



Training Course
"Kitchen Youth Work"
31. August - 7. September 2024
Osterholz-Scharmbeck, Germany



About The Project

“Kitchen Youth Work” is a training course (TC) organized in Osterholz-Scharmbeck in Germany which will include 30 youth workers from 6 different countries/territories: Germany, Greece, Italy, N. Macedonia, Spain, and Croatia.

Age of participants: 18+ years old

Country group size: 5 participants per country

Place: Osterholz Scharmbeck, Germany

Venue: KulturHaus, a group house

Days of activity: 8 days – including travelling days

Dates: 31. August - 7. September 2024

WELCOME MESSAGE

Dear participants, we are very happy to welcome you in Germany on our training course. We will do our best to make a space where we can create new partnerships 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
- Trainers of the TC
- Travel info
- Location and the venue
- Preparation info
- Insurance and other info
- Confirmation of participation



Info About Project

'Kitchen Youth Work' aims at providing a suitable learning environment for people interested in non-formal education or youth work. Participants will explore new, innovative ways and methods to bring youth work into the kitchen environment.

Consequently, participants will explore some of the competences from 'ETS Competence Model for Youth Workers to Work Internationally'.

Please note that participants will also be cooking during this training course.

Project goals:

- 1 Exploring the kitchen environment and youth work
- 2 Getting fresh and **innovative ideas** on how to connect kitchen environments and youth work
- 3 Exploring **methodology** of youth work to be implemented in the kitchen
- 4 Exploring and applying **sustainability** practices in kitchen youth work
- 5 Exploring youth workers' **competence model** from the European Training Strategy
- 4 **Competences:** Cooperating in teams, meaningful communication and displaying intercultural competence

Trainers Team



Žiga Magjar is originally from Slovenia, passionate about nature, and the NGO world. Transitioning from engineering to online sales is since 2018 full-time co-creating NaturKultur's story in Bremen, Germany. He hosts groups in our youth house, guides and mentors ESC volunteers, coordinates logistics teams, and leads kitchen teams on NaturKultur projects. He's committed to lifelong learning and his passion for hosting people drives his exploration of non-formal education beyond classical environments.



Juraj Tomljanović is a youth worker, logistics specialist, cook, and environmental activist with experience in more than 50 projects across Europe. He is the project manager and co-founder of Croatia's environmental organization Čisteći medvjedići. His holistic approach, which combines a passion for cooking, a love for nature, project management, and experience in creating and organizing projects and events, positions him as a catalyst for significant change in building a sustainable and proactive community.



Christian Walker is a youth worker with great experience working with youth from different backgrounds and diverse environments. In 2017, he went as an EVS volunteer in Belgium and now is currently freelancing as a youth worker for different organisations. He recently opened his own organisation in the Netherlands called Wake Foundation. He brings plenty of knowledge, skills and competences to work with youth in non-formal environments.

Participant Profile



1. 18+ years old (without exceptions)
2. Resident of one of the participating countries
3. People interested in youth work or non-formal education, and cooking or working in the kitchen environment / gastronomy.
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 an interest in the topic and related areas of work.

Travel to/from Germany

Important info regarding travel to and from Germany

1. Please confirm your flights with us before booking them. You should buy your tickets after our confirmation.
2. If you wish to visit other cities in Germany, you can arrive earlier and/or stay in Germany additional days. According to the rules from the National Agency in Germany, it is acceptable to come to Germany maximum 3 days before the activity and to stay in Germany maximum 3 days after the activity.

ARRIVAL: Latest you need to arrive to Bremen train station before 6:45 PM on the 31st of August – please keep that in mind when booking your trip to Germany. At 6:45 PM there is the last bus to the venue.

DEPARTURE: The earliest you will be able to arrive to Bremen on the 7th of September is 9 AM – please keep that in mind when booking your trip to the airport. Everyone needs to leave the venue latest at around 8 AM in the morning on the 7th of September.

You will have to cover the additional expenses if you plan to arrive before the 31st of Aug. or stay after the 7th of Sep. (including accommodation, transport, and food).

Look for travel options to the following airports: Hamburg, Hannover, Dortmund, or Bremen. Please try to find the most affordable travel option possible.

3. Don't throw away 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.

Travel to/from Germany

Important info regarding travel to and from Germany

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. These are most likely the amounts you have to travel:

- Germany up to 211 EUR
- Italy up to 309 EUR
- Greece up to 395 EUR
- Spain up to 309 EUR
- N. Macedonia up to 309 EUR
- Croatia up to 309 EUR

However, the amount can vary. Please use the distance calculator from your home town to our venue and see how high your travel expenses are:

https://erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator?gad_source=1&gclid=CjwKCAiArLyuBhA7EiwA-qo80DHgJEvQB0M8OhXJvyfU7HEWDQWh7wall5kpggmGSE_eKoN9OAIAWRoCdzoQAvD_BwE

On the right you see the suitable amounts depending on distance.

