



# INFO PACK



Co-funded by the  
Erasmus+ Programme  
of the European Union

**Training course:**



**From Inclusion to Leadership:  
Empowering Marginalized Youth**

**24.10-02.11.2025 Hemmersheim, Germany**



**Organized by:**



**In partnership with:**



# Who are we?



Association Brezn e.V. is created to serve as a learning group that gathers people with different backgrounds and professions such as: young people, youth and sport workers, entrepreneurs, experts in different topics, migrants, refugees and of course many young people in general. Our aim is to be actively involved in the creation of healthy, educated and active German and European society.

The purpose of the association is cooperation with various educational institutions, organizations and companies to improve the standard of living and quality of life of the citizens. Introduction of regulations and strategies for the sustainable use of the capacities of local communities and municipalities.

Establishing contact and cooperation with young people, associations and networks of organizations at home and abroad to promote the development of citizens, with a special focus on marginalized and underdeveloped countries, improving living conditions and realizing guaranteed human rights.

Conducting events and activities for young people and charity. Promotion of sport as a means of maintaining health and as an opportunity for young people in particular to test and improve their performance.

The purpose of the Organization is achieved in particular through:

- Implementation of youth events and measures, especially educational events,
- Organizing and participating in sports-related and interdisciplinary sports and club events,
  - Conducting sport and other events for charitable purposes.

## **Contact details:**

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# About the project:



## Project Summary:

“From Inclusion to Leadership: Empowering Marginalized Youth” is a youth-focused initiative that uses the transformative power of inclusive sports to foster social inclusion, develop leadership skills, and promote intercultural understanding. Through adaptive and mixed-gender sports like basketball, the project aims to break down barriers faced by marginalized youth—including those with disabilities, from minority groups, and economically disadvantaged backgrounds. Rooted in youth work principles, the project provides a supportive environment where young people can build empathy, teamwork, and confidence, while also gaining organizational and civic skills. Cross-cultural collaboration between youth from Germany, Spain, Serbia, Cyprus, and Slovenia enhances intercultural dialogue and challenges stereotypes. Gender equality and environmental sustainability are promoted through hands-on, values-based sports activities. Throughout the program, youth workers play a central role in guiding reflection, facilitating non-formal learning, and encouraging personal growth. By combining inclusive sports with strong youth work practices, the project empowers young people to become active citizens and leaders of social change in their communities.



# Participants:

We plan to implement a training course in Germany, bringing together 28 participants from Germany, Spain, Serbia, Slovenia, and Cyprus. Each national team will consist of one senior group leader (must be at least 18 years old) and participants (aged 18–30). For any exceptions, please get approval from organizer. This project is specifically designed for aspiring youth workers who are motivated to work with young people, especially those with fewer opportunities. We are looking for individuals who bring the following qualities and capacities:

- ◆ **Commitment:** Participants should show a genuine interest in engaging with youth work and contributing actively throughout the project.
  - ◆ **Dedication to Inclusion:** A strong motivation to support and work with marginalized youth is essential, as the project's core aim is to promote social inclusion.
  - ◆ **Sports & Physical Activity Knowledge:** Participants should have a basic understanding of sports-based learning and be open to using physical activities as tools for non-formal education.
  - ◆ **Willingness to Learn and Apply:** Participants must be eager to implement the skills and knowledge acquired during the training in their local contexts. The goal is to develop new non-formal educational methods that increase participation and inclusion.
  - ◆ **Team Spirit & Responsibility:** As this is a group-led initiative, all participants will be expected to contribute to daily tasks such as food preparation, logistics, and event organization, fostering a cooperative and community-driven atmosphere.
  - ◆ **English Language Proficiency:** Since English is the working language of the project, all participants must be able to communicate effectively to ensure smooth collaboration and full participation.
- 🔊 **Important Note:** To ensure a successful experience for everyone, we will conduct individual interviews with all potential participants to confirm their English proficiency and overall readiness to engage in the training.

This training course is more than just an educational event—it is a collaborative journey where youth workers will build tools, share practices, and empower each other to use sport as a powerful means of inclusion and leadership development.

