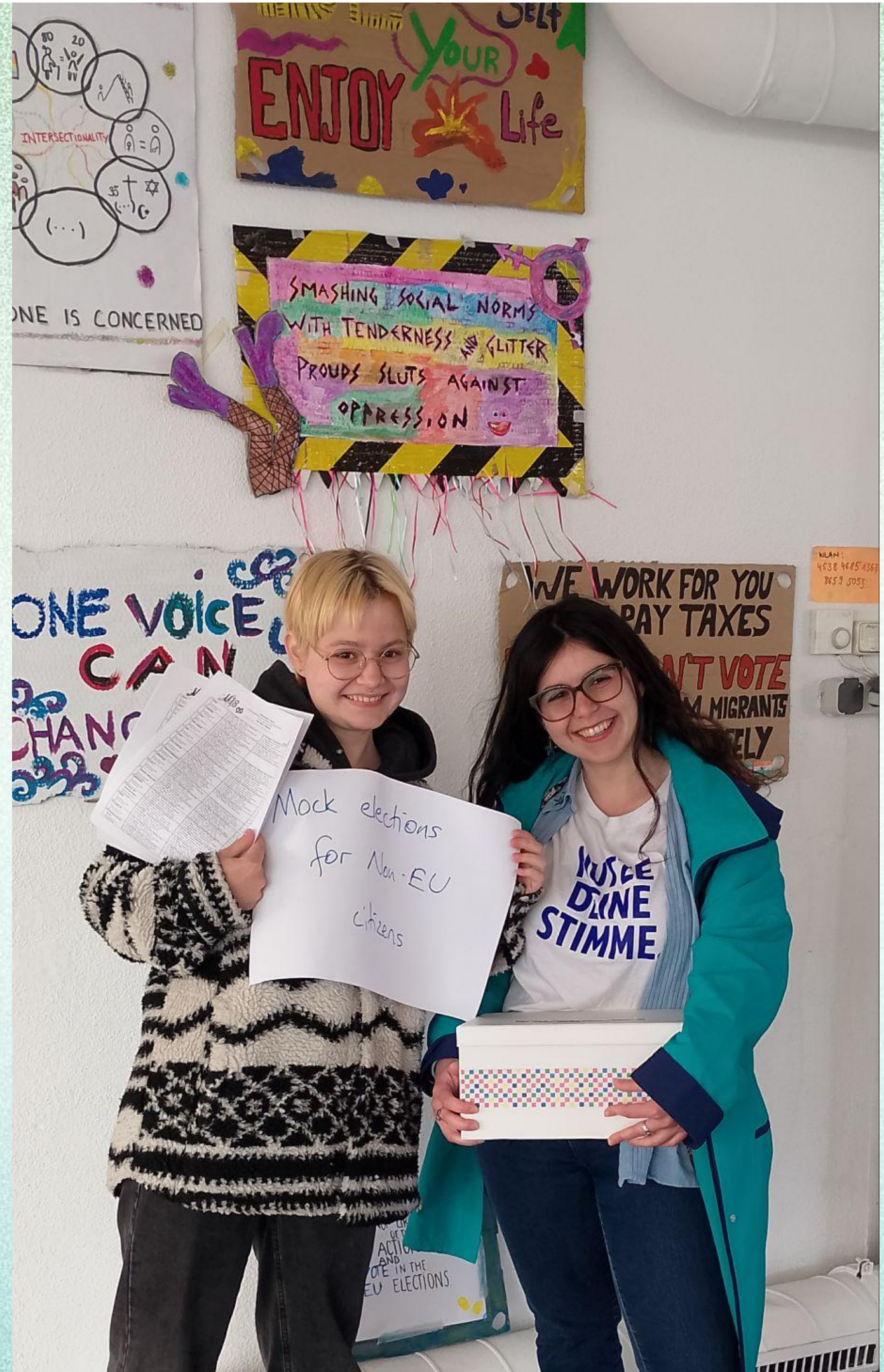




Aktivismus Macht Mobil

Youth Participation Project: Kick-Off Meeting

01.-04.06.2026 in Bremen, Germany





Activity info

The project “Aktivismus Macht Mobil (AMM)” aims to support young people to empower themselves in Bremen and Thessaloniki in understanding and using diverse forms of civic, social, and democratic participation through a 21-month mix of local and international, youth-led activities.

