# 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











## 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

TRAVELLING DETAILS & REIMBURSEMENT PROCEDURE

PARTNER ORGANISATIONS

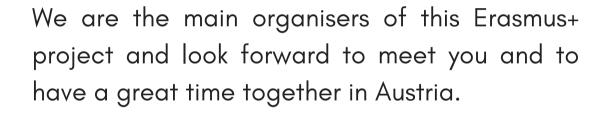


# WHO WE ARE

### SERVUS! HEJ! POZDRAVEJ! ZDRAVO! HOLA! HELLOW!















### **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.

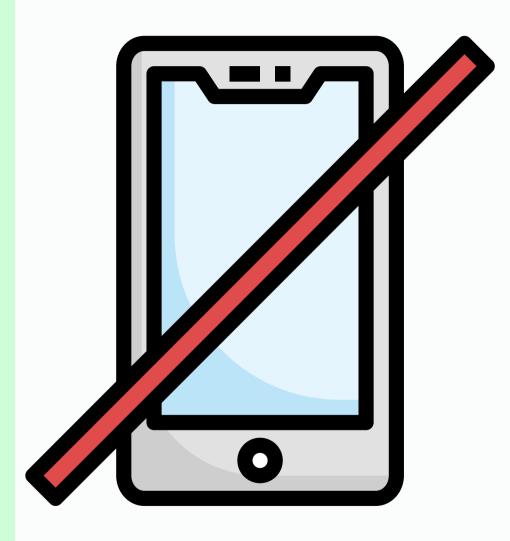
### LEARNING TO DISAGREE RESPECTFULLY

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 :)

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.								

DAY 3

Silent Walk

& Kneipp

Park

DAY 4

Creative

Workshop

DAY 5

Open

Space

DAY 6

Youthpass

Workshop

**DEPARTURE** 

DAY 2

Digital

Detox

Ceremony

DAY 1

Getting to

know each

other

activities

**ARRIVAL** 

TIME

8:15 - 9:00

9:00 - 13:00

13:00 - 15:00

### 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



### ACCOMONDATION

### 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 <u>Austrian Railways</u> (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.



#### **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



ŻGĦAŻAGĦ FEDERALISTI EWROPEJ



# ERASMSUS 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 <u>YOUTHPASS</u> serves as a way for young people to reflect upon and document their LEARNING EXPERIENCES.

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