

# BACK TO NATURE 3.0

International Youth Exchange

Dates: 13-26 April 2024

PLACE: RATHEN (ELBE SANDSTONE MOUNTAINS) GERMANY

lernlabor



Funded by  
the European Union

# PROJECT DESCRIPTION:

Back To Nature 3.0 is an international youth exchange for a program country that aims to increase the connection between young people and nature. For many youngsters, everyday stress and online news are overwhelming and result in a negative effect on their well-being. We think that spending time in nature can help us to “charge our batteries” and find inspiration for our lives. Being outdoors can help to achieve inner harmony lead to self-discovery and generally contribute to well-being and a balanced lifestyle. Appreciating nature fosters a deeper understanding of the importance of environmentally sustainable and green Europe, promoting both individual and environmental well-being. The gained knowledge will help us to act as agents of change for environmental and sustainable development.

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 participants 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

- To foster a connection between young people and nature and equip participants with practical skills for being outdoors.
- To raise awareness about environmental issues and the importance of sustainable living practices, inspiring participants to become advocates for positive change and living a more sustainable lifestyle.
- To encourage self-discovery and personal development through outdoor experiences, workshops, and discussions on topics related to well-being and sustainability, stepping outside of their comfort zone and exploring new ways.
- To facilitate cross-cultural understanding and appreciation among participants by exploring each other's backgrounds and traditions.

# PROJECT TIME-TABLE

## GROUP LEADERS MEETING

11th of March  
(Monday)

Group leaders online meeting at 19:00 CET

## ONLINE MEETING

27th of March  
(Monday)

Online Meeting with all participants at 19:00 CET

## ARRIVAL DAY

13th of April  
(Saturday)

You can arrive any time during the day. We would like to see you for dinner if possible. We will organize a welcome dinner.

## DEPARTURE DAY

26th of April  
(Friday)

Departure time is before 12:00 noon the time to leave from the accommodation. In the morning breakfast will be provided.

# REIMBURSEMENT

The travel cost will be reimbursed after the project by bank transfer in euros. The travel distance presents a single-way distance from the place of origin to the venue, whereas the amount covers the contribution to the return travel to and from the venue. Additionally, you will get a PDF document "Important information about travel reimbursement" where you can see detailed information about traveling rules.

INTERRAIL: A good option for those traveling long distances is the INTERRAIL 4-day global pass for 194 EUR, allowing you 2 travel dates to arrive at the project and to return home. Participants using green travel (more than 500 KM) can also stay up to 2 nights in total in a hotel/hostel and get reimbursement for up to 70 EUR in total if the travel includes an overnight stay.

Travel Distances	Standard Travel Amount	Green Travel Amount
Between 0 and 99KM	23 EUR	
Between 100 and 499KM	180 EUR	210 EUR
Between 500 and 1999KM	275 EUR	320 EUR
Between 2000 and 2999KM	360 EUR	410 EUR
Between 3000 and 3999KM	530 EUR	610 EUR
Between 4000 and 7999KM	820 EUR	
8000 KM or more:	1500 EUR	

# TRAVEL TO GERMANY

An aerial photograph of a large, multi-story stone castle built on a hillside. The castle has a dark roof and many windows. Below the castle, there is a stone wall and a path leading down to a lush green forested valley. The sky is overcast.

Sustainable travel is encouraged. If the distance for your travel is more than 800 km, you are welcome to use the plane.

The closest train connection is Kurort Rathen, easily accessible by 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>

