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Youth Exchange

Freudenstadt, Germany

29th November - 07th December 2026

What is it about?

“What Moves Us When We Unplug?“ is an Erasmus+ Youth Exchange about something many of us experience every day - being constantly connected, but sometimes feeling disconnected from ourselves, from others, and from the world around us. Phones, social media, messages, notifications... they are part of our lives. But what happens when we take a step back for a moment?

This project invites young people to slow down, reconnect with their creativity, spend meaningful time together, and explore healthier ways of balancing online and offline life.

Through art, storytelling, theatre, outdoor challenges, intercultural activities, and shared experiences, participants will discover new ways to express themselves, build genuine connections, and reflect on what truly inspires and motivates them.

Main Objectives

- Unplug, reflect, and reconnect
- Boost creativity through offline experiences
- Strengthen well-being and resilience
- Connect across cultures and perspectives
- Empower young people to take initiative
- Turn ideas into positive community impact

Participants & Methodology

The project will bring together 40 young people from Germany, Croatia, Italy, Estonia, and Serbia for a week of learning, creativity, and intercultural exchange.

Participants from different backgrounds and experiences will come together to share ideas, learn from one another, and build meaningful connections.

The project especially encourages the participation of young people with fewer opportunities. No previous Erasmus+ experience is needed - only openness, curiosity, and motivation to take part.

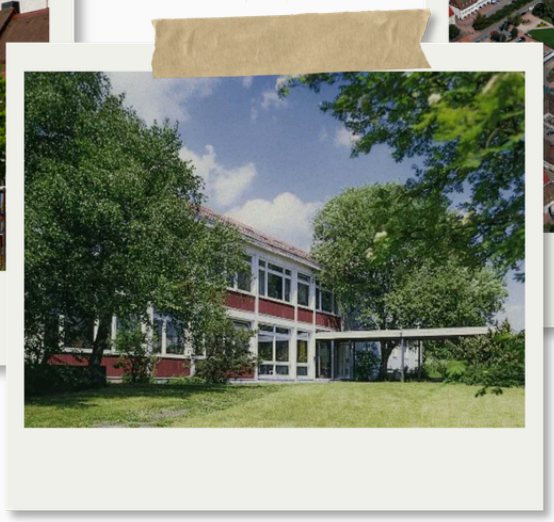
Through non-formal education methods such as creative workshops, storytelling, theatre, outdoor activities, intercultural evenings, peer learning, and reflection sessions, participants will explore the project theme while developing new skills, confidence, and friendships.

What will you gain?

- A better understanding of your digital habits
- New ways to express yourself through creativity and teamwork
- Practical tools for balancing online and offline life
- New connections with people from different countries
- Skills in communication, collaboration, and problem-solving

Accommodation & Venue

Participants will stay at: DJH Youth Hostel Freudenstadt, Germany located in the beautiful Black Forest region.
The accommodation provides shared rooms, common spaces, Wi-Fi access, and workshop areas for group activities and intercultural exchange.



Meals

Breakfast, lunch, dinner, and coffee breaks will be provided during the project days. Vegetarian options will be available.
Participants are kindly asked to inform the organizers in advance about:

- food allergies
- vegan/vegetarian diets
- medical conditions
- other special needs.

Important Information

What to Bring with you

- Comfortable clothes for workshops and outdoor activities or suitable for weather conditions.
- Personal medication
- Reusable water bottle or mug
- Power bank and chargers
- Passport / ID card
- Travel documents and boarding passes

Health Insurance

It is mandatory to have valid health insurance during your stay in Germany. Participants are responsible for arranging their own insurance before traveling.

