



C.O.O.K.

“Cultivating Opportunities, Opening Knowledge”

Youth Exchange

01st - 10th of December 2025
Garlstedt, Germany





Activity info

„C.O.O.K” is going to be a youth exchange organized in Osterholz-Scharmbeck in Germany, which will include 39 young people and 6 group leaders from 6 different countries: Italy, Lithuania, North Macedonia, Serbia, Spain, and Germany.

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

Country group size: 5 participants + 1 group leader (6 in total)

Place: Garlstedt, Osterholz-Scharmbeck, Germany

Venue: KulturHaus, a youth house near Bremen

Days of activity: 10 days including the travel

Dates: 01. - 10. December 2025

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Partner organizations

NaturKultur e.V.

Germany

ARCAS Puglia APS

Italy

DGT Lithuania

Lithuania

Volunteers Centre Skopje

North Macedonia

Udruženje Svetlost

Serbia

**Asociación para el Desarrollo Juvenil
y Cultural Almenaras (AJA)**

Spain





Welcome message

Dear participants, we are very happy to welcome you to Germany for our youth exchange. We will do our best to create a space where we can learn about the topic of our exchange and have fun while doing so.

In this info pack, you are going to find:

- Activity info and goals of the activity
- Profile of the participants
- Travel info
- Location and the venue
- Preparation info
- Insurance and other info
- Confirmation of participation



Activity info and objectives

C.O.O.K (Cultivating Opportunities, Opening Knowledge) is designed for young people aged 18-30 passionate about intercultural education and community building. Blending the art of cooking with the power of storytelling, C.O.O.K creates a vibrant space where participants from diverse backgrounds engage in experiential learning and authentic dialogue.

Through hands-on culinary activities paired with personal and cultural storytelling, C.O.O.K fosters deep intercultural understanding, invites exploration of social and cultural identities, and encourages the exchange of diverse perspectives. Participants work together in intercultural teams, building collaboration skills, resolving conflicts, and developing emotional intelligence—all while sharing traditional recipes and sustainable cooking practices. By combining practical cooking sessions with interactive storytelling, the project opens up new avenues for effective communication, appreciation of different communication styles, and meaningful connection. C.O.O.K is more than a workshop—it's a celebration of diversity, where every meal prepared and every story told sows seeds of respect, empathy, and lasting friendships across cultures. Join us to taste, share, and grow!

1

Foster Intercultural Communication:

Promote understanding and effective communication between participants from diverse cultural backgrounds through shared experiences.

2

Encourage Collaboration in Intercultural Teams:

Teams: Develop teamwork skills by working together in mixed groups during hands-on cooking and storytelling activities.

3

Explore Cultural and Social Identities:

Identities: Provide opportunities for participants to reflect on and express their own cultural and social identities through culinary and narrative expression.

4

Facilitate Exchange of Diverse Perspectives:

Create a platform for sharing stories and ideas, encouraging openness to different viewpoints and traditions.

5

Develop Conflict Resolution and Emotional Intelligence:

Intelligence: Use collaborative activities to enhance participants' conflict management skills.

6

Promote Sustainable Cooking Practices:

Introduce and emphasize environmentally conscious cooking techniques, inspiring responsible and sustainable habits.



Participant profile

AGE

18–30 years old

COUNTRIES PARTICIPATING

Italy, Germany, Lithuania, North Macedonia, Serbia, and Spain

MOTIVATION

Learn about cooking, intercultural understanding and storytelling

EXPERIENCE

No experience needed

OTHER INFO

The group leader should be a person with at least some experience in youth work and/or Erasmus+ programme and should have a good knowledge of English.





Travel to/from Germany

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.

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

- 2 ARRIVAL DAY (**01.12.2025**): You should be in Bremen latest until 22:00 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 (**10.12.2025**): The checkout from the venue is at 10:00. The earliest bus is at 5:34, arriving in Bremen just before 6:30. 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.



