

# INFO PACK – THE STAGE IS YOURS YOUTH EXCHANGE

25<sup>th</sup> November to 5<sup>th</sup> of December 2019 in Garlstedt, Germany

Dear Participants,

We are very excited that you have decided to be a part of “The Stage is Yours” youth exchange! We look forward to meeting you! This is the second edition of the youth exchange “The stage is ours” that was held in 2018.

This information packet will cover many aspects of the project prior to the exchange. From time table to information about goals and partners, we hope to answer any questions you may have.

Please join our closed Facebook group to share info and get to know your fellow participants.

“The Stage is Yours” Facebook Group: <https://www.facebook.com/groups/2950067005067204/>

Let's get started!

## ABOUT “THE STAGE IS YOURS”

“The Stage is Yours” is the second edition of a youth exchange that provides various creative methods of theatre and film in which will enable participants to address issues of xenophobia, racism and otherness in their home society and increase understanding and inclusion between each other.

The 9-day youth exchange will take place from the 25th of November to 5th of December 2019 in Garlstedt (Bremen), Germany. It will bring together 36 participants from international partner organizations from Greece, Germany, Croatia, and Spain. The participants will include young people with special needs, refugees and non-refugees to bring diverse viewpoints and backgrounds to the project.

“The Stage is Yours” brings youth from different backgrounds, cultures and contexts closer together helping them to express and reflect upon their opinions of migration and cultural diversity. They will gain self-confidence, awareness about what it means to come into a new host society as a refugee, inclusion, and respect for basic human rights. The youth will also learn to use the skills obtained from this exchange to take a more active role in their own society in order to shift the stagnant beliefs inherent about “outsiders” and combat xenophobic ideas.

The workshops will include an introduction to theatre including improvisation, non-verbal expression, character and story development. The week will also introduce theatrical techniques found in Theatre of the Oppressed, Forum theatre, playback theatre and scene building.

There will also be workshops on concepts of xenophobia and racism in society, how and where it transpires discussion about counteracting these ideas in society.

Creative writing will also allow participants a useful tool to structure reflections and thoughts based on the specific topics about home, belonging, exclusion, racism, otherness, etc. This will support the work towards producing a small theatrical play, scene, or short film during the week.

At the conclusion of the exchange, the participants' work will be exhibited in the form of a theatrical and film showcase held at a local refugee center where community members are invited to attend.

The basic elements of the activities are to engage in a non-traditional creative manner using theatre and film to expose various viewpoints and expression about racism how to combat these feelings that permeate in different communities.

# PARTICIPANTS

Participants selected are youths who:

- Are between the age of 18 and 25 (with exception until 30; no age limit for team leaders)
- 9 participants per country plus one group leader
- Active members in society and are committed to initiating change within their local communities
- Are committed to participating in the entire exchange program and contribute to the activities (during and after the exchange).
- Are motivated to be creative and learn
- Interested in learning about theatre, creative writing and short film production
- Are willing to communicate or learn English
- Are willing to bring back whatever learned to their local communities.

## TIMETABLE & ACTIVITIES

This is the general timetable. Please note that this is the working version. The finalized timetable will be available at the beginning of the training and will be given upon arrival.

