



# **EUtopia**

Shaping our Future

Youth Exchange

18th - 28th of April 2026  
**Garlstedt, Germany & Brussels, Belgium**





# Activity info

„EUtopia: Shaping Our Future” is going to be a youth exchange organized in Garlstedt in Germany, with a study visit to Brussels, Belgium, which will include **42** young people and 6 group leaders from 6 different countries: **Italy, Ukraine, Czechia, Greece, Spain, and Germany.**

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

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

**Place:** Garlstedt, Osterholz-Scharmbeck, Germany

**Venue:** KulturHaus, a youth house near Bremen

**Days of activity:** 11 days including the travel

**Dates:** 18. - 28. April 2026

**Participation Fee:** In order to supplement our trip to Brussels, we charge a **€50 participation fee** for this exchange. This will be deducted from your travel reimbursement



# Partner responsibilities

- Promote the activity and its results on their website/social media.
- Select the participants according to the previously agreed number of participants (8 per country). Participants are youth between 18 and 30 years old coming from 6 different countries: Italy, Ukraine, Czechia, Greece, Spain, and Germany. Please consider the gender balance in your group and include participants with fewer opportunities. Participants should be selected based on their interest in the topic of the activity and their motivation for participation.
- Prepare participants for international mobility and support them with travel arrangements. Also assist the participants where necessary in contacting MEPs in Brussels and organising meetings with them.
- Support the participants during the dissemination phase and their follow-up initiatives.



# Participant profile

## AGE

18–30 years old

## COUNTRIES PARTICIPATING

Spain, Italy, Ukraine, Germany,  
Czechia, and Greece

## MOTIVATION

Learn about European politics and institutions, and populism in Europe

## EXPERIENCE

No experience needed

## OTHER INFO

The group leader should be a person with a good knowledge of English and at least some experience in one or more of the following fields:

- Youth work
- Leadership roles
- Erasmus+ programme

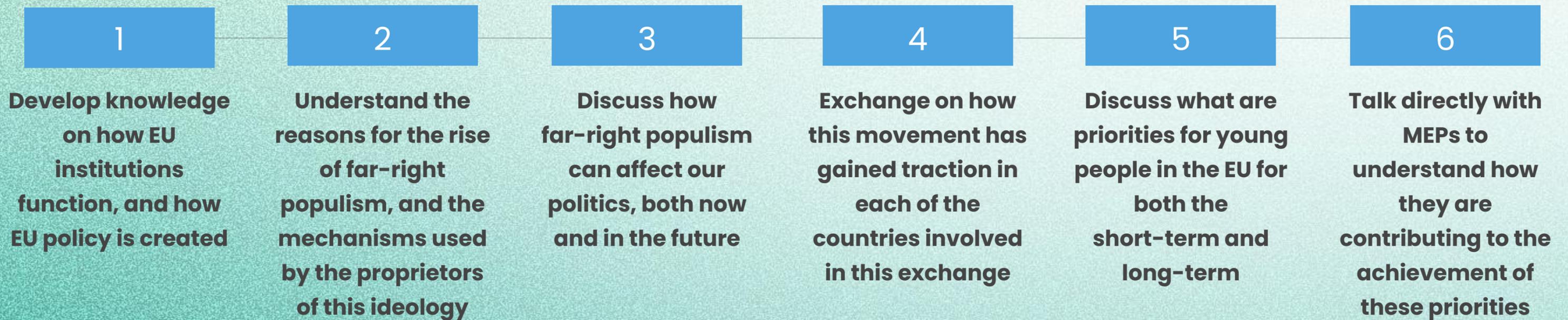




# Activity info and objectives

Far right populism is on the rise throughout Europe, with parties who represent those ideologies getting into power, or becoming the main opposition, in many countries' national governments. This trend is also reflected in the EU parliament, which has a higher representation from these parties than ever before after the elections in 2024. With this activity, we want to explore this trend, in order to help young people understand how it affects our politics and our allies today. With the participants of this exchange, we want to imagine what a perfect future is for them (their (E)Utopia), and explore what the EU institutions need to do realise it, and why extreme right-wing populism may threaten this future.

On this exchange, which will be NaturKultur's 8th exchange on the topic of European politics, the participants will get the opportunity to gain a more comprehensive understanding of how EU politics functions, and gain an idea of how policy making takes place through simulations of and visits to EU institutions, and discussions with MEPs.





# 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

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- 2 ARRIVAL DAY (**18.04.2026**): 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.

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- 3 DEPARTURE DAY (**28.04.2026**): The checkout from the venue is at 8:00. The earliest bus is at 5:34, arriving in Bremen just before 6:30. Keep that in mind while planning your trip back home.

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- 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.

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- 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.

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# 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](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](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.



# Information on Brussels Trip

## HOSTEL ADDRESS:

Hostel Bruegel, Heilige Geeststraat 2,  
Bruxelles, BE 1000

## TRAVEL:

We will travel to and from Brussels with a  
privately hired coach.

- 1 During the trip to Brussels, we will visit the European Parliament, the European Commission, and also meet with MEPs who represent the various countries participating on the exchange

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- 2 There will also be free time to explore Brussels and visit its historical sites

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- 3 All meals for Brussels trip will also be covered, either with organised meals, or with pocket money for food

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- 4 The visits to the European Commission and European Parliament will be organised by NaturKultur.

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- 5 **Participants will be responsible for organising meetings with their chosen MEPs.** The group leader will be responsible for coordinating these efforts.

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- 6 We will have an **online, advance planning meeting** with all groups leaders in order to assist with the planning of the Brussels trip approximately 2 months before the start of the exchange. Date to be confirmed.



# The venue

**KulturHaus**

[www.kulturgruppenhaus.de](http://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 : 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..

Populism in your country - Please do some research about what populist trends are currently affecting your country. This will be important for sharing in workshops.



# Insurance and other info

- 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.

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- 2 **Responsible alcohol consumption 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.

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- 3 **WhatsApp Community** - To facilitate communication, we created 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 is below:

<https://chat.whatsapp.com/LDyGqt5QjsLJH6u60piEwF>



# 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.

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 organisation 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 conduct **responsible and moderate behaviour** when it comes to the consumption of alcohol.
9. I will **not bring or use any illegal drugs** during my participation on the project activity.
10. I allow the organisers 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 activity of the project – for example a European Health Card (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.



# See you soon!

For further questions don't hesitate to contact us.



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