NATURKULTUR e.V.

Manage Stress, Make Progress

Youth Exchange

18th - 27th January 2027
Osterholz-Scharmbeck, Germany

Erasmus+





Activity info

„Manage Stress, Make Progress” is going to be a youth exchange organized in Osterholz-Scharmbeck in Germany, which will include 38 young people and group leaders or carers from 5 different countries; Germany, France, Portugal, Cyprus, and Bulgaria.

Age of participants: 18-30
Country group size: 7 participants + 1 group leader (8 total)
Place: Osterholz-Scharmbeck
Venue: KulturHaus, a youth house
Days of activity: 8 days + 2 travel days
Dates: 18th - 27th January 2027



Partner responsibilities

1. Promote the activity and its results on their website/social media.
2. Select the participants according to the previously agreed number of participants. Participants are youth between 18 and 30 years old. Please consider the gender balance in your group.
3. Prepare participants for international mobility and support them with travel arrangements.
4. Support the participants during all phases of the activity.

Participant profile

AGE

18-30 years old

MOTIVATION

Be motivated to learn about the topic, and to contribute to helping others also learn on the topic by sharing their own experiences.

EXPERIENCE

Participants do not need to have experience of Erasmus+ youth exchanges, or English language skills, they should just me motivated to participate as much as they can

GROUP LEADER

The group leader should ideally have experience in youth exchanges or youth work, and should be able to speak English well enough to communicate the needs of their participants

Activity info and objectives

Due to different pressures, such as trying to find jobs, navigating higher education, comparing themselves to others online, many young people find themselves dealing with high levels of stress, without necessarily having many good methods to regulate their stress.

With this exchange, we want to create a space where young people can take a break from these stresses and have the opportunity to practice different stress regulation techniques, and to discuss about mental wellbeing in general.

1

Create the space for young people to express what causes them stress

2

Give participants the opportunity to share different stress regulation techniques amongst themselves

3

Give participants the opportunity to take part in relaxing activities organised by the facilitators team

4

Open discussions on the topic of personal wellbeing, and talk about what elements of wellbeing are most important to the participants

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 (**18.01.2027**): 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.

3 DEPARTURE DAY (**27.01.2027**): 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.

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:
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.



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..

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 will be shared with the partner organisation.

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 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.

Thank you!

For further questions don’t hesitate to contact us.

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