Time	Day 1-25.11.	Day 2-26.11	Day 3-27.11	Day 4-28.11.	Day 5-29.11.	Day 6-30.11.	Day 7-01.12.	Day 8-02.12.	Day 9-03.12.	Day 10-04.12.	Day 11-5.12.	
08:30-09:30		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
10:00-13:30	Annual	Welcome & Official opening Name Games	Basics of Theatre: Non-Verbal Expression & Movement	Improvisation Theatre	Basics of video and reflection of video content	Creative Writing	Playback theatre	Group work on theatre scenes and short films	Group work on theatre scenes and short films	Q&A, Challenges that might occur	Departure	
		Coffee break										Coffee break
		Rules and security Expectation setting	Societal Pressure on Identity of Youth in Media	Tableau storytelling	Film language. Introduction to a short film format. Basics of editing		Storytelling Theatre	Group work on theatre scenes and short films	Group work on theatre scenes and short films	Future projects		
Lunch		Lunch				Lunch						Lunch
13:30-15:00		Get to know each other Team building games	Ageism, Gender Class and Education Level in Film and Pictures	Introduction to Visual Storytelling	Theatre of the Oppressed	Free Afternoon in Bremen- bus leaves at 13.15	Groups begin project development	Group work on theatre scenes and short films	Prepare scenes and films for presentation	Final evaluation (formal and non formal)		
Coffee break		Coffee break										Coffee break
15:00-18:00		Youthpass information	Ageism, Gender Class and Education Level in Film and Pictures	Introduction to Visual Storytelling	Continued Theatre of the Oppressed: Forum Theatre		Groups develop scene and film projects	Group work on theatre scenes and short films	Prepare scenes and films for presentation	Youthpass ceremony		
18:00-18:30		Meet Reflection Groups				Reflection Groups						Reflection Groups
18:30			Group Leaders Meeting		Group Leaders Meeting		Group Leaders Meeting		Group Leaders Meeting			
20:00		Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner		Dinner
21:00		Free Evening	Welcome Party	Intercultural Evening: Spanish Night	Intercultural Evening: Croatian Night	Intercultural Evening: German Night	Movie Night	Intercultural Evening: Greek Night	Open Stage	Presentation of Scenes and Films		Farewell Party

## ACCOMMODATION & VENUE



This youth exchange will be hosted at a community group house “Kulturhaus” in a small town called Garlstedt/Osterholz- Scharmbeck near the city of Bremen, Germany. The accommodation will be simple, something like a youth hostel. Participants will be sharing rooms with 2-4 people from same gender but different nationalities. Most of the rooms have private bathrooms, or bathroom will be shared with another room. There will be **limited internet**, as when many people connect at the same time it usually crashes.

The setting will allow participants from different nationalities to intermingle, stay together and get to know each other more intimately which will positively affect the group energy and group dynamics.

We have chosen this venue in particular because of few reasons:

- **It is almost in a middle of nowhere.** Cafes, discos, restaurants and supermarkets are not that close. It is important for us the group to stay together all the time, so we will all get to know each other very well. Since you are all fresh trainers/workers or going to be working with drama, it is important for the group energy and group dynamics.

- There will be extremely limited **internet**. Please make sure that you turn your automatic email replies on, you inform your teachers and colleagues for the lack of internet.

- We have hired our **own cooking and logistics team** so they would prepare meals for us, we can tell them the things that we want to eat, but also that nice and healthy food will be done for the people with food preferences – vegetarians, no pork and so on. Please note that we cannot provide vegan, HALAL or fruitarian food. We are not staying at a hotel, so don't expect hotel environment. If you have any concerns about your diet, please contact us.

- **Everything will be up to us**, meaning that everyone should help with something. Either is setting up the dining tables in order, loading or unloading the dishwasher, or helping with the workshops places, or setting up the fireplace, or bringing wood for the fireplace, or just not littering and making a mess in the house.

## What to bring

- **Shoes for inside.** Since we would be staying inside most of the time, and it's a really large house, you would need shoes for inside (slippers or clean shoes) the house. There is a policy of no "normal" shoes inside from the owners. It also helps us keep the place clean during our time there.
- **Thick socks.** As we will be doing a lot of exercising on the floor, it is convenient to do it in thick socks so you can move freely but wouldn't get cold feet.
- **A towel**
- **We would have first aid kit with us.** But please make sure that you take any medication that you need (such as headache painkillers or plasters). There will be list of emergency doctors' offices available for consultation when needed (so please make sure that you have insurance or that your national insurance card covers Germany)
- **Rain jacket**
- **Winter jacket**
- **Warm clothes:** Make sure that you bring warm and comfortable clothes. We are in North Germany close to the coast and it is cold and windy. The temperature in the time of the project should be between -5 and 10 degrees Celsius. We might also have outdoor activities, where some simulations will be held outside, so make sure that you bring warm clothes for longer time.