Participation Rules

This is a Youth Exchange project, not a tourist trip. Participants are expected to:

- actively participate in all sessions
- be respectful and inclusive
- arrive on time to activities
- contribute to a positive group atmosphere

Sustainability

We encourage participants to:

- avoid unnecessary paper use
- reduce plastic waste
- use reusable bottles and mugs

How to Arrive to the Venue

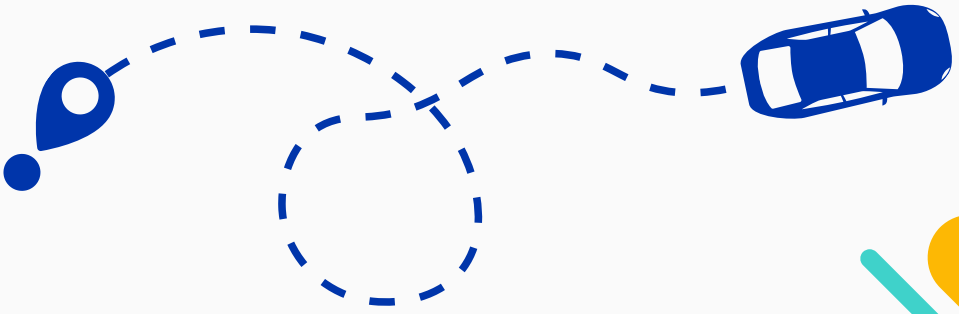
The nearest airports to **Freudenstadt, Germany** are:

- Stuttgart Airport (STR): 2–2.5 hours to Freudenstadt by train.
- Karlsruhe/Baden-Baden Airport (FKB): 1.5–2 hours by bus and train.
- Frankfurt Airport (FRA): 3–4 hours by train.

From Stuttgart and Karlsruhe, direct train connections to Freudenstadt are available. From Frankfurt, participants can travel via Stuttgart or Karlsruhe and continue by train to Freudenstadt.

Travel Tip: We strongly recommend choosing flights that arrive in the morning or early afternoon. Late evening arrivals may make it more difficult to reach Freudenstadt due to limited trains.

Detailed travel instructions and recommended routes will be shared before the project.



Finances & Reimbursement

Accommodation, meals, local transportation related to the programme, and activity costs will be fully covered by the Erasmus+ project.
Travel costs will be reimbursed according to Erasmus+ distance bands and project rules.

EU Aktivisten e. V. / Local participants (Germany)	**0 €**
Udruga za osnaživanje mladih Uroboros (Croatia)	**309 €**
EVROPSKA ORGANIZACIJA MLADIH (Serbia)	**309 €**
ASSOCIAZIONE WELCOME ON BOARD (Italy)	**309 €**
MTU YOUTH PLANET (Estonia)	**395 €**

Reimbursement will be made by bank transfer after the project and after receiving all required travel documents.

Reimbursement Rules

This Youth Exchange is funded by the Erasmus+ Programme of the European Union and supported by the German National Agency. Accommodation, meals, programme activities, and eligible travel expenses will be covered according to Erasmus+ rules.
Travel costs will be reimbursed after the project by bank transfer and only after receiving all required original travel documents. Participants are kindly asked to keep all tickets and receipts carefully, as missing documents cannot be reimbursed.

BEFORE BOOKING

✔ **Send your travel plan to the organizers before buying any ticket**
✔ **Wait for approval before purchasing tickets**
⚠ **Tickets bought without approval may not be reimbursed.**

COVERED COSTS

✔ **Economy class flights**
✔ **Trains and buses**
✔ **Public transportation related to travel**
Participants should always choose the most economical travel options possible.

NOT COVERED

✘ **Taxi / Uber / private transport**
✘ **Medical expenses**
✘ **Costs caused by delays or missed flights**
✘ **Extra holiday travel not approved by organizers**
According to Erasmus+ rules, participants should travel directly to and from the venue. Additional stays should not exceed 2 extra travel days unless approved in advance.

REQUIRED DOCUMENTS

Participants must keep and submit:
- **Boarding passes**
- **Tickets**
- **Invoices / receipts**
- **Payment confirmations**

⚠ **Screenshots alone are not accepted.**

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CONTACTS

If you have any questions regarding your participation, travel, or preparation for the project, feel free to contact us anytime.

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