



Make Music. Not War 5

Youth Exchange

27th April - 12th of May 2026
Garlstedt, Germany





Activity info

MAKE MUSIC. NOT WAR 5 is a multinational youth exchange of around 50 young people with music and film background between the ages of 18-30 years old that come from 8 different conflict countries Cyprus, Bosnia, Kosovo, Serbia, Croatia, Poland, Rwanda and Germany. The exchange will last 16 days, from 27th April until 12th May 2026 in Bremen and Garlstedt, Germany.

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

Place: Garlstedt, Osterholz-Scharmbeck, Germany

Venue: KulturHaus, a youth house near Bremen

Days of activity: 16 days including the travel

Dates: 27. April - 12. May 2026



Looking Back at Past Editions

This will be the 5th edition of Make Music. Nor War. The first edition was held in 2017, in Syke, near Bremen. During this edition, three anti-war music videos were created.

After a long hiatus, the second edition took place in 2023, and ever since it has been annual project. With each year we develop the concept further, and we have now produced a whole album worth of songs.

Check out all the output of previous years on our website:

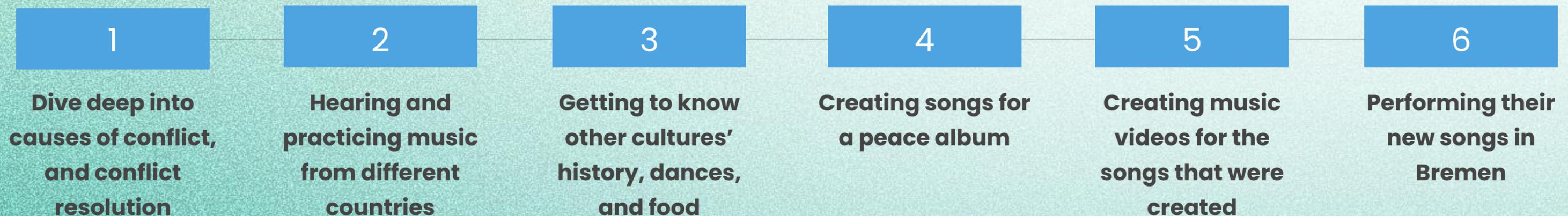
<https://makemusicnotwar.eu/>



Activity info and objectives

“**Make Music. Not War**” is a project that was created to serve as a tool for reconciliation and peace building between young people from conflict countries in the world. The goal of the project is to allow youngsters from conflict countries to get to know each other, get to know each other’s music and culture, customs, traditions and food, to become friends and hopefully after the exchange to create even more follow up activities that will involve even more young people in peace building and reconciliation rather than in war.

On this exchange participants will take one of two roles; **media producer** (videos, reels, photos) or **musician**. The musicians will spend the exchange creating bands in which they will create new peace anthems, which will be recorded and uploaded to Spotify and YouTube. The musicians will also spend perform twice in Bremen, once in the streets, and once in a bar in Bremen. The media producers meanwhile will be responsible for capturing the essence of the exchange through videoing and photographing the activities, so that all participants have media through which to remember the exchange, and so that we can disseminate the impacts of the exchange.





Partner responsibilities

1. Promote the activity and its results on their website/social media.
2. **Pre-select** the participants and direct their applications to NaturKultur e.V.. **NaturKultur will make the final selection of participants.** Participants are youth between 18 and 30 years old coming from their country. Participants should be selected based on their interest in the topic of the activity and their musical/dissemination abilities.
3. Prepare participants for international mobility and support them with travel arrangements.
4. Support the participants during the dissemination phase and their follow-up initiatives.



Participant profile: Musicians

AGE

18–30 years old

MOTIVATION

Be passionate about conflict resolution, and creating peace in their homeland

PARTICIPANT'S EXPERIENCE

Must be musician who can play at least 1 instrument or sing





Participant profile: Dissemination Team

AGE

18–30 years old

MOTIVATION

Be passionate about conflict resolution, and creating peace in their homeland

PARTICIPANT'S EXPERIENCE

Must have experience or be seeking to gain experience in social media content creation, photography, or video-making





Travel to/from Germany

Travel costs for this exchange will be covered. Both international travel costs, and the local costs of transport will be completely covered.

- 1 Flights should be selected together with NaturKultur e.V., to ensure their suitability to reach the venue on time

- 2 ARRIVAL DAY (**27.04.2026**): You will be picked up in Bremen and taken to accommodation.

- 3 DEPARTURE DAY (**12.05.2026**): The checkout from the venue is at 8:00. The earliest bus is at 5:34, arriving in Bremen just before 6:30. Return tickets will be booked accordingly

- 4 Travel will be to one of the following airports: Bremen, Hamburg, Hannover, Dortmund, Dusseldorf or Cologne.



Travel to/from Germany

Travel costs to the venue from Rwanda will be covered by the TeamsUp! programme with a budget of up to €1000 per person.

The activity is taking place in Bremen and Galrstedt, Osterholz-Scharmbeck.





Accommodation in Bremen

The first 4 days of activities will take place in Bremen, and will focus on getting used to being in Germany, and discussing the history of colonialism in Bremen

For those days, those who do not live in Bremen will be accommodated in an Airbnb in the centre of the city, where there will be good access to public transport and other amenities in the city.



The venue

KulturHaus

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..

Conflict in your country - Please do some research about what the conflicts involving your country, and how the reconciliation process was for these conflicts. This will be important for sharing in workshops.



Insurance and other info

- Insurance** - All participants will have to buy their insurance to cover their stay in Germany. This insurance will then be reimbursed in full.

Visa Costs - All visa costs for this exchange will also be covered by the programme.

- 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.

- 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/BlacEteghbU2ZfcGqsxIEb>



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 TeamsUp! 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).¹
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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