

# BACK TO NATURE 2.0

International Youth Exchange

**DATES: 5-17 MAY 2023**

**PLACE: RATHEN (ELBE SANDSTONE MOUNTAINS) GERMANY**

Developed &  
Implemented By

**lernlabor**



Funded by  
the European Union

# PROJECT DESCRIPTION

Young people's participation in democratic life has always been at the core of the European Union policy work. Civic engagement is important for the development of civic values, social trust, and the strengthening of democratic values.

Back To Nature is an international youth exchange for a program country that aims to increase youth participation in democratic life, especially youth involvement and forming a sustainable green Europe. The youth exchange aims:

- To increase youth participation among the participants.
- To empower participants to take a greater involvement in decision-making processes in their communities.
- To engage participants with the topic of nature and sustainability and to give them tools and methods to voice their opinions on these topics.

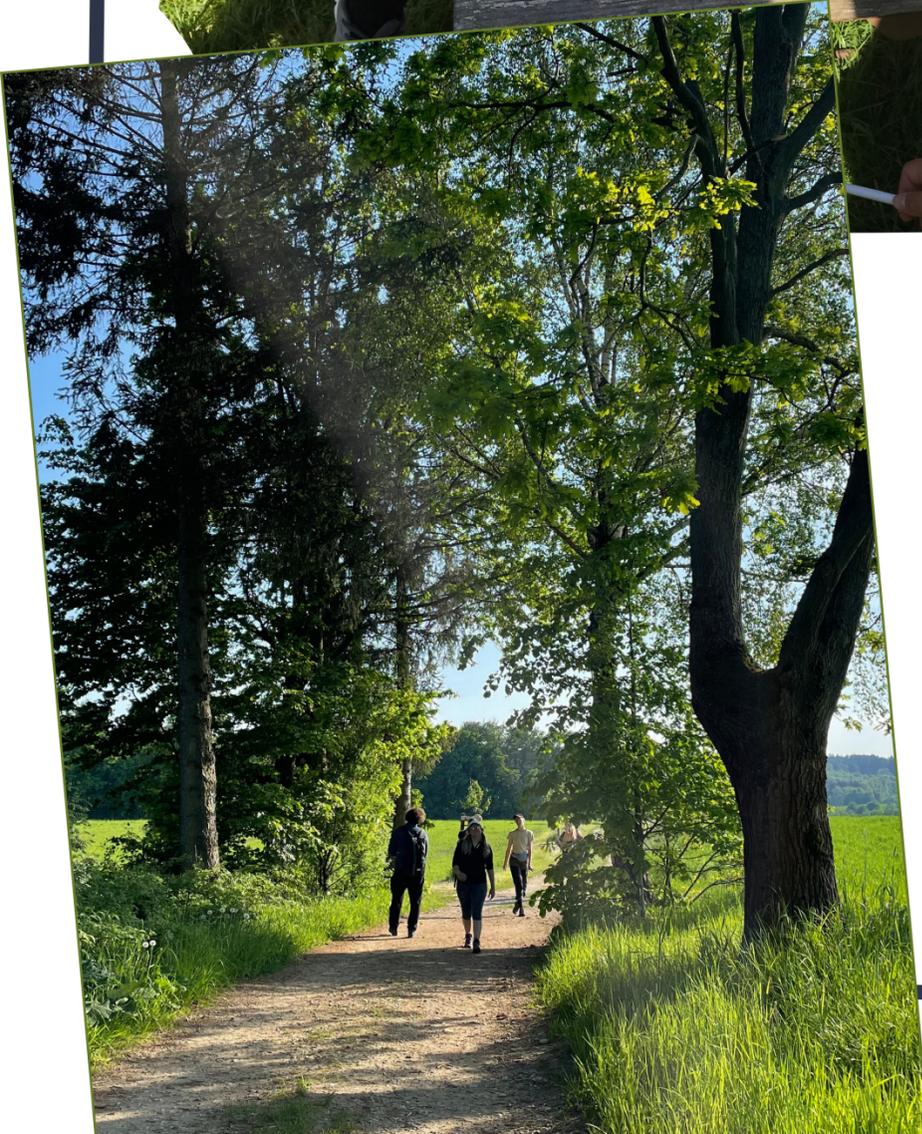
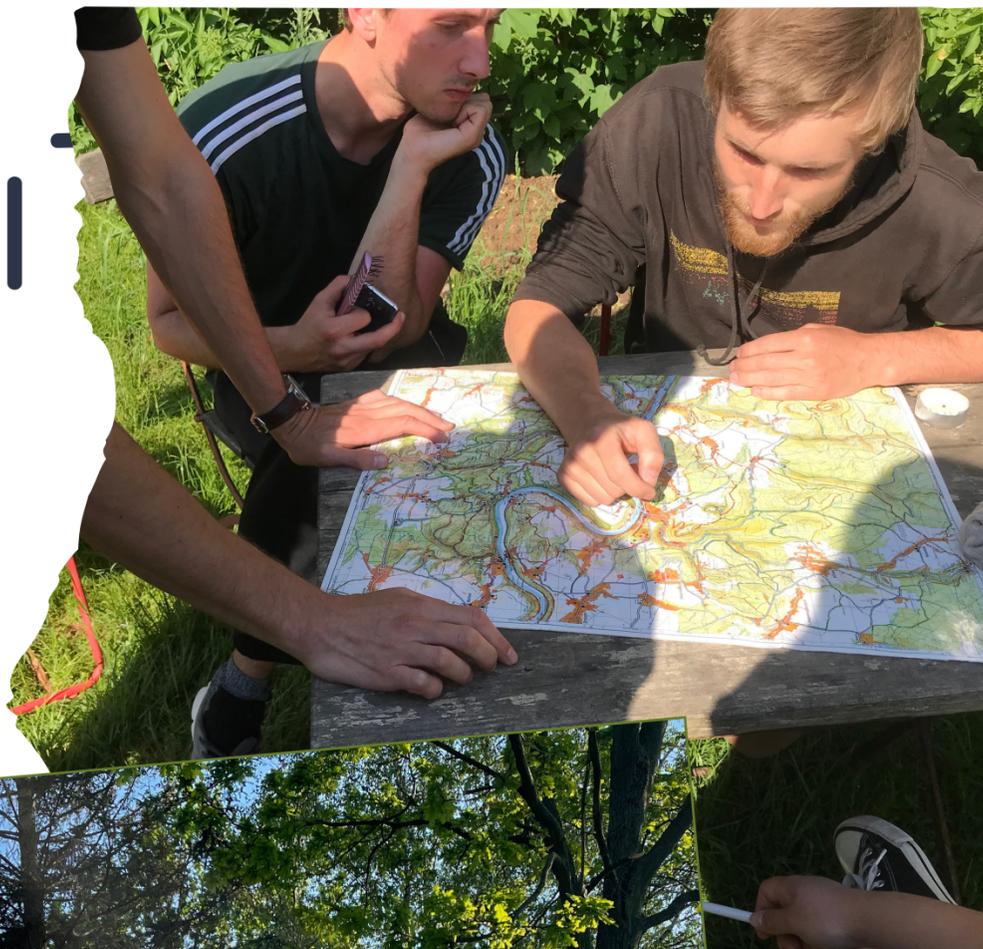
The project will introduce young participants to a region of Germany that stands out for its natural beauty and ecological diversity. During the process, participants will explore the local environment and each others' cultures in an outdoor setting. At the youth exchange participant will have the opportunity to discuss environmental issues on the local and international levels, do hikes, take part in workshops, meet locals and organize the open day for the community.



