

DON'T STOP ME NOW **IT'S TIME TO POP THE BUBBLE.**

INFO-PACK

ERASMUS+ YOUTH EXCHANGE

Neumarkt in der Steiermark | Austria
15th to 22nd July 2025



Erasmus+



**Das Land
Steiermark**



**JUNGE
EUROPÄISCHE
FÖDERALIST:INNEN
STEIERMARK**

LAND



KÄRNTEN

Jugendreferat

Thank you for your interest in the Erasmus+ Youth Exchange

“Don't stop me now - It's time to pop the bubble.”

Please read this info pack carefully as it contains important information about the project. If you have any questions, don't hesitate to contact

katerina.triantafyllaki@jef-steiermark.at

WHAT DOES THE INFO PACK CONTAIN?

OVERVIEW

WHO WE ARE?

OUR TOPICS & GOALS

PROGRAM

ACCOMMODATION & LOCATION

HOW TO GET TO NEUMARKT?

GOOD TO KNOW & IMPORTANT TO BRING

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PARTNER ORGANISATIONS



WHO WE ARE

SERVUS! HEJ! POZDRAVEJ! ZDRAVO! HOLA! HELLO!



We are the main organisers of this Erasmus+ project and look forward to meet you and to have a great time together in Austria.



JEF Steiermark

is a pro-European youth organisation and has been active since 1955. We host national and international projects to get young people excited about the idea of a united Europe. Our activities are implemented by and for young people on a peer-to-peer basis.





TOPICS



UNDERSTANDING BIAS AND PERSPECTIVE

Our perspectives are shaped by social media, cultural background, and our social circles. This exchange will help participants recognize biases, understand how bubbles influence their opinions and challenge their own viewpoints.



DIGITAL DETOX: DISCONNECT TO RECONNECT

By stepping away from technology, participants will experience the impact of social media on their lives. This detox encourages deeper face-to-face interactions, increased self-awareness, and direct communication.



LEARNING TO DISAGREE RESPECTFULLY

In a world of polarization, it is crucial to engage in respectful and open discussions. Participants will develop skills in active listening, empathy, and democratic dialogue to navigate difficult conversations.

OUR GOALS

- Building RESILIENCE in time of POLARIZATION.
- Reflecting on how the DIGITAL WORLD influences our WELLBEING.
- Experiencing INTERCULTURAL EXCHANGE and TEAMWORK.
- Sharing IDEAS, OPINIONS and VALUES.
- Promoting CRITICAL THINKING and ACTIVE CITIZENSHIP.
- Supporting PERSONAL DEVELOPMENT and SELF-REFLECTION.
- Expanding KNOWLEDGE, SKILLS and COMPETENCES.
- Raising awareness about the EUROPEAN UNION.





Remember that we are disconnected from digital devices for five days. Please bring only those devices with you, which you need for your travel!

**What we consider digital devices:
phones, laptops, tablets, smart watches, gaming consoles, ipods/ mp3 players, portable speakers, drones, walkie talkies & radios**

Don't worry, we will take photos to document the project :)

TIME	ARRIVAL	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DEPARTURE
8:15 - 9:00								
9:00 - 13:00		Getting to know each other activities	Digital Detox Ceremony	Silent Walk & Kneipp Park	Creative Workshop	Open Space	Youthpass Workshop	
13:00 - 15:00								
15:00 - 19:00		Workshops	Workshops	Visit of Castle Lind	Free Time	Workshops	Evaluation & Closing	
19:00 - 20:30								
20:30 - 22:00	Stations Event	SOLE Grouping	SOLE	SOLE	Cultural Evening	Erasmus Quiz	Farwell Party	

 **Breakfast**
 **Programme**
 **Lunch**
 **Dinner**
 **Evening Programme**

The schedule and programme are subject to change. Please note that there will be a coffee break in both the morning and afternoon sessions.