Travel to/from Germany

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

Travel distance | Green travel (EUR) | Non-Green travel (EUR)

10 – 99 km	56	28
100–499 km	285	211
500–1999 km	417	309
2000–2999 km	535	395
3000–3999 km	785	580
4000–7999 km	1188	1188
8000 km +	1735	1735

- 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+ activities, there is a 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 a 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 hometown 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
- 4 On the left side, you can see the amounts depending on the travel distance. If you are using a plane in any part of your trip, you should check the Non-Green travel amounts.

If you are unsure about the calculated distance and amounts, you can contact your sending organization or us for assistance.



How to reach our venue

VENUE ADDRESS:

Hinterm Horn 5, 27711 Garlstedt,
Osterholz-Scharmbeck, Germany

Timetable for the bus no. 660 from
Bremen Burg to our venue:

https://www.vbn.de/en/service/timetables#line_no=660

- 1 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)
- 2 The bus departs from the “Bremen Burg” station, platform D.
- 3 You will need to take either the RS1 or RS2 train from Bremen Central Station to Bremen Burg.
- 4 The bus stop you need is called **OHZ-GARLSTEDT, BW LOGISTIKSCHULE.**
- 5 You should aim to take a bus from Bremen Burg no later than 19:09, although the last bus departs at 22:09. A member of our team will be waiting for you at the bus stop.
- 6 The bus ticket from Bremen Burg costs €5.60, and you can purchase it directly from the bus driver. Please note that the driver only accepts cash, so make sure you have enough euros with you.



The venue

Kultur Gruppen Haus
www.kulturgruppenhaus.de

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.

The house is located in a **very remote area**, meaning we, as a group, will stay together throughout the entire program. There are no cafes, discos, restaurants, or even supermarkets nearby. This will help us focus on building strong group dynamics, as everyone will be engaged with each other.



The venue

MORE DETAILS

Everyone will need to **contribute to maintaining the space**. Tasks may include setting up the dining area, loading or unloading the dishwasher, or simply keeping the house tidy. It's important that we all pitch in to ensure a smooth and enjoyable experience.

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.

We've arranged for a dedicated **cooking and logistics team** to support in preparing our meals. You can tell them any specific food preferences or restrictions, such as vegetarian, no pork, etc. However, please note that we cannot accommodate halal or fruitarian diets.



The venue

WHAT TO BRING WITH YOU

You should **bring** your own **towels** to the mobility. Bedsheets will be provided by the venue where we will stay.

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

There is **washing machine** available in the venue. It costs 3 euro for using the washing machine and 3 euros for using drying machine.

There are several **hair dryers** available in the venue and should be shared by the whole group.



Intercultural evening / Myths and Legends : Think about what you want to share...

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.

Think about interactive activities, you can do in your national team, to share fun and interesting information about your country's history, food, and culture during the intercultural evenings..

Culture & Food storytelling – Please research myths and legends from your country that revolve around festive end-of-year food. These stories will be a key part of our youth exchange.



Insurance and other info

SOMETHING IMPORTANT

- 1 **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.

- 2 **Alcohol policy** – It means that during the whole exchange, we ask for moderate consumption. This means no hard liquor or spirits. Only beer and wine will be allowed to be consumed including during the national evenings.

- 3 **WhatsApp Group** – To facilitate communication, we will create a WhatsApp group. Everyone who has WhatsApp 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 at a later stage.



Confirmation of participation

We are also sharing the Confirmation of Participation.

Please note that in case of significant damages caused by participants during the seminar, the cost of the damage will be deducted from their travel reimbursement. If the amount exceeds the reimbursement, the participant will be required to cover the difference.

Read this document and apply only if you agree to everything written in it. On the first day of the activity, every participant will need to sign this document.

