

# The Stage is Ours

22<sup>nd</sup> September – 2<sup>nd</sup> October 2018, Osterholz-Scharmbeck,  
Germany

## Info Pack



Erasmus+ Youth  
Key Action: Mobility for Young People  
Youth Exchange

Dear Participants,

NaturKultur e.V. is very happy to invite you to the youth exchange “The stage is ours” from 22<sup>nd</sup> of September to 2<sup>nd</sup> of October in Garlstedt/Bremen, Germany.

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 Ours” Facebook Group:  
<https://www.facebook.com/groups/1380527522092014/>

Let's get started!



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# **ABOUT “THE STAGE IS OURS”**

“The Stage is Ours” is 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 the 22nd of September to 2nd of October 2018 in Osterholz-Scharmbeck, Germany. It will be 35 participants from international partner organizations from Greece, Germany, Croatia, Spain, and Slovakia.** The participants will include refugees and non-refugees to bring diverse viewpoints and backgrounds to the project.

“The Stage is Ours” 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.

# OBJECTIVES & GOALS

To live in a healthy, sustainable, and open society, citizens should feel safe, free and respected, no matter their race, religion, ethnicity, culture or background. Separation, antagonism and barriers to “outsiders” inhibits community members from their full potential to contributing to build a favorable and valuable society.

Our objective is to equip young people with the necessary tools to identify negative dissenting opinions of outsiders and refugees and to counteract them in their own community. We hope that by doing so, positive change will be created and sustained so there is less opposition and oppression of people in European communities based on their race, religion, culture and background.

With this project, we are seeking to address the xenophobic and racism relations that are still apparent in European society and how best to resist them. Our objectives in this project link specifically to the Erasmus + program’s goals of capacity-building projects in the field of youth which will promote cooperative activities which create positive impacts and recognition of non-formal education.

Our project also allows the mobility for young people and youth workers to interact with individuals from different countries. We also are addressing the capacity of youth through creative mechanisms to change this discourse and create an efficient and effective community that accepts different individuals. And especially, our project promotes equity and inclusion by opening the exchange to refugee and non-refugee participants, facilitating participation from those of disadvantaged backgrounds that may be based on cultural and social differences.

# PARTICIPANTS

The group will consist of 6 participants per country plus one group leader. **So in total each country group is 7 people.**

Participants selected are youths who:

- Are between the age of 18 and 26 (no age limit for team leaders)
- 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
- Can work and communicate in English
- Are willing to bring back whatever learned to their local communities.

# TIMETABLE

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	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11
9:00											
9:30		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
10:00	Welcome & Official opening		Basics of Theatre: Non-Verbal Expression & Movement	Improvisation Theatre	Migration, Xenophobia and Ostracization in Film and Pictures	Introduction to Short Film Creation					
10:30	Name Games										
11:00	Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	Coffee break					
11:30											
12:00	Rules and security										
12:30											
13:00	Expectation setting	Character & Scene Development	Improvisation Theatre	Analyzing Film & Pictures in Modern Society	Story telling via film						
13:30-15:30	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch packages	Lunch	Lunch	Lunch	
15:30	Get to know each other	Migration, Refugees, and Xenophobia in Theatre	Theatre of the Oppressed: Forum Theatre	Creative writing and Short Film Creation	Short Film Workshop on Smartphones						
16:00	Team building games										
16:30	Coffee break	Coffee break	Coffee break	Coffee break	Coffee break						
17:00											
17:30	Youthpass information	Group Scene Sharing	Forum Theatre Shares	Small groups short film production	Present short films from groups						
18:00											
18:30	Meet Reflection Groups	Reflection Groups	Reflection Groups	Reflection Groups	Reflection Groups						
19:00											
19:30											
20:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
20:30	Welcome party	Intercultural Evening	Intercultural Evening	Movie night	Intercultural Evening	Intercultural Evening	Intercultural Evening	Intercultural Evening	Intercultural Evening	Intercultural Evening	Intercultural Evening and Party
21:00											

# ACCOMMODATION & VENUE



This youth exchange will be hosted at a community group house “Kulturhaus” in a small town called Garstedt/ 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.

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 **limited internet.** Get ready for this. The connection in the house isn't very good. Mobile internet has a connection outside of the house.
- We will be the **only group in the house.** It was important to us not to be bothered with other groups and other timetables and rules, so that is why we decided to come here where we would be alone. We will do workshops, make party, national evenings, cook and eat together, and make sure that the door is locked at night. We'll make the rules together and respect the rules that we make.
- 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.
- **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**
- **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 22nd of September and on/after 2nd of October 2018.**

**Your task is to get to OHZ Garstedt BW Logistikschule on 22nd of September.**

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. Next to the bus station you can find a small path that is going through the fields towards the village.