Travel costs are refundable for participants who attend all the sessions, commit themselves to all of the activities and provide all original tickets, invoices, boarding passes and emails relating to their travel. The participants should also participate in the dissemination phase. :)

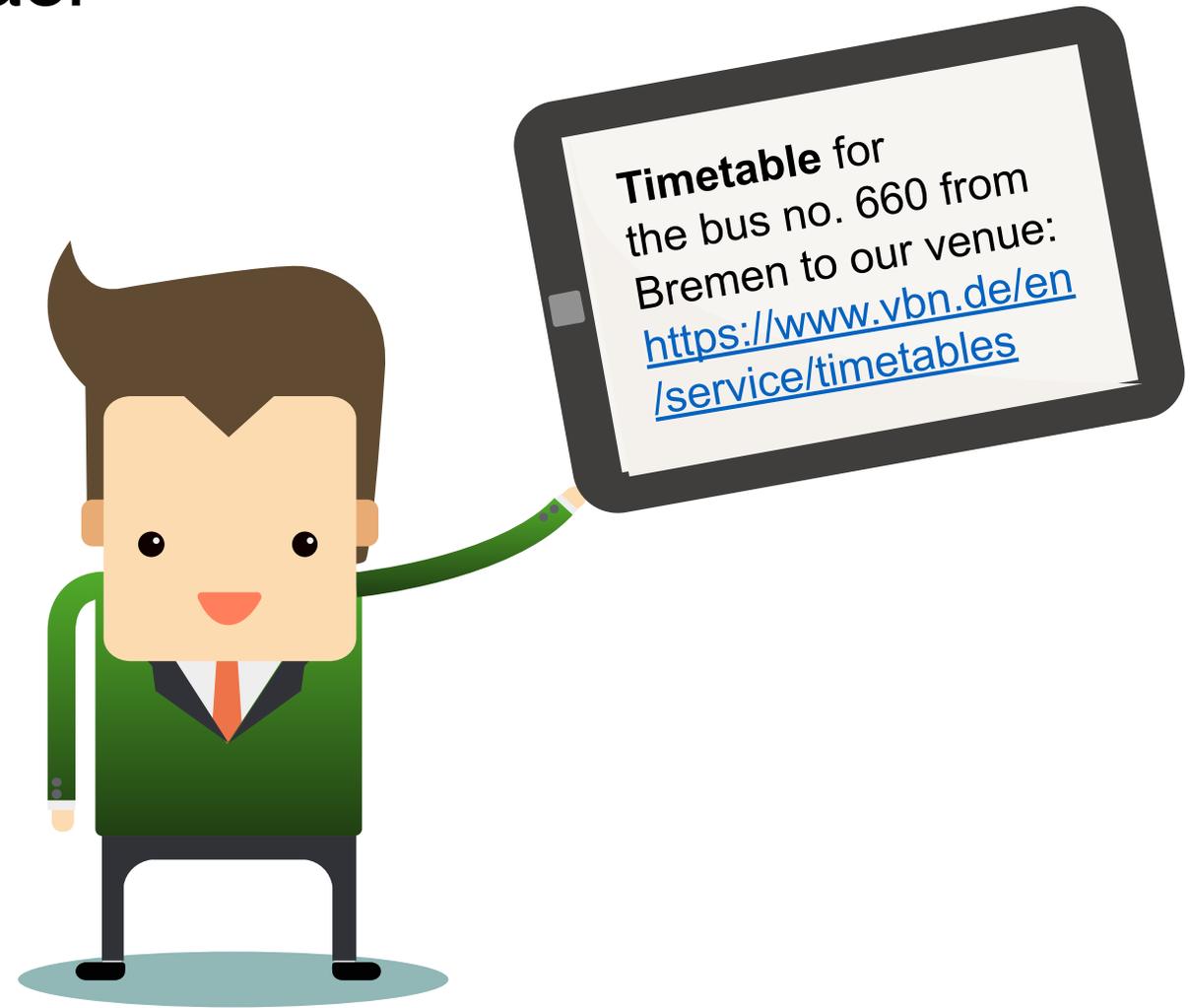
There is no participation fee from the hosting organisation NaturKultur e.V.

Travel distance	Green travel	Non-Green travel
10 – 99 km	56 EUR	28 EUR
100 – 499 km	285 EUR	211 EUR
500 – 1999 km	417 EUR	309 EUR
2000 – 2999 km	535 EUR	395 EUR
3000 – 3999 km	785 EUR	580EUR
4000 – 7999 km	1188 EUR	1188 EUR
8000 km or more	1735 EUR	1735 EUR

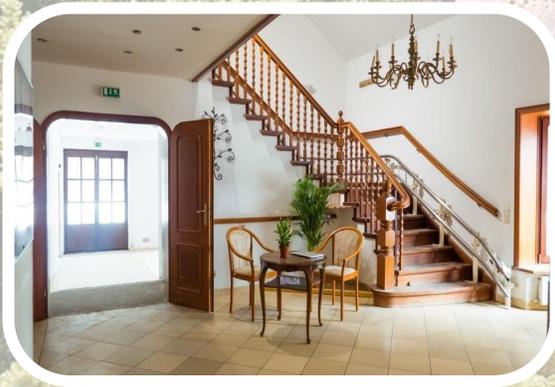
Location – how to reach our venue:



- 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 departs from **bus stop “J”** that you can find close to the Bremen train station entrance.
- Our bus stop is called **OHZ-GARLSTEDT, BW LOGISTIKSCHULE**.
- You should **take one of the last two buses** from Bremen (**at 14:20 or 18:45**). 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
- Only for the ones **arriving after 18:45 to Bremen**: You will have to take a more complex travel option. **Contact the project manager** for supporting you in finding your way. Contact details on the last page.