„Aktivismus Macht Mobil” Kick-Off meeting is one part of the youth participation project organized in Bremen, Germany, which will include 5 young people and 1 group leader from Greece and Germany.

Age of participants: 18-30 years old

Country group size: 6

Place: Bremen

Days of activity: 4

Dates: 01.-04.06.2026



Partner organizations



Youth Empowerment Center
Thessaloniki, Greece



NaturKultur Bremen e.V.
Bremen, Germany



Welcome message

Dear participants, we are very happy to welcome you to Germany for our kick-off meeting, as part of the Youth Participation project, "Aktivismus Macht Mobil." We will do our best to create a space where we can learn about the topic of our project 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
- Preparation info
- Insurance and other info
- Confirmation of participation



Activity info and objectives

Feeling disconnected from what's happening around you? Like decisions are made without you, or you're not sure how to get involved? You're not alone.

In Bremen and Thessaloniki, many young people face similar challenges, be it money struggles, feeling left out, or simply not knowing what opportunities are out there. Maybe you've never been to a youth center, joined an international project, or found a community where you feel you belong. That's exactly what we want to change.

This project is for you if you want to meet new people, share your ideas, and actually have a say in what's happening in your city and beyond. Together, we'll create spaces where you can connect with others, explore different cultures, and learn by doing, not just listening.

You won't just participate, you'll shape the project yourself. From planning activities to running them and reflecting on what works, your voice matters at every step. With support from experienced youth workers, you'll gain the confidence, skills, and connections to take action in your community and discover opportunities across Europe.

Whether you're from Bremen or Thessaloniki, this is your chance to step in, speak up, and be part of something meaningful.

1

Enhance young people's understanding of the **many ways to engage** civically, socially and democratically at local and international levels

2

Develop **media literacy** and **digital competences** to strengthen critical thinking, resilience to disinformation and meaningful participation

3

Empower participants to build **professional and interpersonal skills** through intercultural peer learning and active participation

4

Contribute to **EU Youth Goals 1, 3, 4, 9** and **11** by creating inclusive spaces, strengthening dialogue with decision makers, and connecting youth to EU opportunities



Participant profile

AGE

18–30 years old

COUNTRIES PARTICIPATING

**Thessaloniki, Greece &
Bremen, Germany**

MOTIVATION

If you are interested in meeting new people, gaining new perspectives, and becoming more active in your community, we encourage you to apply. All you need is the motivation to take part and the willingness to step out of your comfort zone. We'll support you along the way.

EXPERIENCE

No experience needed. You just need to be a person who is open to learning, ready to connect with others, and interested in becoming more active in your communities.

OTHER INFO

Participants should be living in or around the cities of Thessaloniki and/or Bremen. Please use the following link to apply by Sunday, 10.05.2026 : [Application Form](#)





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 (01.06.2026): You should be in Bremen latest until 12:00 on this day. The program will start at 15:00.

- 3 DEPARTURE DAY (04.06.2026): The checkout from the venue is at 10:00.

- 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.



Travel to/from Germany

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

| Travel distance | Non-Green travel (EUR) |
|------------------------|-------------------------------|
| 10 – 99 km | 28 |
| 500–1999 km | 309 |

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



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 **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.

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 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 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.
9. I will have my European Health Card during the activity (In case of non-EU residents, travel insurance).
10. That the days prior or after the mobility I am traveling on my own risks and that having insurance is my own responsibility.
11. 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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