



# INFO PACK

**Training course:**  
**Utilization of sports in the context of youth work**  
**5-12.11.2023 Hemmersheim, Germany**



Organized by:



In partnership with:



# Who we are?



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:**

**Brezn e.V.**

**Heinrich-Böll-Str. 49**

**81829 Munich**

**Germany**

**Tel: +4917642774210**

**Email: [info@brezn.org](mailto:info@brezn.org)**

**[brezn.org](http://brezn.org)**



# About the project:



The main aim of our project is to equip youth workers with knowledge and skills of how to utilize the dynamics of sport and physical activity as tools to increase active participation, for inclusion of young people in society with a main focus on the youth with fewer opportunities.

## The objectives of the project are:

- To promote and explain the concepts 'sports for all' and 'healthy lifestyle' in relation to youth work
- To share our empirical experience with inclusion of young people with fewer opportunities in our communities and different youth work programm
- To discuss and comprehend basic concepts, values and principles of inclusion and teamwork
- To explore the youth work and youth trainings in connection to inclusion/acceptance
- To improve capabilities in organizing quality youth work by using organizational methodology within sport, systems of competition and sports hierarchy
- To share various sports training methods which can be translated into youth work in daily operations with all youngsters regardless of their background and level of present opportunities
- To share and understand challenges in implementation of quality sport methods in youth work for inclusion and intercultural acceptance of young people with fewer opportunities
- To improve capabilities for adaptation of sport methods
- To define and develop basic plans for local/national workshops of youth workers and youngsters by utilizing sports training methods as tools for inclusion, that are to be held by our participants in the follow-up phase of the training course
- To establish a significant community of youth trainers and workers for inclusion related youth sports work



# Participants:

We intend to implement training that will take place at Germany and gather 31 participants from 6 different countries.

In general, this project is designed for aspiring youth workers which bring:

- ◆ **Commitment:** We are looking for individuals who are committed or will become youth workers.
- ◆ **Dedication:** The participant should be dedicated to working with young people, especially those with fewer opportunities.
- ◆ **Sports & Physical Activity Knowledge:** They should possess basic knowledge of sports and physical activity-based learning processes and be equipped to facilitate them.
- ◆ **Desire to Learn & Implement:** The members should harbor a desire to apply the knowledge they acquire during our project. This will help them in developing new non-formal educational tools aimed at increasing social inclusion for young people with fewer opportunities.
- ◆ **Organizational Support:** The participants should be aware that the project is run with the help of all participants and as such will be involved in food preparation, logistics and event planning
- ◆ **Language Proficiency:** All participants should be fluent in English as it is the official language of the training course. This ensures effective communication and understanding throughout the project.
- ◆ **Important Note:** We will be conducting interviews with each potential participant to ensure they can comfortably understand and communicate in English. This step is crucial for the seamless execution of our project.

# Partners:

Organization:	Country:	Number of Participants:
Brezn e.V.	Germany	6
Moufflons	Cyprus	5
Metlika	Slovenia	5
Genc	Türkiye	5
Centrum Wolotariatu	Poland	5
Trieskec	Serbia	5

# How to apply:

<https://forms.gle/1XsQrXkd1P5WXZw18>



# The Location:

## **HEMMERSHEIM, GERMANY**

Hemmersheim is a typical Franconian street village. The whole village is a listed building. In the more than 200-year-old half-timbered house, the rooms have their own flair due to the exposed half-timbered house.

The small village of Hemmersheim is embedded in a natural Franconian landscape. Beautiful river valleys, small woods and wide views of fields and landscape invite you to walks, bike rides or hikes...

The beautiful surroundings - Tauber Valley, Main Valley, Steigerwald and near-natural river valleys invite you to discover...



# 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 reach via Nurenberg Train station with a stop over in either Wurzburg or Ansbach.

Total duration from Nurenberg Airport to Uffenheim (via Wurzburg/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 Nurenberg(NUE).

