



Unheard Voices

Youth Exchange

Info Pack

Project dates: 16.-25.09.2026

KulturHaus

Garlstedt, Osterholz-Scharmbeck, Germany



Erasmus+





Activity info

„Unheard Voices” is going to be a youth exchange organized in Osterholz-Scharmbeck in Germany, which will include 39 young people including group leaders from 6 different countries: Greece, Italy, Poland, Portugal, Spain, and Germany.

Age of participants: 18-30 years old

Country group size: 6 members (5P + 1GL)

Place: Garlstedt, Osterholz-Scharmbeck, Germany

Venue: KulturHaus, Hintern Horn 5, 27711

Osterholz-Scharmbeck

Days of activity: 10 including travel days

Dates: 16.-25.09.2026

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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



Partner organizations

[NaturKultur e.V.](#)

German

[Youth Empowerment Center](#)

Greece

[Mimma Group](#)

Italy

[DCTR Associação Cultural](#)

Portugal

[Logos NGO](#)

Poland

[Asociación para el Desarrollo Juvenil y Cultural Almenaras](#)

Spain



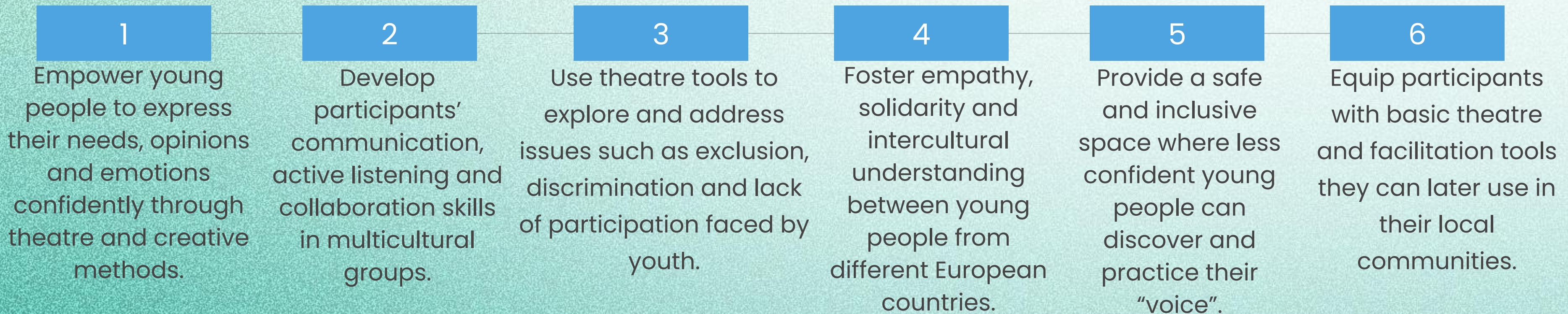


Activity info and objectives

“Unheard Voices” is a youth exchange that will bring together young people from Germany, Spain, Italy, Greece, Poland and Portugal who feel that their realities and needs are often ignored, especially those coming from rural areas or with migrant backgrounds. The project will gather 18–30 year olds who want to learn how to speak up for themselves and for their communities, using theatre and creative expression as their main tools.

During the exchange, participants will take part in workshops using methods such as improvisation, role play and storytelling, adapted to their experiences as rural youth, young migrants, or young people facing exclusion and discrimination. Together they will reflect on their personal journeys, share realities from their home countries and identify common challenges, such as limited opportunities in rural areas, barriers to participation, stereotypes about migrants, unemployment, or lack of access to decision-making. These experiences will then be turned into short plays, interactive scenes and visual performances that give visibility to “unheard voices” across Europe.

Through a combination of non-formal education, theatre-based methods and intercultural learning, participants will explore what it means to be “unheard” and how to transform their stories into powerful messages for change. Daily reflection circles, mixed-nationality working groups and intercultural evenings will support participants in making sense of their learning, building solidarity and creating connections across Germany, Spain, Italy, Greece, Poland and Portugal.