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 activity 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 suitable **health insurance** during the project activity - European Health Card (or travel insurance in case of non-EU residents).¹
12. That the days prior or after the mobility I am **traveling 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 _____

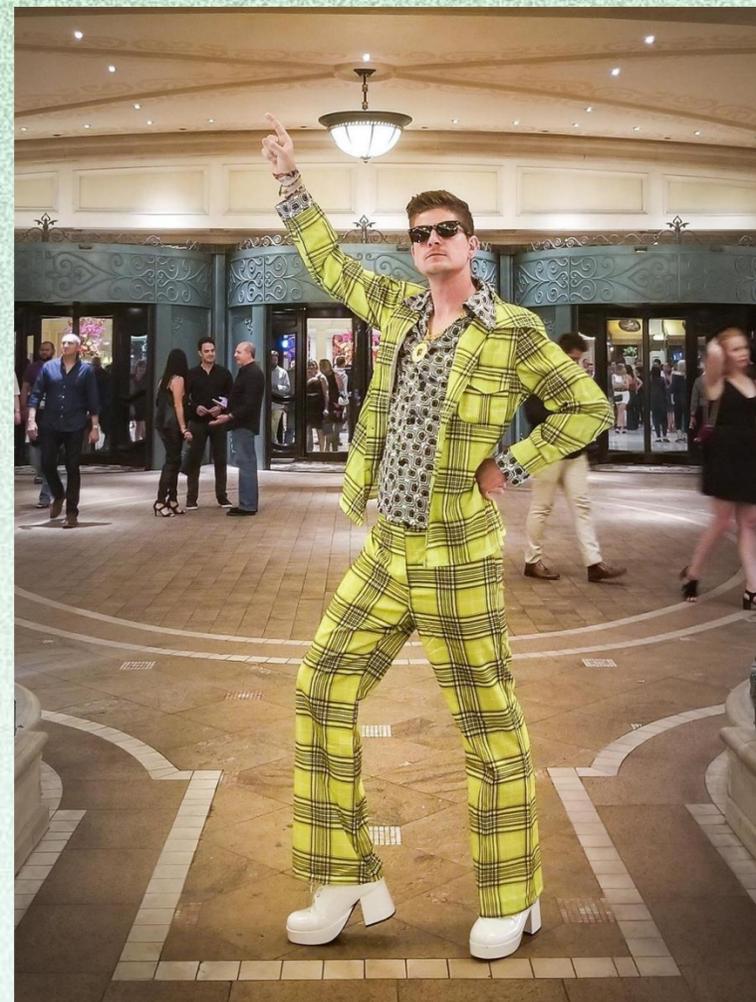


The Trainers Team



Žiga

Originally from Slovenia, is passionate about nature and the NGO sector. After transitioning from engineering to online marketing and sales, he has been fully dedicated to co-creating NaturKultur's story in Bremen, Germany since 2018. Žiga hosts diverse groups at the organization's youth house, mentors and guides ESC volunteers, coordinates logistics teams, and leads kitchen teams during NaturKultur projects. His commitment to lifelong learning and his love for hosting people fuel his exploration of non-formal education, extending beyond traditional environments with initiatives like Kitchen



Juraj

Your facilitator on this project. Juraj is a youth worker, chef, and environmental activist. He has participated in more than 70 projects across Europe and is now the project manager and founder of Croatia's environmental organisation Čisteći medvjedići. He loves combining his passions – cooking, being in nature, working with people, and turning ideas into reality. Juraj believes that real change starts with small steps, a strong team, and a touch of magic – and he's ready to make that magic once again on this project.



Samuel

The PM for this project. He is working close to youth in Bremen, supporting them in creating and executing local actions to address various topics including EU youth policy, migration and youth activism. He has been working in non-formal education with local NGOs facilitating activities, workshops, trainings, and Erasmus+ funded projects on the topics of identity and migration, creative writing, combating discrimination, and storytelling. Samuel has a passion for cooking, listening to music, and traveling to appreciate the cultural diversity of the world.



See you soon!

For further questions don't hesitate to contact us.



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