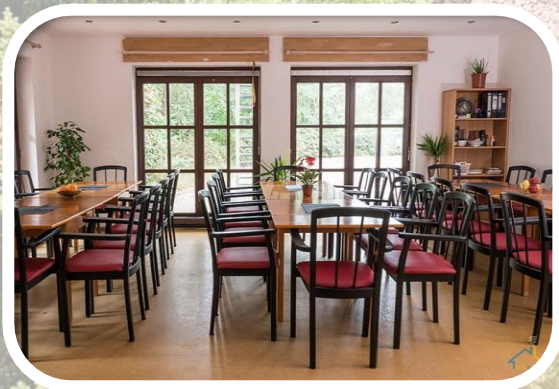
The accommodation will be simple. Participants will be sharing rooms with 2-3 people from same gender but different nationalities. Some of the rooms are with private and some with shared bathrooms.

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.
- 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/>

In Brussels we are going to stay in a hostel with 4 people in the room of same gender and different nationalities. You can find more information about the hostel on this link:

<https://generation-europe-youth-hostel.allbrusselshotels.com/en/>



## Intercultural evening:



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.



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



## 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.



# 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.

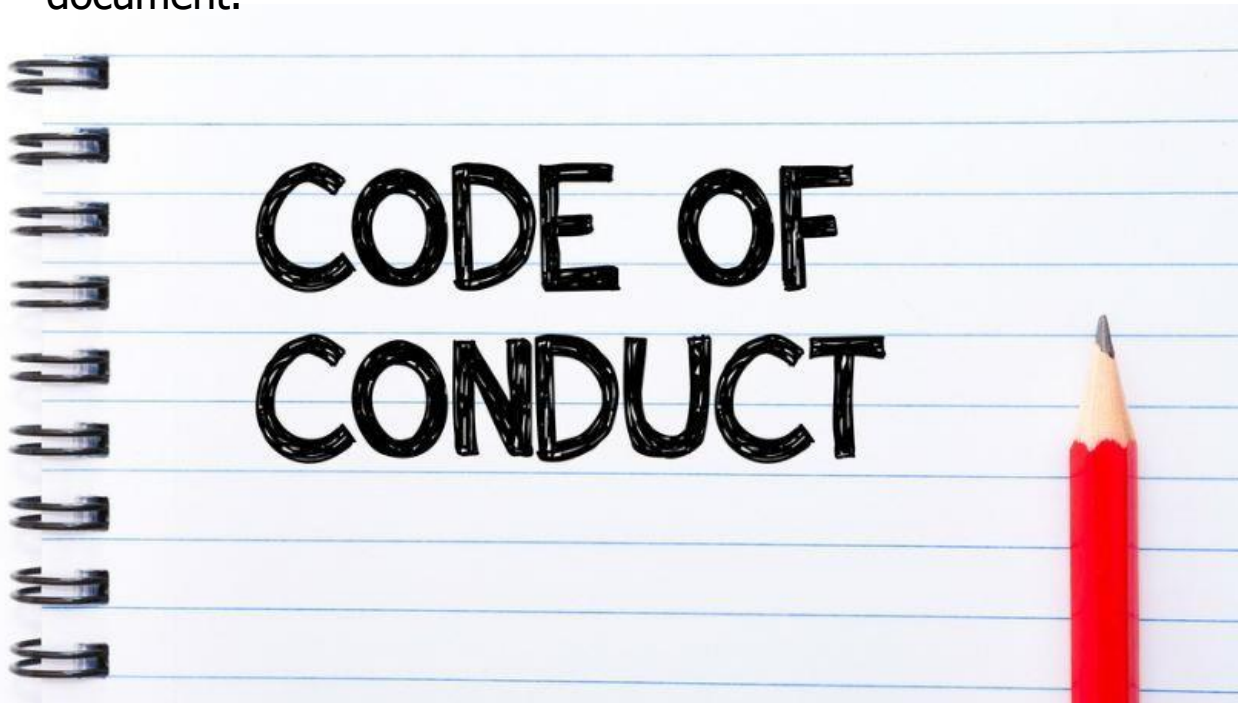
On our projects **alcohol is forbidden** cause we are trying to create an experience where youth workers and young people can have fun without consuming alcohol or any type of drugs. Please apply only if you are ok with this and ready to spend 10 days without any consumption of alcohol.