Participant profile

AGE

18–30 years old

COUNTRIES PARTICIPATING

**Germany, Spain, Italy, Greece,
Poland and Portugal**

MOTIVATION

Participants should be motivated to explore their own stories and realities, to talk about the challenges they face, and to turn these experiences into creative expression through theatre, even if they have never done theatre before.

EXPERIENCE

No experience needed just to be curious, open to working in an international group and ready to step out of their comfort zone.

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 (**16.09.2026**): You should be in Bremen latest until 18:00 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 (**25.09.2026**): The checkout from the venue is at 08:00. 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. **Make sure to take screenshots of digital boarding passes.**
- 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/service/linienfahrplane#line_no=660

Or look in the following pages of the info
pack

- 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 You will need to take either the RS1 or RS2 train **from Bremen Central Station to Bremen Burg.**
- 3 The bus departs from the “**Bremen Burg**” station, **platform D.**
- 4 The bus stop where to get off 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.

Arrival to KulturHaus from Bremen-Burg: (Arrive to KH between 15:00 - 20:00)

660

Bremen-Burg - Garlstedt - Hagen



Verkehrsverbund Bremen/Niedersachsen, Tel.: 0421 / 59 60 59
Weser-Ems Bus - Betrieb Bremen

Montag - Freitag

		1660 029	1660 001	1660 031	1660 003	1660 033	1660 035	1660 005	1660 037	1660 007	1660 039	1660 041	1660 009	1660 011	1660 013	1660 043	1660 045
Verkehrsbeschränkung																	
Hinweise		Z	Z	Z	Z	Z	Z	Z	Z	Z	Z	Z	Z	Z	Z	Z	Z
Bremen, Bahnhof Burg	ab	06:09	07:09	08:09	09:09	10:09	11:09	12:09	13:09	14:09	15:09	16:09	17:09	18:09	19:09	20:09	22:09
Bremen, Goldbergplatz		06:11	07:11	08:11	09:11	10:11	11:11	12:11	13:11	14:11	15:11	16:11	17:11	18:11	19:11	20:11	22:11
Linie S60 aus Bremen, Hbf	an		07:08	08:08	09:08							16:08	17:08	18:08			
Ritterhude-Ihlpohl, Tankstelle		06:15	07:15	08:15	09:15	10:15	11:15	12:15	13:15	14:15	15:15	16:15	17:15	18:15	19:15	20:15	22:15
Ritterh.-Stendorf, Gasth. Walde		06:17	07:17	08:17	09:17	10:17	11:17	12:17	13:17	14:17	15:17	16:17	17:17	18:17	19:17	20:17	22:17
Ritterh.-Stendorf, Feuerwehr		06:18	07:18	08:18	09:18	10:18	11:18	12:18	13:18	14:18	15:18	16:18	17:18	18:18	19:18	20:18	22:18
Ritterh.-Werschenr., Abzw. Werschenrege		06:19	07:19	08:19	09:19	10:19	11:19	12:19	13:19	14:19	15:19	16:19	17:19	18:19	19:19	20:19	22:19
OHZ-Heilshom, Brücke		06:20	07:20	08:20	09:20	10:20	11:20	12:20	13:20	14:20	15:20	16:20	17:20	18:20	19:20	20:20	22:20
OHZ-Heilshom, Dorfstraße		06:22	07:22	08:22	09:22	10:22	11:22	12:22	13:22	14:22	15:22	16:22	17:22	18:22	19:22	20:22	22:22
OHZ-Heilshom, Weißes Haus		06:24	07:24	08:24	09:24	10:24	11:24	12:24	13:24	14:24	15:24	16:24	17:24	18:24	19:24	20:24	22:24
OHZ-Garlstedt, Birkenheide		06:26	07:26	08:26	09:26	10:26	11:26	12:26	13:26	14:26	15:26	16:26	17:26	18:26	19:26	20:26	22:26
OHZ-Garlstedt, BW Logistikschiule		06:27	07:27	08:27	09:27	10:27	11:27	12:27	13:27	14:27	15:27	16:27	17:27	18:27	19:27	20:27	22:27
OHZ-Garlstedt, Heidehof		06:28	07:28	08:28	09:28	10:28	11:28	12:28	13:28	14:28	15:28	16:28	17:28	18:28	19:28	20:28	22:28
OHZ-Garlstedt, Hasselbrock		06:29	07:29	08:29	09:29	10:29	11:29	12:29	13:29	14:29	15:29	16:29	17:29	18:29	19:29	20:29	22:29
Hoope, Pape		06:31	07:31	08:31	09:31	10:31	11:31	12:31	13:31	14:31	15:31	16:31	17:31	18:31	19:31	20:31	22:31
Hoope, Abzw. Wulsbüttel		06:32	07:32	08:32	09:32	10:32	11:32	12:32	13:32	14:32	15:32	16:32	17:32	18:32	19:32	20:32	22:32
Dorfhagen, Siedlung		06:33	07:33	08:33	09:33	10:33	11:33	12:33	13:33	14:33	15:33	16:33	17:33	18:33	19:33	20:33	22:33
Dorfhagen, Zollhaus		06:34	07:34	08:34	09:34	10:34	11:34	12:34	13:34	14:34	15:34	16:34	17:34	18:34	19:34	20:34	22:34
Dorfhagen, Breden		06:35	07:35	08:35	09:35	10:35	11:35	12:35	13:35	14:35	15:35	16:35	17:35	18:35	19:35	20:35	22:35
Hagen, Börsten Abzw. Finna		06:36	07:36	08:36	09:36	10:36	11:36	12:36	13:36	14:36	15:36	16:36	17:36	18:36	19:36	20:36	22:36
Hagen, Börsten		06:37	07:37	08:37	09:37	10:37	11:37	12:37	13:37	14:37	15:37	16:37	17:37	18:37	19:37	20:37	22:37
Hagen, Straßenmeisterei		06:38	07:38	08:38	09:38	10:38	11:38	12:38	13:38	14:38	15:38	16:38	17:38	18:38	19:38	20:38	22:38