Here is the bus timetable:



**660**      Bremen → Bremen-Burg → Garstedt → Hagen

Verkehrsverbund Bremen/Niedersachsen (VBN), Tel.: 0421 / 59 60 59  
Weser-Ems-Bus, Niederlassung Oldenburg

Verkehrsbeschränkungen Hinweise	Montag - Freitag								Samstag				Sonn- und Feiertag			
	1660 001	1660 003	1660 005	1660 007	1660 009	1660 011	1660 013		1660 015	1660 017	1660 019	1660 021		1660 023	1660 025	1660 027
<b>Bremen, Hauptbahnhof Ⓜ J</b>	<b>6.45</b>	<b>9.00</b>	<b>12.15</b>	<b>14.30</b>	<b>16.35</b>	<b>17.35</b>	<b>19.00</b>		<b>7.25</b>	<b>9.35</b>	<b>14.20</b>	<b>18.45</b>		<b>9.50</b>	<b>14.20</b>	<b>18.45</b>
Bremen, Gröpelingen	7.01	9.16	12.31	14.46	16.53	17.53	19.16		7.41	9.51	14.36	19.01		10.06	14.36	19.01
Bremen, Mittelsb. Landstraße	7.06	9.21	12.36	14.51	17.01	18.01	19.21		7.46	9.56	14.41	19.06		10.11	14.41	19.06
Bremen, Bahnhof Burg Ⓜ 4	7.11	9.26	12.41	14.56	17.06	18.06	19.26		7.51	10.01	14.46	19.11		10.16	14.46	19.11
Bremen, Goldbergplatz	7.14	9.29	12.44	14.59	17.07	18.07	19.29		7.54	10.04	14.49	19.14		10.19	14.49	19.14
Ritterhude-Ihlpohl, Tankstelle	7.18	9.33	12.48	15.03	17.13	18.13	19.33		7.58	10.08	14.53	19.18		10.23	14.53	19.18
Ritterh.-Stendorf, Gasth. Walde	7.20	9.35	12.50	15.05	17.14	18.14	19.35		8.00	10.10	14.55	19.20		10.25	14.55	19.20
Ritterh.-Stendorf, Feuerwehr	7.21	9.36	12.51	15.06	17.15	18.15	19.36		8.01	10.11	14.56	19.21		10.26	14.56	19.21
Ritterh.-Werschenr., Abzw. Werschenrege	7.22	9.37	12.52	15.07	17.16	18.16	19.37		8.02	10.12	14.57	19.22		10.27	14.57	19.22
OHZ-Heilhorn, Brücke	7.23	9.38	12.53	15.08	17.18	18.18	19.38		8.03	10.13	14.58	19.23		10.28	14.58	19.23
OHZ-Heilhorn, Dorfstraße	7.25	9.40	12.55	15.10	17.19	18.19	19.40		8.05	10.15	15.00	19.25		10.30	15.00	19.25
OHZ-Heilhorn, Weißes Haus	7.27	9.42	12.57	15.12	17.20	18.20	19.42		8.07	10.17	15.02	19.27		10.32	15.02	19.27
OHZ-Garstedt, Birkenheide	7.29	9.44	12.59	15.14	17.21	18.21	19.44		8.09	10.19	15.04	19.29		10.34	15.04	19.29
<b>OHZ-Garstedt, BW Logistikschule</b>	<b>7.30</b>	<b>9.45</b>	<b>13.00</b>	<b>15.15</b>	<b>17.22</b>	<b>18.22</b>	<b>19.45</b>		<b>8.10</b>	<b>10.20</b>	<b>15.05</b>	<b>19.30</b>		<b>10.35</b>	<b>15.05</b>	<b>19.30</b>
OHZ-Garstedt, Heidehof	7.31	9.46	13.01	15.16	17.23	18.23	19.46		8.11	10.21	15.06	19.31		10.36	15.06	19.31
OHZ-Garstedt, Hasselbrook	7.32	9.47	13.02	15.17	17.24	18.24	19.47		8.12	10.22	15.07	19.32		10.37	15.07	19.32
Hoope, Pape	7.34	9.49	13.04	15.19	17.26	18.26	19.49		8.14	10.24	15.09	19.34		10.39	15.09	19.34
Hoope, Abzw. Wulsbüttel	7.35	9.50	13.05	15.20	17.27	18.27	19.50		8.15	10.25	15.10	19.35		10.40	15.10	19.35
Dorfhagen, Siedlung	7.37	9.52	13.07	15.22	17.28	18.28	19.52		8.17	10.27	15.12	19.37		10.42	15.12	19.37
Dorfhagen, Zollhaus	7.38	9.53	13.08	15.23	17.29	18.29	19.53		8.18	10.28	15.13	19.38		10.43	15.13	19.38
Dorfhagen, Breden	7.39	9.54	13.09	15.24	17.30	18.30	19.54		8.19	10.29	15.14	19.39		10.44	15.14	19.39
Hagen, Börsten Abzw. Finna	7.40	9.55	13.10	15.25	17.31	18.31	19.55		8.20	10.30	15.15	19.40		10.45	15.15	19.40
Hagen, Börsten	7.41	9.56	13.11	15.26	17.32	18.32	19.56		8.21	10.31	15.16	19.41		10.46	15.16	19.41
Hagen, Döhrweg	7.43	9.58	13.13	15.28	17.33	18.33	19.58		8.23	10.33	15.18	19.43		10.48	15.18	19.43
<b>Hagen, Schulzentrum Ⓜ 2</b>	<b>7.45</b>	<b>10.00</b>	<b>13.15</b>	<b>15.30</b>	<b>17.35</b>	<b>18.35</b>	<b>20.00</b>		<b>8.25</b>	<b>10.35</b>	<b>15.20</b>	<b>19.45</b>		<b>10.50</b>	<b>15.20</b>	<b>19.45</b>

If you cant catch the last bus at 18.45, please take a train from the train station which is just next to the bus station and go to Osterholz Scharbeck (there is a train every 30 minutes until midnight) and send us a message to +4915202911880 so someone can pick you up from the train station.