# PROJECT OBJECTIVES

- Empower young people to act as agents of change for environmental and sustainable development.
- Provide a series of participant-led workshops on the theme of youth participation in sustainable green Europe.
- Take into account the environmental impact of every policy and life decision while ensuring that young people are included in sustainable development policy-making on all levels.
- Empower participants to take part in all parts of the decision-making processes, from agenda setting to implementation, monitoring, and evaluation.

Please note that your active participation is essential to the project concept. In your country groups - and between groups - you will be responsible for suggesting and implementing learning activities and setting and monitoring learning outcomes and managing practical arrangements such as cooking, cleaning, planning activities, leading workshops, and reflecting on all processes.



# PROJECT TIME-TABLE

21.04.2023

Group Leader's online Meeting

28.05.2023

Online Meeting with all participants

05.05.2023

Arrival Day

17.05.2023

Departure Day

**Arrival Time: \*Whole day 5th May 2023 (Friday)**

**\*We would like to see you for dinner if possible. We will have a welcome evening activity after dinner to break the initial ice. If not, don't worry; we will have full of knowing each other activities on 1st day.**

**Departure Time: \*Before 12:00 am 17th May 2023 (Wednesday)**

**\*This departure time is the time to leave from accommodation.**



# REIMBURSEMENT

Travel costs will be reimbursed within the 3 weeks after the project by bank transfer in EURO. The Travel Distance Represents a single-way distance from the place of the origin to the venue, whereas the amount covers the contribution to the return travel to and from the venue.

The only possible way of transportation for the project is Green Travel. It means using environmentally friendly, sustainable means of transport for your trip to your host country. This includes travel by train, bus, or the use of carpooling (car).