LOCATION

This Erasmus+ Training Programme will take place in the **Europaburg** in Neumarkt in der Steiermark, Austria. For those of you that don't (yet) have German language competence. "Burg" means CASTLE or FORTRESS.

If you are curious about the venue, check it out **HERE** :)

Address: Schlossleiten 6 | 8820 Neumarkt in der Steiermark | Austria



ACCOMODATION

**PARTICIPANTS ARE ACCOMMODATED IN SHARED ROOMS
(UP TO 8 PEOPLE) WITH SHARED BATHROOMS.**

shared Bedroom



shared Bathroom



HOW TO GET TO NEUMARKT?

We recommend to travel by train. Use the Website of **Austrian Railways (ÖBB)** to find a connection. The name of the station is Neumarkt in Stmk.

Arrive by:

15th June 2025 | 06:00 PM

Depart at:

22nd June 2025 | before 11:00 AM

(breakfast optional)

For young people with economic obstacles prefinancing travel expenses should not be a barrier. In such cases we offer to book and buy the tickets. Please let us know by sending an email to **markus.seunig@jef-steiermark.at**

TRAVELLING BY CAR

Free parking is available in front of the venue (Europaburg).

GREEN TRAVEL

We encourage you to use Green Travel. It's a financial incentive by Erasmus+ for those of you, who travel sustainably and use means of transportation with low emissions for the majority of the outward and return journey.

GOOD TO KNOW

Our venue is located 900 meters above sea level. This means that even in summer nights can be quite cold.

We will have meals three times a day (breakfast, lunch, dinner) and coffee breaks. No participation fees are charged.

Important to bring!

- Passport or ID card
- EU Health Insurance Card
- warm clothes
- house shoes for inside
- towels & swimwear
- flashlights
- medicine - if needed
- tickets for travelling
- a lot of motivation :)

Optional:

instruments & board games

accessories for the cultural evening



TRAVEL REIMBURSEMENT

Travel costs are reimbursed up to a maximum amount per person, depending on the distance from your residence to Neumarkt in der Steiermark and back. The calculation is based on the **Erasmus+ Distance Calculator**. Exchange rates are determined by the **InforEuro Calculator** of the EU Commission. Remember that higher amounts of reimbursement are possible for “**Green Travel**”, such as bus, train or carpooling for the majority of the outward and return journey.

The reimbursement is going to be made via bank transfer after the Erasmus+ Youth Exchange. Therefore, it is necessary that we get all travel documents (tickets, invoices, boarding passes, fuel receipts, tolls etc.) from you.

In case you want to explore Austria before or after the project, you can do that up to four extra days in total. If you stay longer than that, we will not be able to reimburse your travel costs. You need to cover any expenses for those extra days by yourself.



**Co-funded by
the European Union**

MAX. AMOUNTS:

Austria - Croatia - Slovenia
211 € | 285 € (Green Travel)
Denmark - Spain - Malta
309 € | 417 € (Green Travel)

PARTNER ORGANISATIONS



**Junge Europäische Föderalisten
(JEF Steiermark)**



Europæisk Ungdom Danmark



Europska Mladež Istre



Društvo Mladi Evropejci



**Jóvenes Europeos Federalistas
de España**



ŽGĦAŽAGĦ FEDERALISTI EWROPEJ



ERASMUS 101

- The **ERASMUS+ PROGRAMME** is a European Union initiative that supports education, training, youth, and sport.
- It provides **OPPORTUNITIES** for students, staff, trainees, teachers, and volunteers to gain experiences abroad.
- Goals of the programme are to enhance **SKILLS** and employability, promote **MOBILITY**, strengthen **PARTNERSHIPS** and encourage social **INCLUSION** and **DIVERSITY**.
- Overall, Erasmus+ promotes internationalization and **CULTURAL EXCHANGE** while contributing to the development of a more cohesive European Union.
- The **YOUTHPASS** serves as a way for young people to reflect upon and document their **LEARNING EXPERIENCES**.

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