## ARRIVAL & DEPARTURE

**It is not allowed to come one day later or to leave one day before the designated dates. We can only reimburse tickets that are on/before 25 of November and on/after 5<sup>th</sup> of December 2019.**

Your task is to get to OHZ Garlstedt BW Logistikschule on 25th of November. There is a direct Bus from Bremen Central station with number 660, which leaves once per hour until 19.00. The venue is 0,7km away from the bus station. At the station someone will be waiting to pick you up. Please **send us a message on mobile phone: +4917620522413 when you know your exact time of arrival.** A detailed timetable of the bus and how to walk from the bus station to the venue will be uploaded in the facebook group a few days before arrival.

According to the rules from NA in Germany, it is acceptable to come/leave up to 4 days prior or after the project (but not more than 7 days in total!). Every flight that is more than this time limit would not be accepted by NA, and therefore we cannot reimburse it. However, when you want you can use these 7 days to travel around the region. Bremen, Berlin, Hamburg and Hannover are really beautiful cities that are worth seeing.

Please note that we are not responsible for your travels before or after the project, so all costs for accommodation, food and travelling are going to be on your own expense.

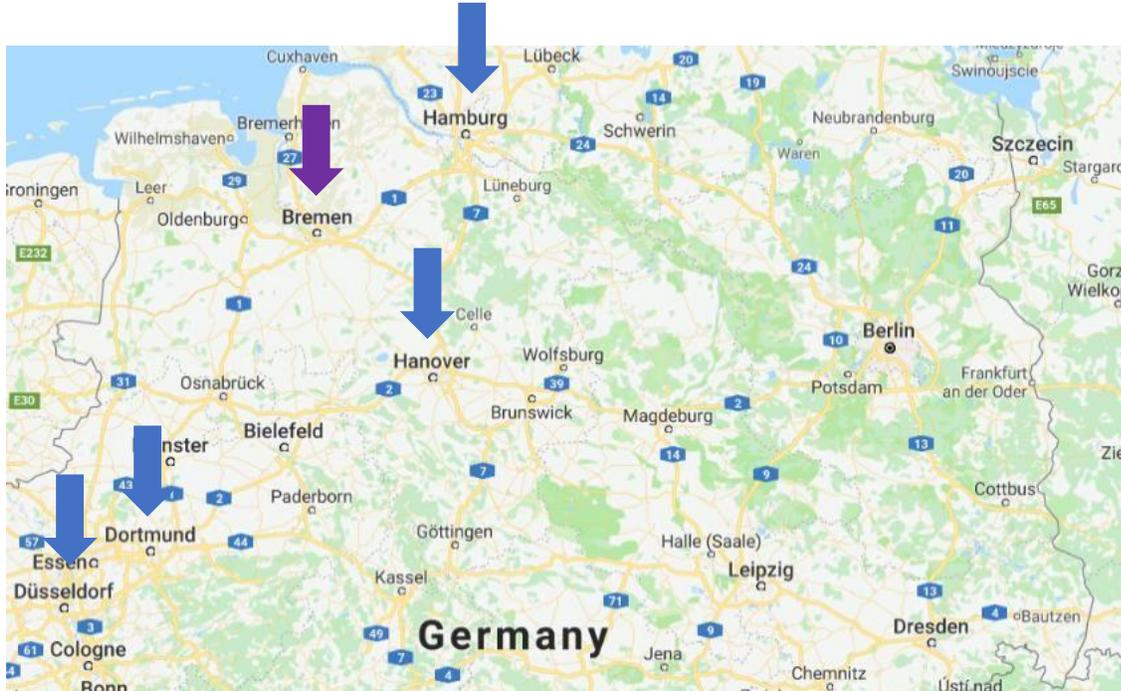
### **Flight Information and Airports**

**Before booking your travel arrangements, you have to send it to us** to have them pre-approved. Only approved flights and routes will be reimbursed. This means that you have to send us screenshot of your intended booking of flight. Within 24h we will reply you with confirmation that you can proceed with your booking or that you have to do some changes.