According to the rules from NA in Germany, is it 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

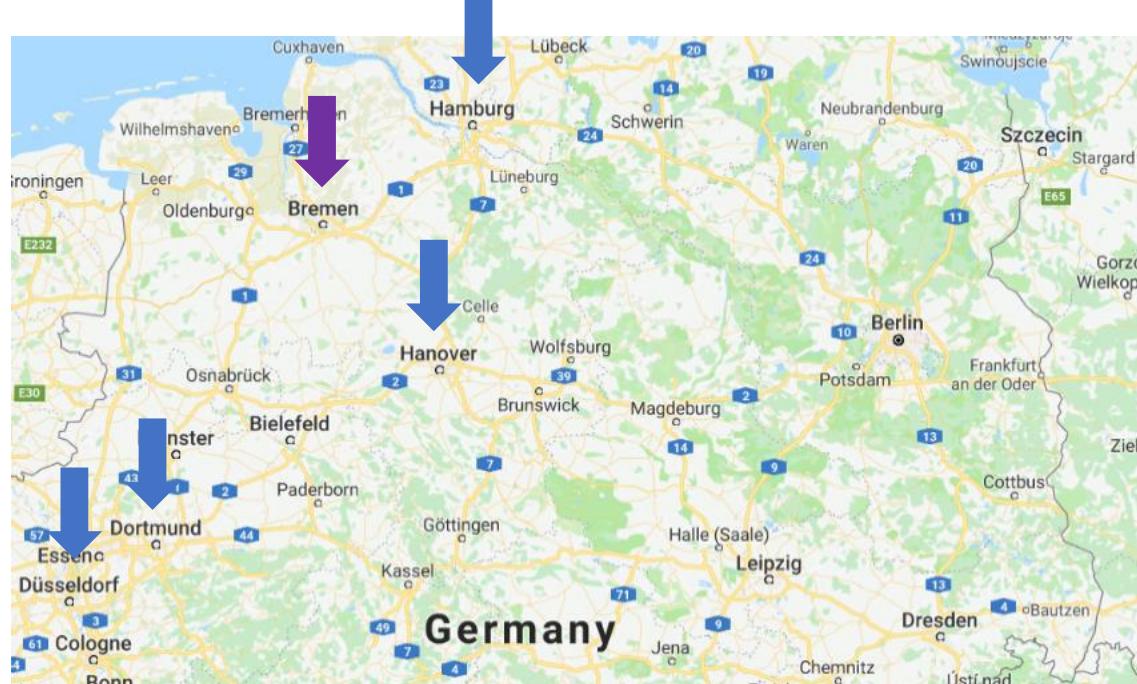
**Before booking your travel arrangements, you have to send it to us** to have them pre-approved. Only approved flights and routes will be reimbursed. This means that you have to send us screenshot of your intended booking of flight. Within 24h we will reply you with confirmation that you can proceed 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](http://www.skyscanner.com) and [www.ebookers.com](http://www.ebookers.com) are good online engines – when you book early.

## Trains



# FINANCIAL CONDITIONS

Travel costs and accommodation are co100% 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€
- Slovakia:** 275€
- Latvia:** 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/Osterholz Scharmbek, 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 passed after the project with description of every ticket to the following address

NaturKultur e.V  
Drosselweg 1a  
26215 Wiefelstede

**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. In extraordinary situation when booking yourself is not possible, travel agent booking can be allowed with sending us 2 other offers from other travel agents to compare the prices, upon which we can allow the booking.

Every participant is supposed to book their tickets not later than 10<sup>th</sup> of September.

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 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 a participation fee of 20 Euros. This participation fee will be deducted from your travel costs reimbursement.

## **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. That is why every participant should timely purchase their own insurance. 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 cancelation 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 exchange, we cannot reimburse your travel costs.

# 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 an EVS volunteer working in NaturKultur e.V. Early 2015 he founded 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 OLTMANNS



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 from the University of Applied Sciences in Ottersberg 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. Still performing in improv groups, she also focuses on dance as a way of expression and intercultural communication. She is also an active Europeer and working for international Europeer TCs in Germany and Norway.

## **CECELIA MARSHALL**



Cecelia Marshall graduated with both a journalism and internationals 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.

# FURTHER INFORMATION

For further questions don't hesitate to contact us!

Looking forward to meeting you soon!

Your NaturKultur e.V. Team

Svenja, Branimir, Cecelia

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[www.naturkultur.eu](http://www.naturkultur.eu)

<https://www.facebook.com/naturkulturgermany>



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