



Training Course
"Into The Future"
9. - 15. September 2026
Osterholz-Scharmbeck, Germany



About The Project

“Into The Future” is a training course (TC) organized in Osterholz-Scharmbeck in Germany which will include 24 youth workers, youth leaders or educators from 6 different countries: Germany, Greece, Turkey, Spain, Croatia and Czech Republic

Age of participants: 18 years old or older

Country group size: Up to 5 participants per country

Place: Osterholz Scharmbeck, Germany

Venue: KulturHaus, a group house

Days of activity: 7 days – including travelling days

Dates: 9. - 15. September 2026

Partner organizations

Germany: **NaturKultur e.V.** (host)

Croatia: **Ocean Nanja**

Turkey: **Youth Work Association**

Spain: **Cultura Creativa**

Greece: **Youth Empowerment Center**

Czech Republic: **European Youth Centre Breclav**





Dear participants, we are very happy to welcome you to Germany on our training course. We will do our best to make a space where we can learn about the topic of our training and also have fun while doing that.

In this info pack you are going to find:

- Project info and goals of the project
- Profile of the participants
- Travel info
- Location and the venue
- Preparation info
- Insurance and other info
- Confirmation of participation

Info About Project

'Into the Future' is a training of youth workers, where participants explore the competence areas cooperating successfully in intercultural teams and communicating meaningfully. Based on these experiences, participants will get together into groups, practically develop and implement valuable educational experiences for others.

Additionally, this training course provides the space to explore challenges, improve youth work practices, and potentially create long-lasting partnerships.

Project goals:

- 1 Informing and training youth workers in some of the competences from the "**Competence Model for Youth Workers**"
- 2 Competence: **Cooperating** successfully in (international) teams & **Communicating** meaningfully
- 3 Competences: **Designing educational programmes & Facilitating** group learning processes
- 4 Competences: **Displaying intercultural** competence & **networking** and advocating
- 5 Provide a space for sharing knowledge and **exchanging experiences** and good practices
- 4 Establish **long-term partnership** during the training course

Participant Profile



1. Resident of one of the participating countries
2. Youth workers, youth leaders, educators or people who are going to work with youth in the near future from your organizations.
3. Participants' **English language** skills should be sufficient to actively participate in the mobility, including all the activities.
4. Previous experience in Erasmus+ is not obligatory, but participants should have an interest in youth work and related areas of work.
5. **Participation fee:** There is a participation fee of 30 Euro per participants charged by hosting organisation (deducted from reimbursement).

Travel to/from Germany

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** (9th of Sep.): You should be in Bremen latest until 17:00 on this day. This is when the last suitable bus goes from Bremen to our venue. Please take this into consideration when booking tickets.

- 3 **DEPARTURE DAY** (15th of Sep.): The checkout from the venue is at 9:00. 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. Additional days and connected costs will not be reimbursed.

- 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

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.

Travel to/from Germany

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 around 7 Euro, 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

We will be accommodated in a group house in a village **Garlstedt**, close to the city of Bremen, Germany.

Kultur Gruppen Haus
www.kulturgruppenhaus.de

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've arranged for a dedicated **cooking and logistics team** to prepare 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.

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.



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.



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.
2. **Drug policy** - The consumption of illegal drugs is strictly prohibited.



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.

I, _____ (your name) confirm my participation in the above-mentioned project:

I also confirm:

1. **Full participation** in the training course. 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 **not bring or use any drugs** (including weed) during my participation in the project activity.
9. I will conduct **responsible and moderate behaviour** when it comes to the consumption of alcohol.
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 a suitable **health insurance** during the training course – for example a 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 **travelling at 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.

I, the undersigned, hereby confirm my participation and agree fully with the above stated.

Date _____ Place _____

Signature _____



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

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TRAINING OF
YOUTH WORKERS:
INTO THE FUTURE