You can fly to Bremen, Hamburg, Hannover, Berlin, Frankfurt or Dortmund. Wizzair and Ryanair are flying from many destinations to Dortmund, Berlin, Bremen and Hamburg.

### **Commercial Airlines**

www.skyscanner.com and www.ebookers.com are good online engines – when you book early.



## Trains and Busses

When you arrive at the airport, you need to take a train and/or bus to get to the venue. If you arrive in Hamburg or Hannover Airport, you can buy a “Niedersachsenticket” for up to 5 people and it is valid from the airport until BW Logistikschule.

If you arrive in Bremen Airport, you simply buy your ticket in the tram in front of the airport

If you arrive at any other airport, you need to book your train ([www.bahn.de](http://www.bahn.de)) or bus ([www.flixbus.de](http://www.flixbus.de)) beforehand, as the tickets are expensive when you buy them on the same day. When you book a train, you can book it until the destination “BW Logistikschule Garlstedt”, when you book a bus you book it until Bremen Central Station and then you change the bus there.

If you have any questions or problems during your trip, send us an email or call us.

## FINANCIAL CONDITIONS

Travel costs and accommodation are 100% covered by the program WE will cover your travel costs, according to the European Commission travel reimbursement to a maximum per country of:

**-Spain: 275€**

**-Germany: 180€**

**-Croatia: 275€**

**-Greece: 275€**

Travel costs will be reimbursed according to the distance bands allowances from Erasmus+. You need to calculate how much the distance from your residence place to Garlstedt, Germany is:

[http://ec.europa.eu/programmes/erasmus-plus/tools/distance\\_en.htm](http://ec.europa.eu/programmes/erasmus-plus/tools/distance_en.htm)

100 - 500km: 180€,  
500 - 2000km: 275€,

\*If you cannot provide your original tickets, receipts, insurance and invoices clearly stating the travel agency, your name and the exact costs of the tickets, we will not be able to reimburse you.

Make sure you:

- keep all receipts with prices (bus tickets, train tickets, travel agency reservations, electronic flight ticket, etc.

- keep all flight boarding passes (outward and return).

The amount of money allowed doesn't mean that you should spend it all, but that this is the maximum that can be reimbursed. Please remember that Erasmus + is a co-financing program which means that the participants should cover the rest of the costs should they exceed the specified amount, cover part of the insurance etc.

**The 100% of travel costs reimbursements up to the maximum amount are going to be made after the project. So please keep all your original tickets** and boarding passes since it is not possible to reimburse tickets that were lost or misplaced. Each participant needs to send all tickets and boarding passes after the project with description of every ticket to the following address: **Svenja Oltmanns, Kirchbachstr 212, 28211 Bremen, Germany**. Please print all your tickets (booking confirmation, train tickets, boarding passes, etc) and send them together in **one envelope** as then it will be faster to do the reimbursement. Receiving tickets by email will only slow down the process of reimbursement by our accountant. We do not accept booking of flights and train tickets with travel agents.

Every participant is supposed to book their tickets not later than 25th of October.

Travel cost will be reimbursed 7 days after receiving all documents from the participants, including:

- Boarding passes, flight bookings, train tickets etc. as proof of travel.
- Proof of travel health insurance, if you had to buy it, that will be reimbursed after the project.
- Dissemination of the project which includes an article, blog or short report.

**Please print out all documents** and send them to us- receiving emails with bills only slows down the process of reimbursement.

**Accommodation, food and all materials are for free. There is no participation fee.**

#### **Insurance**

**Every participant should have valid health insurance for Germany during your stay on the project.** This means that when you don't have your own insurance, the organizer doesn't bear any responsibilities towards the participants. Health insurance for the project will be covered for all participants, so everyone is required to have health insurance during the project dates or their European Health Card (for EU citizens only). We can reimburse the insurance only up to 20€ per participant. Check with your health insurance if it is valid in Germany.

