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“Be The Change” is going to be a youth exchange organized in Osterholz-Scharmbeck in Germany which will include 36 young people and 7 group leaders from 6 different countries: Spain, Croatia, Lithuania, Greece, Turkey and Germany.

**Countries:** 6 countries

**Age of participants:** 18-30 (group leaders 18+)

**Country group size:** 6 participants + 1 group leader

**Place:** Osterholz-Scharmbeck, Lower Saxony, Germany

**Venue:** A group house, youth center

**Days of activity:** 10 activity days (including traveling days)

**Time:** 03<sup>rd</sup> of March - 12<sup>th</sup> of March 2020.

#### [Short info about the exchange:](#)

The idea for this project came during one team building organized by Naturkultur in February 2019. Some youngsters that came to team building were talking how they want to become more active on local level and they were very interested to hear about Solidarity projects and opportunities that it gives to youth. After researching more about the concept, they decided to write a project that will help youth from different countries to become more active on local level and to get tools and learn ways how to put their ideas into reality. Youngsters writing the project see ESC Solidarity Projects as a perfect way that can give much needed push at the beginning and help youth to make sustainable local actions and projects.

The main objective of the project is

1. Promoting youth activism and the spirit of solidarity among youth in Europe

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Other objectives we plan to achieve with this project are:

2. Promoting intercultural understanding and empathy among youth
3. Sharing good practices of youth activism in our communities and empowering each other to become more active
4. Sharing the knowledge about the European Solidarity Corps with the focus on Solidarity Projects
5. Writing 6 Solidarity Projects during and after the exchange that will be applied in 6 different countries in February or April 2020. deadline
6. Making a safe environment for participants to share our experience, ideas and culture
7. Raising importance of active citizenship and belonging to European community
8. Nurturing intercultural exchange, tolerance and solidarity

### Participant profile:

The youngsters should come from the local community of the partner organization because they will need together to apply ESC Solidarity project after this exchange.

There will be 6 participants and one group leader from each partner organization. Participants will be between the ages of 18 and 30 years old, and the leader should be 18+ with a stable link to the sending organization and an active role in it, preferably a youth worker or at least an experienced member. Participants don't need to have a good knowledge in English, they just need a great willingness to be a part of a multi-cultural group.

Previous experience in Erasmus+ is not required but participants should show initiative for learning new nonformal methods, working with other young people.

All partners should do their best to create gender balanced teams (4+3 including group leaders)

### Preparation pack:

After the selection of all participants, we will send you the preparation pack in which you will have more info about the venue, workshops, your tasks and Germany.

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### The venue :



We will be accommodated in a youth center/group house in Osterholz-Scharmbeck, close to the city of Bremen, Germany.

The accommodation will be simple. Participants will be sharing rooms with 4-6 people from same gender but different nationalities. Some of the rooms are with private and some with shared bathrooms.

You can find more information and photos about the venue here:

<https://kulturgruppenhaus.de/en/new-home-2/>  
<https://www.facebook.com/KulturGruppenHaus/>

### Travel to Germany and other important info:

It is not allowed to come to the venue of the exchange one day later or to leave one day before the designated dates. We can only reimburse tickets that are on/before 03rd of March and on/after 12th of March 2020.

According to the rules from the National Agency in Germany, it is acceptable to come to Germany maximum 4 days before the exchange and to stay in Germany maximum 4 days after the mobility (but not more than 7 days in total!).

Don't throw any ticket or boarding pass. You will need to send all of them after the mobility. If you lose any of the tickets or boarding passes, we won't be able to reimburse you for them.

On Erasmus+ projects, there is maximum amount that can be reimbursed for the travel of participants, according to the distance from your country to the city where the project is being organized. If your tickets cost more than that amount, you are responsible for covering the difference as Erasmus+ is co-financing program.

Maximum travel costs per participants are:

**Greece, Turkey** = 360 €  
**Lithuania, Croatia, Spain** = 275 €  
**Germany** = 180 €

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To know your exact travel costs, you need to check the **distance calculator** that you can find on this link: [https://ec.europa.eu/programmes/erasmus-plus/resources/distance-calculator\\_en](https://ec.europa.eu/programmes/erasmus-plus/resources/distance-calculator_en)

After opening the distance calculator, you need to check what is the distance between the place where you live and Osterholz-Scharmbeck where we will stay during the project.

Here are the maximum travel costs for the projects in Erasmus+, according to the distance:

Amount
For travel distances between 10 and 99KM: 20 EUR per participant
For travel distances between 100 and 499 KM: 180 EUR per participant
For travel distances between 500 and 1999 KM: 275 EUR per participant
For travel distances between 2000 and 2999 KM: 360 EUR per participant
For travel distances between 3000 and 3999 KM: 530 EUR per participant
For travel distances between 4000 and 7999 KM: 820 EUR per participant
For travel distances of 8000 KM or more: 1500 EUR per participant

### **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 very useful for you whenever you travel outside of your country. Participants coming from outside of EU should acquire travel insurance. NaturKultur can cover your costs for insurance up to 15 euros so please take that in mind while purchasing insurance.

In the attachment we are sending you a document in which all the rules regarding the travel to our projects are explained in details (first page of the document). Please read it carefully and contact us in case you will have any question.

We are also sending in the attachment **Confirmation of Participation**. Read this document and apply only if you agree to everything written in it. On the first day of the exchange, every participant will need to sign this document.

For further questions don't hesitate to contact us. See you soon! ☺

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