



Erasmus+



TRAINING OF
YOUTH WORKERS:
INTO THE FUTURE

Training Course
"Into The Future"
21. - 28. September 2025
Osterholz-Scharmbeck, Germany



About The Project

“Into The Future” is a training course (TC) organized in Osterholz-Scharmbeck in Germany which will include 24 youth workers from 6 different countries/territories: Germany, Poland, Turkey, Spain, Romania, Czech Republic

Age of participants: 18 - 40 years old

Country group size: 4 participants per country

Place: Osterholz Scharmbeck, Germany

Venue: KulturHaus, a group house

Days of activity: 8 days – including travelling days

Dates: 21. - 28. September 2025

WELCOME MESSAGE

Dear participants, we are very happy to welcome you to Germany on our training course. We will do our best to make a space where we can learn about the topic of our training 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

‘Into the Future’ is a training of youth workers, where participants explore the competence areas cooperating successfully in intercultural teams and communicating meaningfully. Based on these experiences, participants will get together into groups, practically develop and implement valuable educational experiences for others.

Additionally, this training course provides the space to explore challenges, improve youth work practices, and potentially create long-lasting partnerships.

Project goals:

1

Informing and training youth workers in some of the competences from the "**Competence Model for Youth Workers**"

2

Competence: **Cooperating** successfully in (international) teams & **Communicating** meaningfully

3

Competences: Designing **educational programmes** & **Facilitating** group learning processes

4

Competences: Displaying **intercultural** competence & **networking** and advocating

5

Provide a space for sharing knowledge and **exchanging experiences** and good practices

4

Establish **long-term partnership** during the training course

Participant Profile



1. 18–40 years old (without exceptions)
2. Resident of one of the participating countries
3. Youth workers, youth leaders, educators or people who are going to work with youth in the near future from your organizations.
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 youth work and related areas of work.

Travel to/from Germany

Important info regarding travel to and from the training course.

1. Please confirm your flights with us before booking them. You should buy your tickets after our confirmation.
2. ARRIVAL DAY (21.09.2025): You should be in Bremen latest until 19:00 on this day. This is when the last bus goes from Bremen to our venue. Please take this into consideration when booking tickets.
3. DEPARTURE DAY (28.09.2025): Due to limited bus schedule, all participants will need to leave the house with the bus at 08:05 and you will be in Bremen around 09:00. Keep that in mind while planning your trip back home.
4. 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.
5. 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

Important info regarding travel to and from the training course.

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.

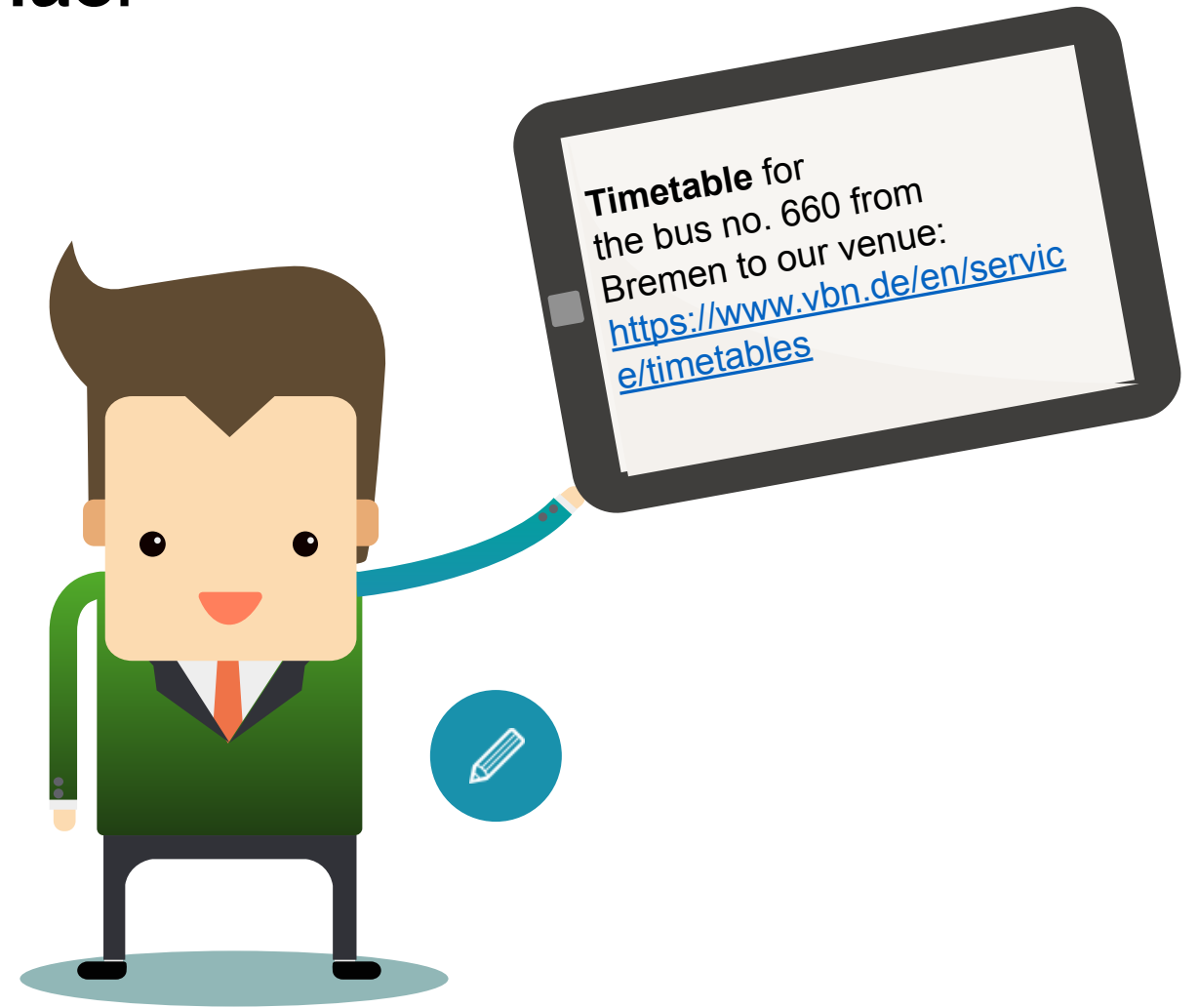
If you are not sure about the calculated distance and amounts, you can contact your sending organization or us for help.