We highly recommend to book cancellation insurance. This insurance is in case you miss your flight, you get ill or someone in your family gets ill or injured, and you cannot participate on the training because the program doesn't cover the costs when the participant doesn't arrive to the venue and participate in the program. This insurance cannot be covered by the program. So, if for any reasons you cannot participate in the youth exchange, we cannot reimburse your travel costs.

#### **ATM & cash**

In Germany all major credit and debit cards are accepted. However, in the bus to the venue and at the venue no cards are accepted so make sure that you have some cash with you when you need something from the shop or some drinks.

## **HOSTING & PARTNER ORGANIZATIONS**

- NaturKultur e.V. Germany
- Project Kieu Spain
- HYP-Greece
- Ocean Znanja Croatia

# TRAINING TEAM

We are proud to present the core trainers and organizers team that is going to be responsible for the agenda delivery.

## BRANIMIR SUK



He is working as the EVS coordinator in NaturKultur e.V. Early 2015 he cofounded the organisation Ocean Znanja and since then started working on youth mobility projects, writing applications and delivering workshops. Since 2016 he started working with NaturKultur and worked as the logistic support and cook on NaturKultur projects for 2 years.

He is passionate about capoeira and youthwork and also likes to cook and prepare food. Branimir finished his bachelor in German and Ukrainian language studies and his master in Ethnology and Cultural anthropology on Faculty of Humanities and social sciences of the university of Zagreb. He will be helping with logistic support, cooking and delivery of 2 workshops.

## SVENJA OLTMANN

She is the founder and President of NaturKultur association and by now she organized/ trained/ facilitated more than 30 different youth exchanges and training courses within ERASMUS+ and “Youth in Action” as well as through other institutions.

She has a diploma in drama education and theatre in social context and also studied dramaturgy and acting at FDU Skopje. She has worked on many intercultural theatre projects in India, US and all over Europe. In German she is working in social inclusion theatre groups with youth from marginalized groups and rural areas as well as with people with disabilities for different regional NGOs. Her main focus is on making drama a tool of expression and to discover new things about the world and yourself and especially for education.

Theater is her big love and she is playing in different groups and theatres since her childhood.



## **CECELIA MARSHALL**



Cecelia Marshall graduated with both a journalism and international studies degree from the University of Arizona and moved to Cambodia in 2013 where she worked as a reporter for three years before beginning her masters degree in Migration and Intercultural Relations. In her masters, she specialized in Applied Theatre with youth refugees and has given talks on the subject at various conferences around Europe.

Her passion for theatre has taken her around the world where she has worked with various groups throughout the world training them in theatre, film, and performance as well as directing productions in schools and theatre groups.

In Germany, she now works with migrants and refugees, primarily youth, in theatre and providing creative performance art as a mechanism for voice, empowerment, and community building.

## **Andrei Matalyha**

Andrei is currently responsible for creating photo and video content for NaturKultur e.V., such as documentaries, tutorials, and project after-movies. Andrei graduated from Baltic Film School and worked in professional film sets in a variety of commercials and corporate videos. He excels at directing, camera work and video editing.



# OTHER USEFUL INFORMATION

## YOUTHPASS

Each participant will receive a Youthpass certificate after the project as a proof of attendance and it can be filled individually with which skills you have learned during the project. More information you will get during the TC. Please bring a text from a newspaper, magazine, novel or drama that you would like to use to work with that can be political, cultural or interesting for youth.

## ERASMUS+

This project is financed by the ERASMUS+ program which is funded by the European Commission. Further information you can find here: <https://euroaltea.eu/projectes-europeus/erasmus-youth-in-action/?lang=en>

For further questions don't hesitate to contact us!

Looking forward to meeting you soon!  
Your NaturKultur e.V. Team

Svenja, Branimir, Cecelia, Andrei

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