



**Youth Exchange  
“In Touch With Nature 2”**

**25.07-03. 08. 2024  
Berne, Bremen, Germany**





# About The Project

“In Touch With Nature 2” is going to be a youth exchange organized in Berne, near Bremen, Germany. It will include 48 young people and group leaders from 6 different countries: Estonia, Germany, Greece, North Macedonia, Romania, and Spain.

Age of participants: 18 – 30 (group leaders 18+)

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

Place: Campsite Juliusplate, Berne, Germany (near Bremen)

Venue: Camping place near Bremen

Days of activity: 25. July - 03. August 2024. (10 days including the travel)



## Partner Organizations



Estonia – Ethos MTÜ



Germany - NaturKultur e.V.



Greece – Youth Empowerment Center



Romania – Artistic and Social Revolution Association



North Macedonia – Youth Empowerment Association



Spain – Ayunatimento San Justo Desvern

# 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

With our project "In Touch with Nature 2", we want to address the topics of environmental protection and healthy lifestyles by implementing a youth exchange. By spending multiple days outdoors on a campsite connecting with nature, we want our participants to learn about nature protection and healthy lifestyles while 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, climbing in a forest, we want to encourage the participants to try out new activities and discover the fun sides of being physically active together.

## Project goals:

1

Creating a space for sharing ideas, views and opinions with young people on topics of the project.

2

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

3

Give the space for participants to try out new activities and discover the fun side of being physically active together.

4

Share information regarding sustainability and climate change in different countries.

5

Promote environmentally friendly practices through various methods.

6

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

# Participant Profile



1. 18-30 years old, group leaders 18+
2. **Resident** of one of the participating countries: Estonia, Germany, Greece, North Macedonia, Romania, and Spain.
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 are active in sending organization and have experience in Erasmus+ programme



# 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 or before 25.07.2024. and on or after 03.08.2024.
3. According to the rules from the National Agency in Germany, it is acceptable to come to Germany maximum 4 days before the exchange and to stay in Germany maximum 4 days after the mobility (but not more than 7 days in total!).
4. 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.
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 up to 309 EUR  
Estonia up to 309 EUR      Romania up to 309 EUR  
Greece up to 309 EUR      N.Macedonia up to 309 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.**

# 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 outdoors, 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 done 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 outdoors 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 halal, 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 the 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

➔ **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 a 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

- 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

**Insurance** - 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.

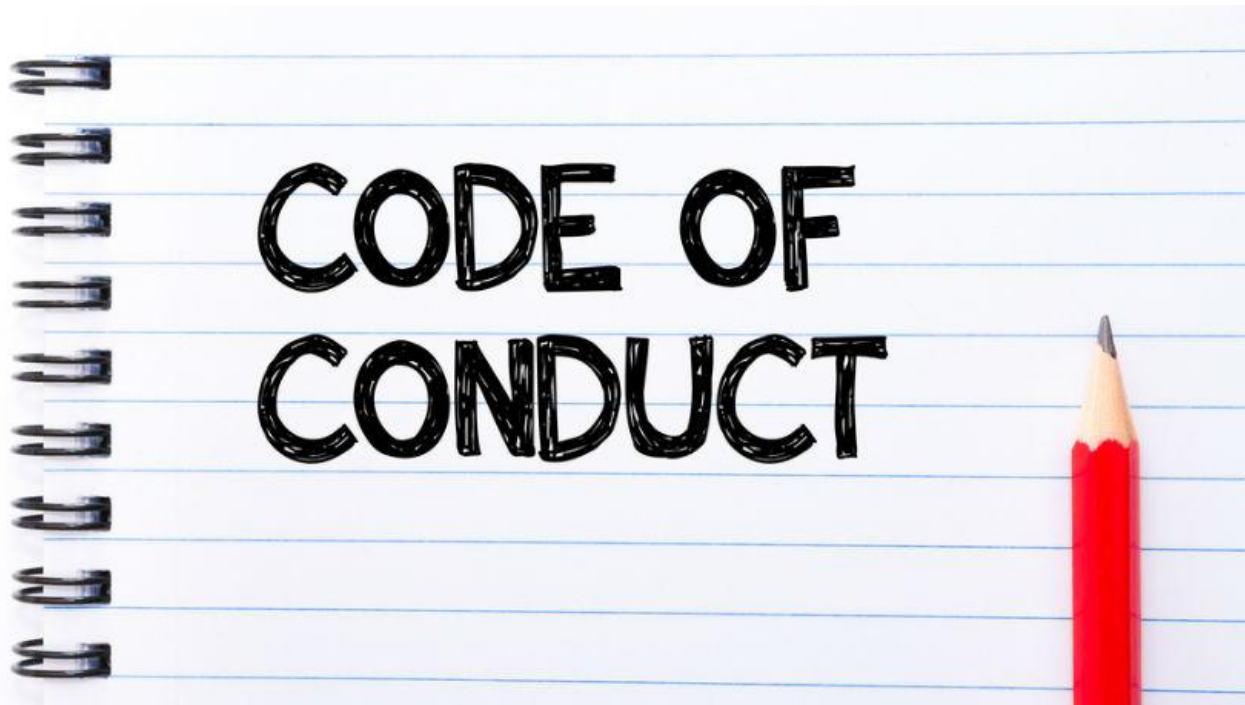
**No alcohol policy** - It means that during the whole exchange, in our venue there won't be any alcohol allowed. This includes: any hard liquor, beer, wine or any other kind of alcohol, including the alcohol during the national evenings.