## How to apply:

# Partners:

Organization:	Country:	Number of Participants:
Brezn e.V.	Germany	7
Moufflons	Cyprus	6
MC Bit	Slovenia	5
Trieskec	Serbia	5
Fundacio Champagnat	Spain	5





# Schedule and topics:

- Day 1: Icebreaker games and team-building exercises
- Day 2: Trust-building activities through obstacle courses
- Day 3: Problem-solving workshops using sports scenarios
- Day 4: Sports strategy and tactics – developing team play
- Day 5: Leadership challenges – managing sports teams
- Day 6: Planning inclusive sports events
- Day 7: Final tournament and community event
- Day 8: Evaluation, Youthpass ceremony, and departure





# The Location:



Discover the Charming Village of Hemmersheim, Germany

Hemmersheim's natural beauty is surrounded by Franconian landscapes, including river valleys, small woods, and open fields. Exploring the area is a must, with opportunities for walks, bike rides or hikes. The Tauber Valley, Main Valley, Steigerwald, and near-natural river valleys are all in close proximity, waiting to be explored.

Located in the heart of Franconia, Hemmersheim is a typical street village with a rich cultural heritage. The village is a listed building and boasts over 200-year-old half-timbered houses. These historic buildings provide each room with its own flair, thanks to the exposed half-timbered houses.



# The Venue:

Lindenhof  Hemmersheim

We are a family run farm. For our daily work and larger projects, we lump all our creative ideas together and combine our strengths and our know-how, because together ideas can be put into practice so much better. We are supported by our volunteers and volunteers of the association.



In our apartments you can watch the farm trees - apple, pear, walnut, apricot, almond, beech and of course linden trees - grow, bloom and bear fruit and listen to the cheerful chirping birds singing. Come at the right time of year, delight the trees with rain of flowers, delicious fruit or falling nuts...

In our fields, we want to show what soil-building, biodiversity-promoting and carbon-storing agriculture can look like. Fruit trees, hedges and flowering meadows are to be found around all our fields and also in the field (agroforestry).

The nearby forests invite you to the most beautiful walks or hikes at any time of the year. It is especially beautiful in spring, when bush anemones give way to wild garlic and the first leaves dance on the trees. It is not uncommon to see deer or hares scurrying past here...





# Accommodation:



The **new house** was renovated in 2015. Solid wood beds made of beechwood, oiled oak wood floors, colorful clay-painted walls, and beautiful cabinets made of beechwood and linen fabric give each room its own character. By the way, each room is named after a corresponding vegetable or fruit.



The **200-year-old half-timbered house** is a protected monument. It was renovated in 2016, converting the upper floor into a vacation apartment. The rooms have warm wooden surfaces and colorful walls, creating a cozy ambiance. Guests can enjoy views from the sunroom and use a sun terrace overlooking the green courtyard.



# Important:

Please be informed that the accommodation is arranged in **2-4 bed rooms**. Group toilets and sanitary rooms are provided for communal use. Additionally, washing machines are available for your convenience. For everyone's comfort and privacy, accommodations will be separated by gender.





# How to reach the venue:

Entry point is **Uffenheim Train Station**.

This train station can be reached via Nuremberg Train station with a stop over in either Würzburg or Ansbach.

Total duration from Nuremberg Airport to Uffenheim (via Würzburg/Ansbach) is 1:20 and costs 12,50€ one way.

Once you arrive to Uffenheim, there will be a **scheduled transfer** to Hemmersheim at 14:00, 17:00 and 20:00 (may vary according to flight plan).

Transfer time is 20 min.

If you arrive later, please let us know prior to booking the flight so that we can organize a transfer for you.

**Recommended Airport is Nuremberg(NUE).**

Low Cost carriers such as Wizz Air and Ryan Air service this airport.

Flight plan:

<https://www.airport-nuernberg.de/flugplan>

Tickets for the train can be bought online:

<https://www.vgn.de/>

Alternative Airport is Frankfurt am Main(FRA) and the trip to Uffenheim takes 2:15 to 2:45 via Würzburg.