TRAVEL DISTANCES	GREEN TRAVEL - AMOUNT
Between 0 and 99 KM	23 EUR per participant
Between 100 and 499 KM	210 EUR per participant
Between 500 and 1999 KM	320 EUR per participant
Between 2000 and 2999 KM	410 EUR per participant
Between 3000 and 3999 KM	610 EUR per participant
Between 4000 and 7999 KM	820 EUR per participant
8000 KM or more	1500 EUR per participant



ONLY GREEN TRAVEL

# TRAVEL TO GERMANY

The closest train connection is Kurort Rathen. easily accessible with public transport from the city of Dresden. From the train station, it is a 20-minute walk to the campsite

Dresden has good bus and train connections to the rest of Germany and to Europe.

check out: [www.bahn.com/en](http://www.bahn.com/en) and <https://global.flixbus.com>

## INTERRAIL:

A good option for those traveling long distances is the Interrail 4-day global pass for €167, allowing you two travel days to arrive at the project and to return home. If you choose to travel this way we can reimburse you for up to €30 each way to cover additional costs for food and accommodation in a hostel or camping site.



# THE PROJECT SPACE

We will be staying in the "Auf dem Kulm" youth hostel and campsite

The project space is located in the town of Weissig overlooking some of the most beautiful scenery of the Swiss-Saxony national park.

ACCOMMODATION will be in shared rooms accommodating between 4-8 people. There will not be internet available in the Venue.

\*\*\*\*Please bring your own sleeping bag\*\*\*\*

You can find more information about the house on the website:  
<https://www.herberge-auf-dem-kulm.de>



# FOOD & ACTIVITIES

During the project participant, will be in charge of preparing their food with the group. We will have 3 meals per day and coffee breaks. That gives the possibility to try different country food, explore the culture and learn new recipes.

During the project, we plan a lot of outdoor activities according to the weather. Be prepared for rainy days as well. A detailed schedule will be provided during the online meeting. One day trip to Dresden will be organized by the hosting organization, you will have free time there to explore the city. During the project we will organize a multi-cultural evening, please bring with you some national snacks and drinks.





Our project "Back to Nature 2.0" has a focus on outdoor activities. Please make sure you have the following equipment to enable you to participate in all activities and to feel comfortable despite the weather conditions.

## EQUIPMENT

- Backpack (35-60 Litres)
- Hiking shoes (no sneakers!!!)
- Sleeping bag (min. comfort +5)
- Towel
- Waterproof jacket and trousers
- Fleece
- Thermal base layer
- Hat and Gloves
- Thick socks for hiking
- Sun hat
- Sunscreen
- Water bottle
- House shoes/slippers
- Pocket light/Head Flash
- Box of PRIVATE medicines, if you need any specific medication



# Additional Information



The local currency is the EURO, you can pay by cash or by card. You can arrive up to 7 days before and stay 7 days after the project at your own expense. We will be collecting a 20 EUR participation fee during the project to cover additional expenses such as travel in rural areas. Your sending organization may choose to add an additional administrative fee to cover the administrative costs of selecting and preparing participants.

In order to participate in the project you must have valid health insurance to cover any emergency treatment in the EU. We also highly recommend travel insurance.

## **Preparation:**

- Each Group is asked to prepare a short oral presentation of their organization.
  - Each Group will have some responsibility related to the topic and manage some sessions so that will prepare session-related activities before the project.
  - Each Group is asked to prepare cultural presentations for the cultural night.
  - Each Group is welcome to bring national drinks and snacks for an intercultural evening. (Each country will have a whole night to represent its country. Be aware that, you can use the kitchen to cook something and a refrigerator to put your cultural night staff in if needed.)
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## PARTICIPANT PROFILE

During the projects we are searching for 5 participants from each country (1 group leader and 4 participants). For group leaders, there is no age limit. Participants should be between 18-30 years. Every participant should be motivated to share their own experiences and knowledge. Participants should be interested in increasing or gaining new competencies. The project working language is English.

We will use FB group as the main communication channel with the selected participants. Please join it:



[Facebook group for selected participants](#)



[Application form to apply](#)



# STAFF & TEAM MEMBERS



**Salome**

Project Manager



**Peter**

Outdoor Expert



**Marko**

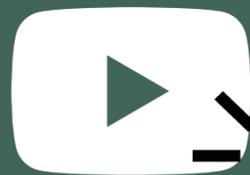
Invited Expert

## CONTACT DETAILS

For questions about the program and learning content:

projects@lernlabor.berlin

If you would like to see what we did before, you can visit our social media accounts on Facebook, Instagram, Youtube and web page.



Funded by  
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