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

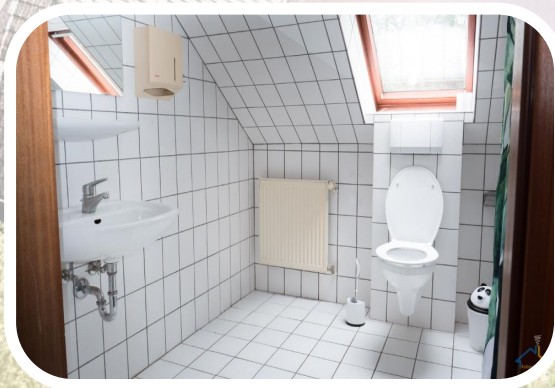
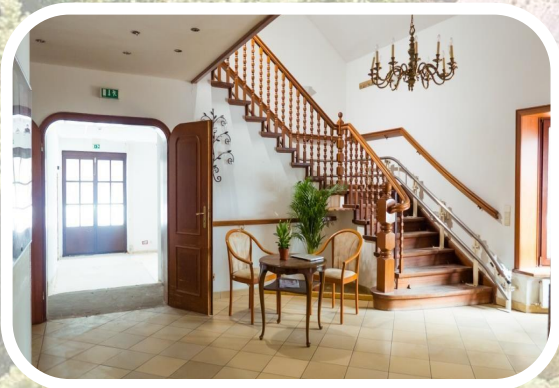
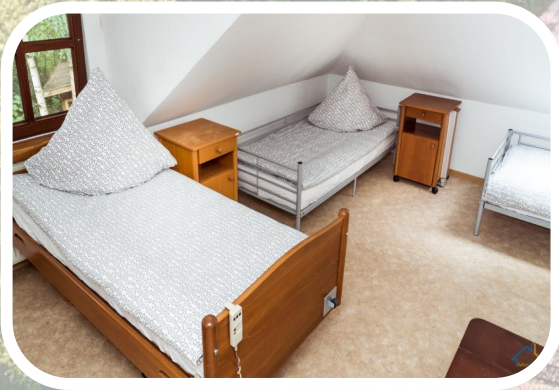
Travel distance	Green travel	Non-Green travel
10 – 99 km	56 EUR	28 EUR
100 – 499 km	285 EUR	211 EUR
500 – 1999 km	417 EUR	309 EUR
2000 – 2999 km	535 EUR	395 EUR
3000 – 3999 km	785 EUR	580EUR
4000 – 7999 km	1188 EUR	1188 EUR
8000 km or more	1735 EUR	1735 EUR

Location – how to reach our venue:

- The village where the mobility is taking place is called **Garlstedt**. The nearest city is Bremen. Your goal is to arrive to the station “BREMEN-BURG”. There you can catch the **bus number 660** towards “Hagen”.
- You should **take one of the last two buses** from Bremen (at **17:09 or 18:09 h**).
- Our bus stop is called **OHZ-GARLSTEDT, BW LOGISTIKSCHULE**.
- 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.



THE VENUE



We will be accommodated in a group house in a village Garlstedt, close to the city of Bremen, Germany.

The accommodation will be simple. Participants will be sharing rooms with 3-4 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 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

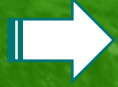


- You should bring your own towels to the mobility. Bedsheets will be provided by the venue where we will stay.
- There is washing machine available in the venue. It costs 2 euro for using the washing machine and 2 euros for using drying machine.
- There are several hair dryers available in the venue and should be shared by the whole group.
- 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:

Link of the venue: <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.




We are also going to have an NGO fair during which you will have the chance to present your sending organization. You should prepare all information in advance and also bring any materials that you would like to share during the fair.



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





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.

Follow-up activity

Please be aware that all participants will need to put everything that they have learned into practice by designing and implementing an educational activity in their home country by the end of October 2025.

This way, we expand the impact of the experience so that other people in our local communities can profit from your attendance in the training course

Please only apply if you are willing to share your experiences after the training course finished.

The concept of Training of Youth Workers: Into the Future relies on learning how to work and communicate better in an intercultural team in order to design and implement valuable learning experiences for youth.

We will explore these competences, learn new methods and tools, and concretely practice those.

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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