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

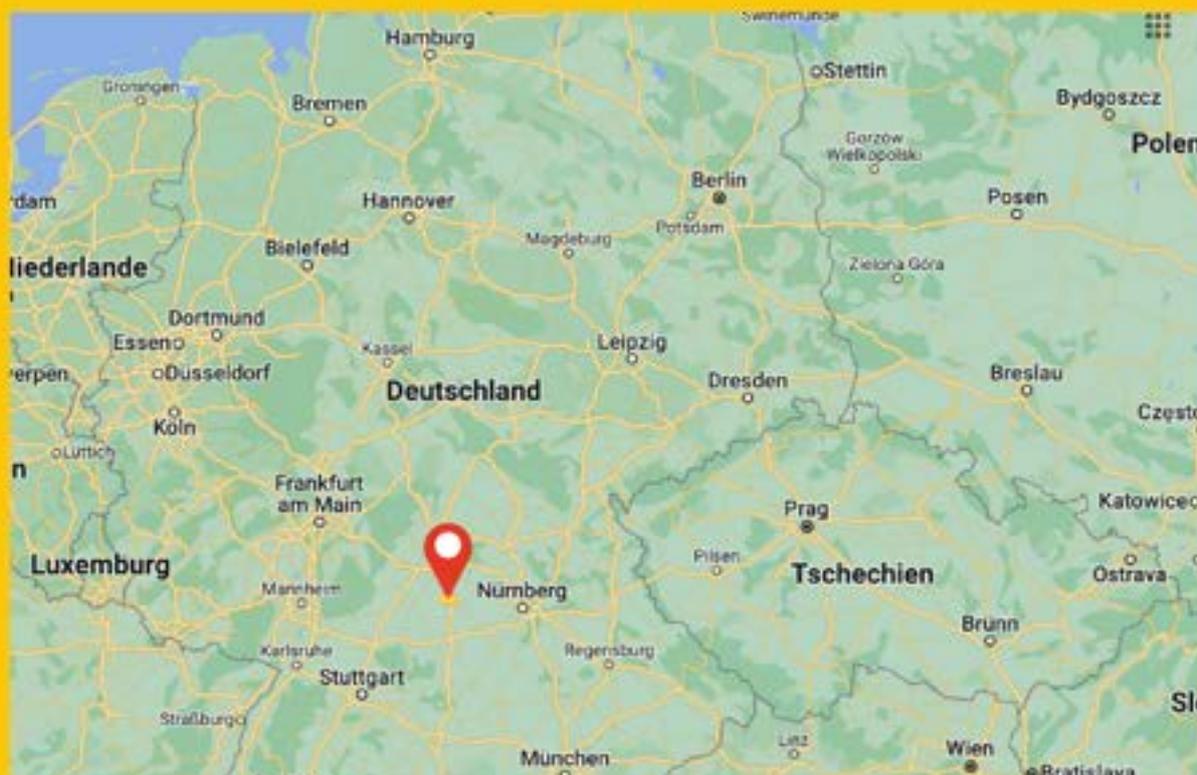
Flight plan:

<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 Wurzburg.



# 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.

<b>Organization:</b>	<b>Country:</b>	<b>Number of Participants:</b>	<b>Travel allowance:</b>
Brezn e.V.	Germany	6	210,00€
Moufflons	Cyprus	5	360,00€
Metlika	Slovenia	5	275,00€
Genc	Türkiye	5	360,00€
Centrum Wolotariatu	Poland	5	275,00€
Trieskec	Serbia	5	275,00€



# 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](mailto: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](mailto: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.



# **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 November might be cold. Daytime temperature stays around 8°C and at night it goes to 3°C. In the month of November on average Hemmersheim gets 70.69mm of rain and approximately 6 rainy days in the month. For the most part the humidity is around 86%. Be aware that the weather can be cold, so bring appropriate clothing for this time of year.

## **THINGS TO BRING:**

- 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!**  
**For any questions and assistance, please contact:**  
**Marko Krsmanović**  
**[info@brezn.org](mailto:info@brezn.org)**



Organized by:



In partnership with:



Regionalne  
Centrum Wolontariatu  
w Kielcach

