



Open Horizons

Youth Exchange

Activity dates: 04.-13.07.2026

Location: Garlstedt, Germany





Activity info

Open Horizons is going to be a youth exchange organized in Garlstedt, Germany which will include 37 young people and group leaders from 6 different countries: Bulgaria, Germany, Greece, Italy, Portugal, and Serbia.

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: 8 days including 2 traveling days (total: 10 days)

Dates: 04.-13.07.2026

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Partner organizations

Association WorkTogether

Bulgaria

NaturKultur e.V.

Germany

Youth Empowerment Centre

Greece

Creative Youth Academy Hungary

Hungary

Navissos

Serbia

Associação da Minha Rua

Portugal





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



Activity info and objectives

The youth exchange will gather 37 participants from several European countries to explore how digital technologies shape their wellbeing, relationships and sense of self. Through experiential workshops, creative labs and guided reflection, they will examine both benefits and risks of being constantly connected: opportunities for learning, activism and community, alongside challenges like anxiety, comparison culture, cyberbullying, hate speech and misinformation.

Any person interested in the topics is welcomed to join, but we encourage young people with fewer opportunities to also join. A strong inclusion focus will ensure that rural youth, LGBTQ+ young people, migrants/refugees and others with fewer opportunities can share how their realities appear in digital spaces. Using human-rights and anti-discrimination perspectives, participants will analyse how sexism, homophobia, transphobia, racism and xenophobia are reproduced online, and how they can be challenged through youth-led counter-narratives and allyship. Activities will draw on proven youth work practices that combine creative expression, critical discussion and community-building to address hate and exclusion.

The program will be structured over 8 program days plus 2 travel days. Mornings will focus more on digital literacy and critical thinking (e.g. identifying misinformation, algorithms, privacy and data); afternoons will emphasize digital wellbeing, emotional resilience and identity/gender-focused sessions; evenings will feature intercultural and community-building activities. The setting of KulturHaus, surrounded by forest in rural Garlstedt, will be used as a contrast to highly digitalized realities, inviting participants to experiment with offline time, nature-based reflection and group rituals to rebalance their digital habits.

1

Develop balanced digital wellbeing habits through structured "digital detox" and nature-based reflection.

2

Increase media literacy to identify misinformation and bias targeting marginalized groups.

3

Challenge online hate speech and discrimination through an intersectional perspective.

4

Foster resilience and self-care awareness regarding digital media burnout.

5

Promote inclusive digital communication using empathy and conflict transformation.

6

Encourage participants to act as multipliers by planning simple local dissemination actions.



Participant profile

AGE

18–30 years old

MOTIVATION

Taking an active approach to improving their personal and the collective well being in digital spaces. Also is willing to contribute to creating a safe and inclusive space.

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.

COUNTRIES PARTICIPATING

Bulgaria, Germany, Greece, Hungary, Portugal, and Serbia





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 (04.07.2026): You should be in Bremen latest until 22:00 on this day. This is when the last bus goes from **“Bremen-Burg”** to our venue. Please take this into consideration when booking tickets.

- 3 DEPARTURE DAY (13.07.2026): The checkout from the venue is at 10:00. The earliest bus is at 5:30, 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(to download):
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-**BW LOGISTIKSCHULE.**

- 6 The bus ticket from Bremen Burg costs €5.90, 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



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 prepare 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



Insurance and other info

SOMETHING IMPORTANT

- 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.

- Alcohol policy** – 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 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.

Confirmation of Participation

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 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 respect the house rules for moderate alcohol consumption during the project activity. This means that only beer and wine may be consumed after daily program activities are completed.
9. I will not bring or use any illegal drugs during my participation in 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 my 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 traveling 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.



The Trainers Team



Sofiia

Co-Facilitator, who will be guiding the group throughout the whole experience. Sofiia is working in NaturKultur e.V., and is active on the international and local levels organising the events for young people to join and build the community. She has been working in non-formal education with different organisations and NGOs, developing and executing projects for young people and youth workers, focusing on the topics of inclusion and active participation, working with highly vulnerable young people



Alexandra

Passionate and experienced youth worker and trainer with over 5 years of experience in supporting young people's personal and professional development. With a background in law, human rights education and active participation in a variety of international educational projects and initiatives, she is dedicated to empowering young people through non-formal education and active participation. As a facilitator, she strives to create a safe space, where everyone can develop their skills through critical thinking, innovation and teamwork.



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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