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. Each participant will be sharing the room with 2-4 other people from the same gender but different nationalities. Some of the rooms have a private and some have a shared bathroom.

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 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:

➔ 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.



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 for the NGO fair



A close-up photograph showing several hands of different skin tones stacked together in a circle. The hands are resting on top of each other, with some wearing rings. The background is blurred, showing colorful clothing like a red sweater and a blue patterned sweater. The overall mood is one of solidarity and community.

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.

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. The link will be shared with you after you have been selected.

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.

CODE OF CONDUCT



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

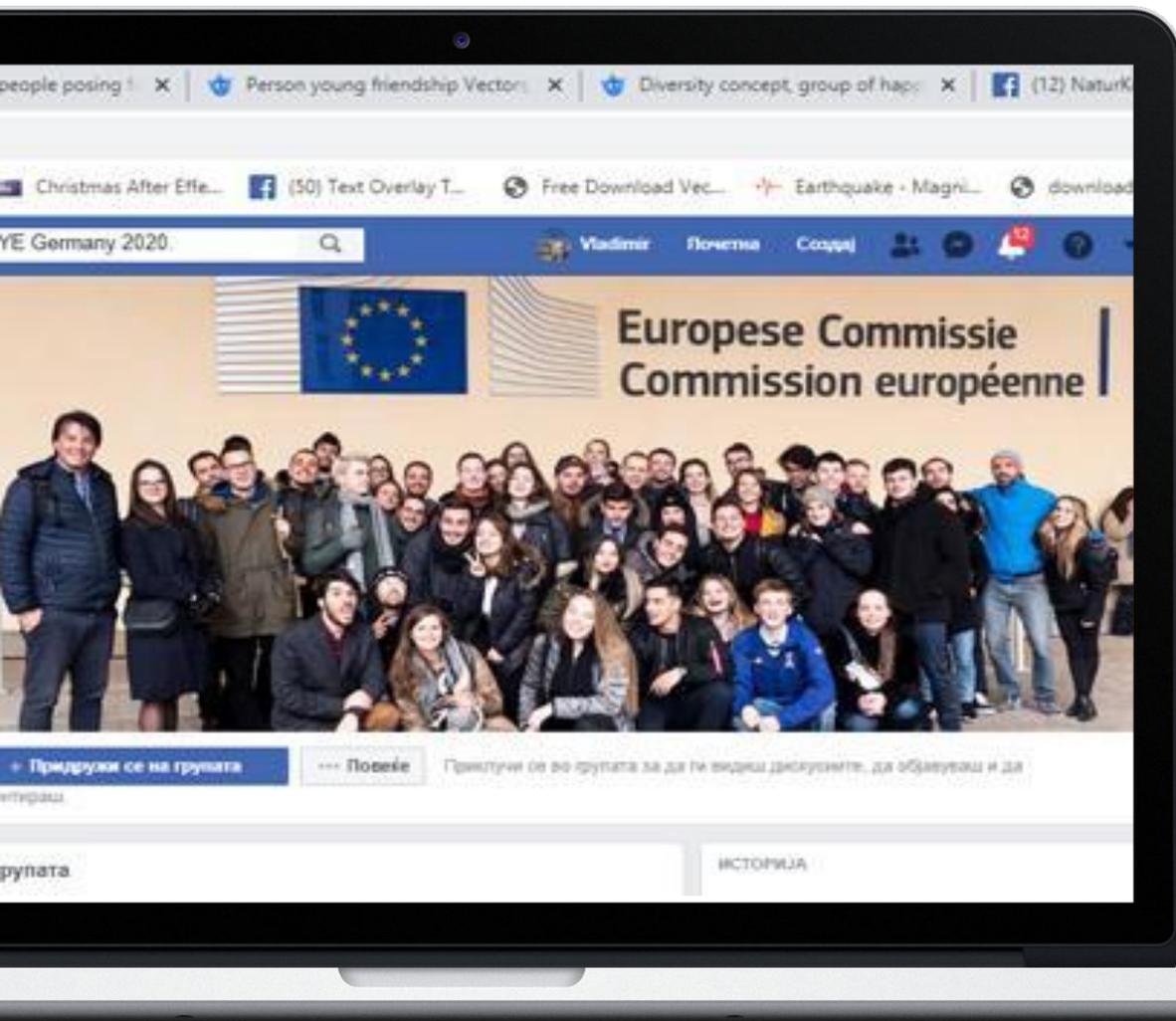
I also confirm:

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 use any drugs** (including weed) during my participation in the project activity.
9. I will conduct **responsible and moderate behaviour** when it comes to the consumption of alcohol.
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 at 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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