## Budget:

There is **no participation fee**. Food, accommodation and local travel costs (only during the activity program) will be covered by the grant from the National Agency of Germany of the Erasmus+ Programme.

## Reimbursement:

According to the rules of the National Agency of Germany, travel reimbursements can only be made by bank transfer to the Partner Organization and based on real costs.

The bank transfer will be executed after receiving all of the original documents (receipts, invoices, boarding passes and reimbursement claim) by post, filling the form generated by the National Agency online evaluation through the Mobility Tool by all the participants, dissemination of results, up to the budget limit set by the Erasmus+ Programme.

Organization:	Country:	Number of Participants:	Travel allowance:
Brezn e.V.	Germany	7	125,00€
Moufflons	Cyprus	6	395,00€
MC Bit	Slovenia	5	309,00€
Trieskec	Serbia	5	309,00€
Fundacio Champagnat	Spain	5	309,00€



# Rules for reimbursement:



1. Only the cheapest means of transportation will be accepted between the partner Organization country and the actual venue. Before purchasing any ticket please send your proposed travel itinerary including the itemized cost to **info@brezn.org** for confirmation. Participants will be reimbursed based on the least expensive route, real costs (we can only reimburse tickets which are accompanied by the receipts). Please keep in mind that we do not accept invoices from taxis and travel agencies.
2. Only participants who take part in all activities organized during the training course and who respect the rules of the hosting organization are entitled to be reimbursed..
3. Only the interrupted travel expenses incurred within the activity start and end dates can be accepted for reimbursement. If you wish to stay in Germany or at the venue itself longer than the activity end date and you obtain tickets for the same or lower value as the one on the actual travel dates, then you can travel one day prior, or one day after the training course as well; however, if participants decide to arrive earlier or stay longer (up to 2 days), all costs related to that will be paid by the participants themselves.
4. In order to avoid any unnecessary issues (e.g. loss of documents by the post) please send us scanned copies of all documents by email to **info@brezn.org** before mailing them via regular post. Please note that no flight tickets will be reimbursed if the original or electronic invoice is not provided as well.
5. All expenses must be converted to euros by using the official exchange rate of the European Central Bank (ECB) on the date when the expense was paid
6. In case if a participant(s) fail to engage in the activity's daily program due to late arrival or early departure and therefore does not attend 100% of the sessions, the amount granted per participant per day will be deducted from the travel reimbursement. The maximum to be reimbursed per participant is highlighted in the table above and it was calculated by the distance calculator of the European Commission.
7. Insurance costs do not fall within the scope of reimbursement eligibility. This means that each participant must support his/her own insurance that covers: travel (including damage to or loss of luggage) wherever relevant; accident and serious illness (including permanent or temporary incapacity) as defined in the Erasmus + Programme Guide.







**Apply here:**

**<https://forms.gle/egS4Jk3TXeyayPhM6>**



# Additional information:



## **PASSPORT AND VISAS:**

Please make sure that your travel documents (passport or ID) are valid for at least 6 months and take care that you have a proper insurance (travel health/accident insurance)! In case you need VISA to enter Germany please let us know so we can assist.

Foreign citizens may enter Germany with valid passports. Visas are not required for all EU, and shengen citizens. If you need more information on the Visas and custom regulations visit the website of the Ministry of Foreign Affairs of Germany.

## **WEATHER:**

Weather in October and November might be cold. Daytime temperature stays around 10°C and at night it goes to -3°C. Be aware that the weather can be cold, so bring appropriate clothing for this time of year.

## **THINGS TO BRING:**

- **Own Towel - IMPORTANT**
- Some traditional snacks, food, music and drinks for the intercultural night
- Representative materials about your sending organization (brochures, CD's, etc.)
- Sport or hiking shoes
- Good mood and smiles





**We are looking forward meeting you in Germany!**  
**If you have any questions, please contact:**  
**Marko Krsmanović**  
**[info@brezn.org](mailto:info@brezn.org)**



**Organized by:**



**In partnership with:**