Departure from KulturHaus to Bremen-Burg: (Check-out from KH is at 8:00 AM)

660

Hagen - Garlstedt - Bremen-Burg



Verkehrsverbund Bremen/Niedersachsen, Tel.: 0421 / 59 60 59
Weser-Ems Bus - Betrieb Bremen

		Montag - Freitag															
		1660 002	1660 004	1660 032	1660 006	1660 034	1660 036	1660 038	1660 040	1660 012	1660 042	1660 014	1660 044	1660 016	1660 046	1660 048	1660 050
Verkehrsbeschränkung																	
Hinweise		Z	Z	Z	Z	Z	Z	Z	Z	Z	Z	Z	Z	Z	Z	Z	Z
Hagen, Schulzentrum	ab	05:18	06:18	07:18	08:18	09:18	10:18	11:18	12:18	13:20	14:18	15:20	16:18	17:18	18:18	19:18	20:18
Hagen, Döhmweg		05:19	06:19	07:19	08:19	09:19	10:19	11:19	12:19	13:21	14:19	15:21	16:19	17:19	18:19	19:19	20:19
Hagen, Straßenmeisterei		05:19	06:19	07:19	08:19	09:19	10:19	11:19	12:19	13:21	14:19	15:21	16:19	17:19	18:19	19:19	20:19
Hagen, Börsten		05:20	06:20	07:20	08:20	09:20	10:20	11:20	12:20	13:22	14:20	15:22	16:20	17:20	18:20	19:20	20:20
Hagen, Börsten Abzw. Finna		05:21	06:21	07:21	08:21	09:21	10:21	11:21	12:21	13:23	14:21	15:23	16:21	17:21	18:21	19:21	20:21
Dorfhagen, Breden		05:22	06:22	07:22	08:22	09:22	10:22	11:22	12:22	13:24	14:22	15:24	16:22	17:22	18:22	19:22	20:22
Dorfhagen, Zollhaus		05:23	06:23	07:23	08:23	09:23	10:23	11:23	12:23	13:25	14:23	15:25	16:23	17:23	18:23	19:23	20:23
Dorfhagen, Siedlung		05:24	06:24	07:24	08:24	09:24	10:24	11:24	12:24	13:26	14:24	15:26	16:24	17:24	18:24	19:24	20:24
Hoope, Abzw. Wulsbüttel		05:25	06:25	07:25	08:25	09:25	10:25	11:25	12:25	13:27	14:25	15:27	16:25	17:25	18:25	19:25	20:25
Hoope, Pape		05:26	06:26	07:26	08:26	09:26	10:26	11:26	12:26	13:28	14:26	15:28	16:26	17:26	18:26	19:26	20:26
OHZ-Garlstedt, Hasselbrock		05:28	06:28	07:28	08:28	09:28	10:28	11:28	12:28	13:30	14:28	15:30	16:28	17:28	18:28	19:28	20:28
OHZ-Garlstedt, Heidehof		05:29	06:29	07:29	08:29	09:29	10:29	11:29	12:29	13:31	14:29	15:31	16:29	17:29	18:29	19:29	20:29
OHZ-Garlstedt, BW Logistikschule		05:30	06:30	07:30	08:30	09:30	10:30	11:30	12:30	13:32	14:30	15:32	16:30	17:30	18:30	19:30	20:30
OHZ-Garlstedt, Birkenheide		05:31	06:31	07:31	08:31	09:31	10:31	11:31	12:31	13:33	14:31	15:33	16:31	17:31	18:31	19:31	20:31
OHZ-Heilshom, Weißes Haus		05:33	06:33	07:33	08:33	09:33	10:33	11:33	12:33	13:35	14:33	15:35	16:33	17:33	18:33	19:33	20:33
OHZ-Heilshom, Dorfstraße		05:35	06:35	07:35	08:35	09:35	10:35	11:35	12:35	13:37	14:35	15:37	16:35	17:35	18:35	19:35	20:35