# PROJECT SPACE

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

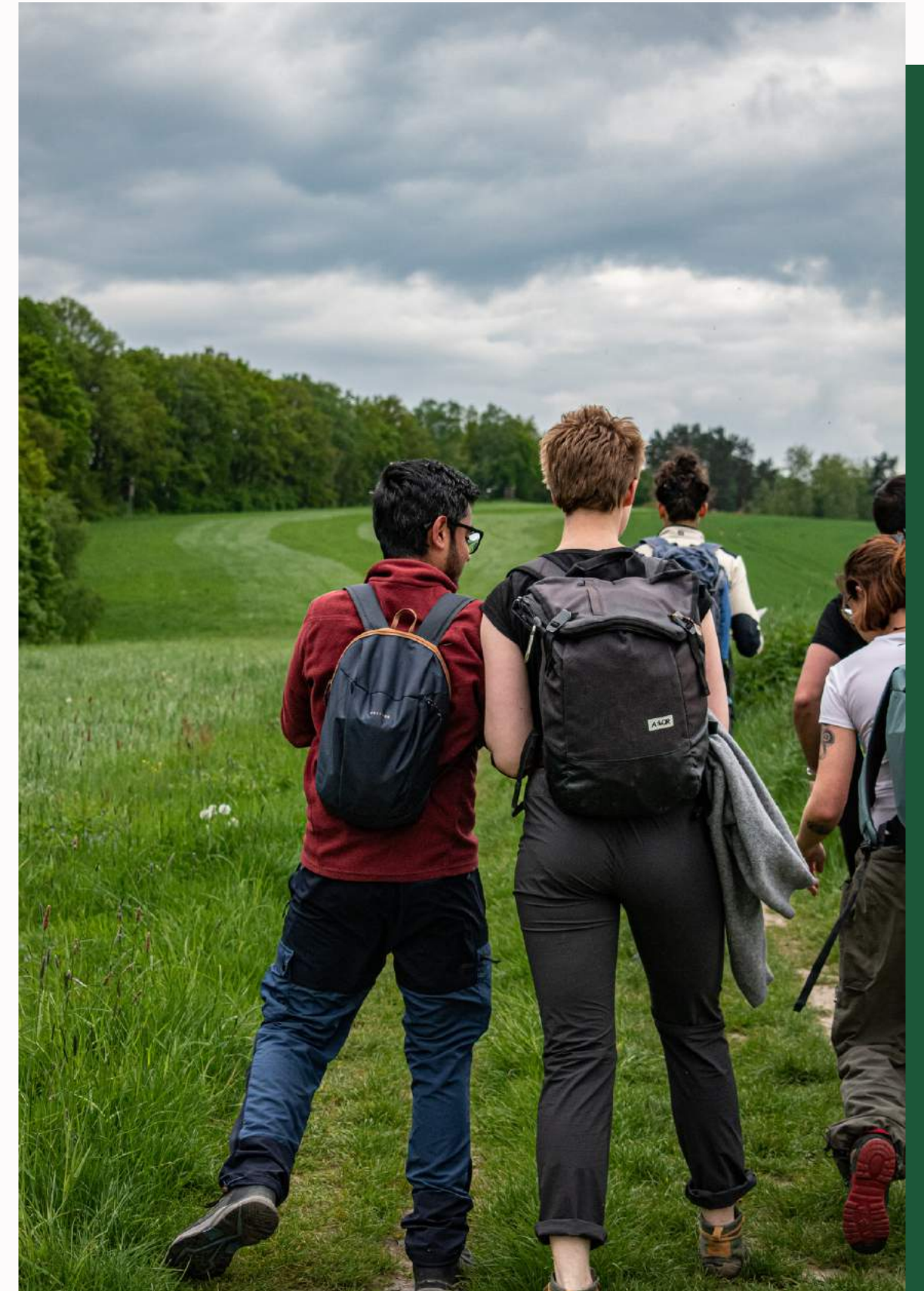
The project space is located in the town of Weissig overlooking some of the most beautiful scenery of the Swiss-Saxony national park.

ACCOMMODATION will be in shared rooms accommodating between 4-8 people. There will not be internet available in the Venue. There is night-time silence on the entire premises from 10 p.m.

\*\*\*\*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. During the project we will organize a multi-cultural evening, please bring with you some national snacks and drinks.





# 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
- Sun cream and mosquito spray
- Water bottle
- House shoes/slippers
- Pocket light/Head Flash
- Box of PRIVATE medicines, if you need any specific medication



Our project "Back to Nature 3.0" 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.

# ADDITIONAL INFORMATION

The local currency is the EURO, you can pay by cash or by card. 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 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.)

# 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.

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 setting and monitoring learning outcomes and managing practical arrangements such as cooking, cleaning, planning activities, leading workshops, and reflecting on all processes.

# STAFF & TEAM MEMBERS



**SALOME**

Project  
Coordinator



**NITA**

Project  
Coordinator



**DMYTRO**

Logistics  
Coordinator

## CONTACT DETAILS

For questions about the program and learning content:

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



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