



Youth Exchange  
**“In Touch With Nature 1”**  
13. - 22. July 2024  
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: Guadeloupe, Cyprus, Croatia, Romania, Czech Republic and Germany.

Age of participants: 14 – 17 (group leaders 18+)

Country group size: 7 participants + 2 group leaders (9 in total)

Place: Campsite Juliusplate, Berne, Bremen

Venue: Camping place near Bremen

Days of activity: 13. - 22. July 2024. (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
- Preparation info
- Insurance and other info
- Confirmation of participation



# Info About Project

With our project "In Touch With Nature 1", 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.

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

Share some basic knowledge on what youngsters can do to protect the environment.

## Project goals:

# Participant Profile



1. Between 14 – 17 years old (group leaders 18+)
2. **Resident** of one of the following countries: Guadeloupe, Romania, Cyprus, Czech Republic, Croatia 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

Please confirm your flights with us before booking them. You should buy your tickets after our confirmation.

1. ARRIVAL DAY **13<sup>th</sup> July**: You should be in Berne latest until 19:00 on this day. You should take a train from Bremen to Farge, from where you need around 20 minutes walk to the venue (including the ferry you need to take).
2. DEPARTURE DAY **22<sup>nd</sup> July**: All participants will need to leave the venue in the morning, after breakfast. Keep that in mind while planning your trip back home.
3. 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.
4. Look for travel options to the following airports: Bremen, Hamburg, Hannover, Dortmund, Dusseldorf or Cologne. You can take a train or bus from these cities to Bremen (2-3 hours by train). Please try to find the most affordable travel option possible.

## IMPORTANT:

**Travel costs are refundable for participants who attend all 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.**

# Travel to/from Germany

1. Don't throw any ticket or boarding pass. You will need to send all of them after the activity. If you lose any of the tickets or boarding passes, we won't be able to reimburse you for them.
2. On Erasmus+ projects, there is maximum amount that can be reimbursed for the travel of participants, according to the distance from your country to the city where the seminar is being organized. If your tickets cost more than that amount, you are responsible for covering the difference as Erasmus+ is co-financing program.
3. To know the maximum travel costs that can be reimbursed for your trip, please use the distance calculator and calculate the distance between your home town and Garlstedt (Osterholz-Scharmbeck) where the activity will take place. You can check the distance on this link: [https://ec.europa.eu/programmes/erasmus-plus/resources/distance-calculator\\_en](https://ec.europa.eu/programmes/erasmus-plus/resources/distance-calculator_en)

On the right side, you can see the amounts depending on the travel distance. If you are using plane in any part of your trip, you should check the Non-Green travel amounts.

If you are not sure about the calculated distance and amounts, you can contact your sending organization or us for help.

Here are the maximum travel costs for the projects in Erasmus+, according to the distance:

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

# 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



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.



# 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.



Project Name: **In Touch With Nature 1**

Project Venue: Berne, Germany

Project Activity Dates: 13. - 22. July 2024

## Confirmation of Participation

I, \_\_\_\_\_ (your name) confirm my participation in the project mentioned above:

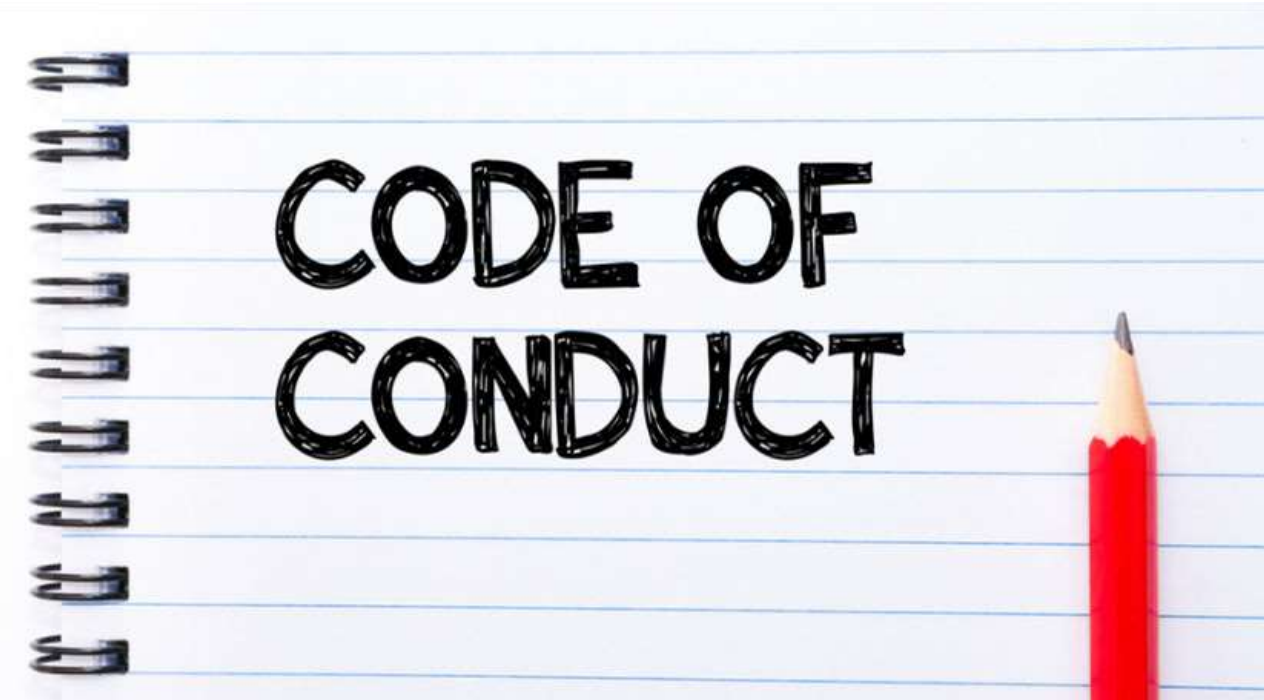
### I also confirm:

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).<sup>1</sup>
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!**

Slobodan Djurovic  
Project Manager  
NaturKultur e.V.  
[slobodan@naturkultur.eu](mailto:slobodan@naturkultur.eu)  
+38269760577