# 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.



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).<sup>1</sup>
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.

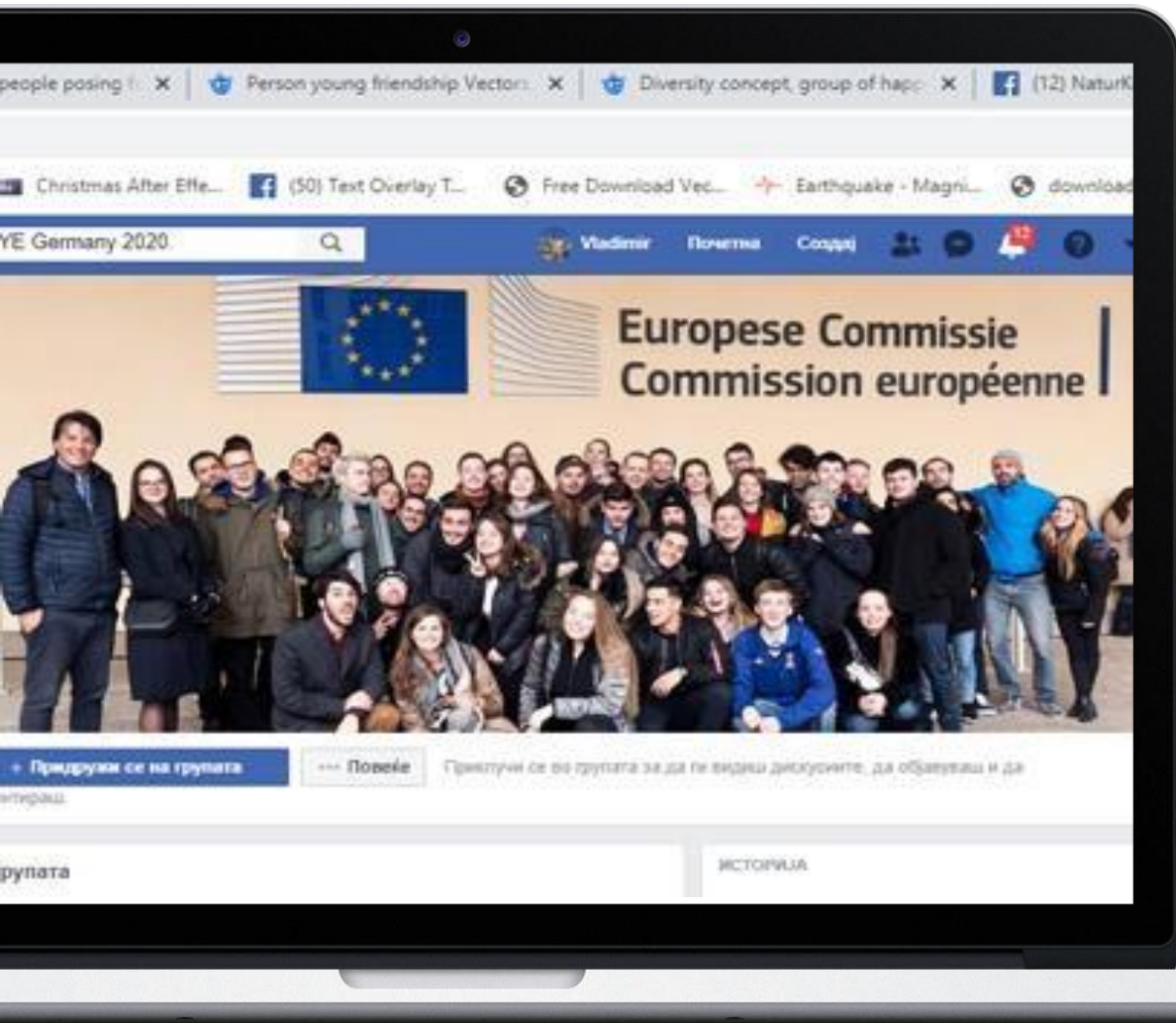
I, the undersigned, hereby confirm my participation and agree fully with the above stated.

Date \_\_\_\_\_ Place \_\_\_\_\_

Signature \_\_\_\_\_

<sup>1</sup> E111 European Health Cards apply For EU Citizens only





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

Slobodan Djurovic  
Project Manager

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