OHZ-Heilshom, Brücke		05:37	06:37	07:37	08:37	09:37	10:37	11:37	12:37	13:39	14:37	15:39	16:37	17:37	18:37	19:37	20:37
Ritterh.-Werschenr., Abzw. Werschenrege		05:38	06:38	07:38	08:38	09:38	10:38	11:38	12:38	13:40	14:38	15:40	16:38	17:38	18:38	19:38	20:38
Ritterh.-Stendorf, Feuerwehr		05:39	06:39	07:39	08:39	09:39	10:39	11:39	12:39	13:41	14:39	15:41	16:39	17:39	18:39	19:39	20:39
Ritterh.-Stendorf, Gasth. Walde		05:40	06:40	07:40	08:40	09:40	10:40	11:40	12:40	13:42	14:40	15:42	16:40	17:40	18:40	19:40	20:40
Ritterhude-Ihlpohl, Tankstelle		05:42	06:42	07:42	08:42	09:42	10:42	11:42	12:42	13:44	14:42	15:44	16:42	17:42	18:42	19:42	20:42
Linie S60 nach Bremen, Hbf	ab	05:53	06:53	07:53							14:53	15:53	16:53				
Bremen, Goldbergplatz		05:46	06:46	07:46	08:46	09:46	10:46	11:46	12:46	13:48	14:46	15:48	16:46	17:46	18:46	19:46	20:46
Bremen, Bahnhof Burg	an	05:48	06:48	07:48	08:48	09:48	10:48	11:48	12:48	13:50	14:48	15:50	16:48	17:48	18:48	19:48	20:48



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 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 whole group.



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



Dariia

Originally from Ukraine and based in Germany since 2021, Dariia has worked in the youth and Erasmus+ sector since 2017. Currently an ESC coordinator at NaturKultur e.V., she is thrilled to facilitate this Youth Exchange, blending her professional expertise with a deep passion for art, dance, and theater. A former theater exchange participant and an improv comedy hobbyist, Dariia is eager to foster a supportive, creative environment where participants feel empowered to share their unique stories and voices.



Richard

Richard is an interaction artist – combining film, theater and new technology into mind-opening and heart-warming encounters. Find the big yellow question mark and he will have a question for you.

Richard also runs the 48 Hour Film Project in the Netherlands since 2007 and creates since 2013 every year a collective feature film in 48 days. His newest playfield is full sensory Virtual Reality, sharing the wonders of being human.



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.



Samuel Ponce

Project Manager

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www.naturkultur.eu



Erasmus+