**Facebook group** - 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:

# 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: "Cultural Palooza"

Project Venue: Garlstedt, Osterholz-Scharmbeck, Germany

Project Activity Dates: 15.-24.03.2024.

## 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.

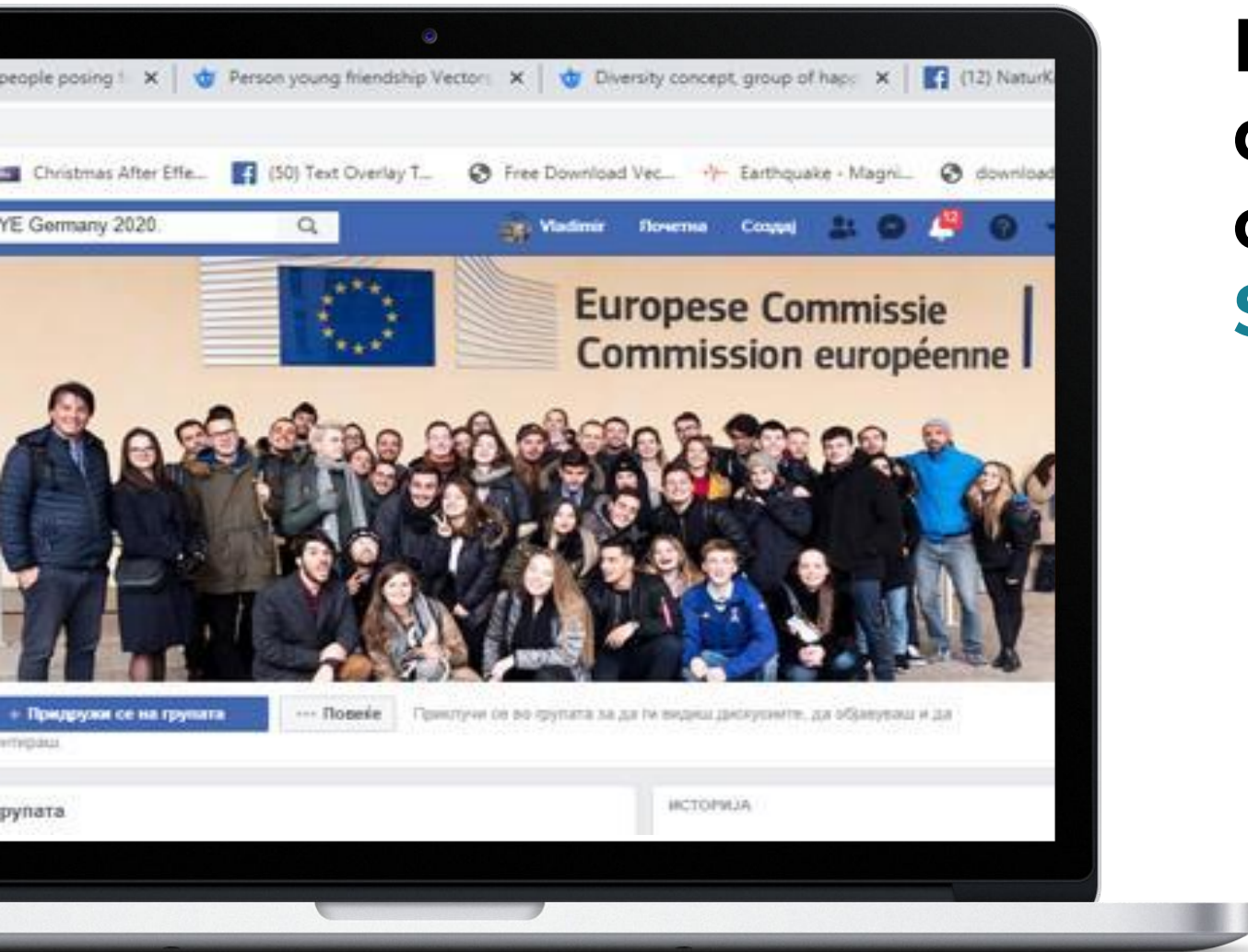
I, the undersigned, hereby confirm my participation and agree fully with the above stated.

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!**

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