

The "Foodprint" as Focal Point of Youth Work

Project-No.: 2018-2-DE04-KA105-016908

Gahrstedt, Osterholz-Scharmbeck, 4-13 Decembert 2018



DESCRIPTION OF THE PROJECT

In this training course Mostar Peace Project e.V. (MFP) would like to pass on its experiences, methods, ways of thinking and approaches to nutrition, agriculture and climate change..

MFP led a youth exchange on global warming and food habits for the first time in May 2016 in Potsdam. With the English NGO Silverfox it implemented a second exchange in Newcastle, United Kingdom, in April 2017. In April 2018, we had a youth exchange on this topic for the third time with our partner Puzzle Optimeast in Targu Neamt, Romania. In all three exchange there were overlappings of participating organizations and but also new members.

Mostar Friedensprojekt e. V., Potsdam, will undertake a training course from 4 to 13 December 2018 in Garlstedt near Bremen. With this TC we will pass on our methods, material, results, approaches and experience about the topic nutrition, agriculture and climate change which we have acquired our competences through the implementation of three youth exchanges on this topic.

Mostar Friedensprojekt e.V., Potsdam, Puzzle OptimEast from Targu Neamt, Romania, and Silverfox from Newcastle, U.K, the three subsequent hosts of YEs will implement the training course together. Seven of participating organizations took part already in at least one of our youth exchanges, called "YE Reduce your Ecological Foodprint". New participating organizations come one from Bosnia-Herzegovina, two from Czech Republic, two from Italy and one from Latvia, Poland, Romania, Serbia, Macedonia. The trainers are supported by experts in their respective areas. In addition, the participants will come into contact with activists and policy makers. They will also carry out their own research, do interviews, write reports and blogs, create material for use after the TC. The trainers will choose different methodological approaches that are interactive, allow participants to reflect on given topics and enjoy an emotional and experiential learning event. The participating NGOs will form a future network, which will implement trainings in their respective field and cooperate among each other in the future in the field of ecology, nutrition and agriculture.

THE VENUE

The venue of our training course is in Garlstedt, the training course takes place there, in its surrounding and in Bremen.

We are going to stay in the KulturHaus, Hinterm Horn 5, in Garlstedt in the municipality of Osterholz-Scharmbeck, in the Bundesland Niedersachsen [federal state unit Lower Saxony], Germany. It is a simple but beautiful accommodation, something like a youth hostel in the country side.

- The venue where we are accommodated is in the middle of small commuter village some 30 kilometers outside of Bremen.
- The rooms are going to be 2-5 beds per room. We will mix the nationalities, not the genders.
- We will be the only group in the house. We will make the rules together, and will respect the rules that we make.
- There are showers in 7 of the rooms, the rest have them and also bathrooms outside of the rooms. We will give the females a preference for these seven rooms.



We have our own cooking and logistics team so they would prepare meals for us and specific food will be done for the people with food preferences like vegans, vegetarians, no pork, halal, raw food, non-gluten and so on.

What do you need in concern to the venue?



- **Shoes for inside.** As it is really large house, which needs to be kept clean, everyone would need an extra pair of shoes for inside the house (slippers or clean shoes, which you will not wear outside).
- **Bring your own towel.** Same goes for **hair driers, shampoo,** and so on.

There will be bed sheets provided. If you forgot things we can buy it for you on demand in nearby stores or you purchase it during stays in Bremen.

HEALTH ISSUES

We would have a first aid kit with us. But, please, make sure that you take any medication that you need. There are pharmacies in Bremen and Osterholz-Scharmbeck, but they will ask you for prescriptions of your doctors. There will be list of emergency doctors' offices available for consultation when needed. There is a full fledged hospital in Osterholz nearby (8 km).



You have to have health and accident insurance card covers for Germany. You get this from you own insurance at home, when you are from the European Union, or your are covered by an inter-state agreement or you can buy it before you leave your country. If you forget that, you are able to book it online. The product is called "incoming insurance" and you get one for instance but not only here.

<https://www.reiseversicherung.de/de/versicherung/auslandskrankenversicherung/krankenversicherung-auslaender.html#tab=tab13>

Please, do not take this as a recommendation but make your own internet search, which one is most convenient for your purposes.

ATM&CASH



In Germany all major credit and debit cards are accepted. However, Osterholz-Scharmbeck is really a small place and in the village, where we stay there is no ATM. In the venue no cards are accepted. So make sure that you have some cash with you when you need something from the shop or some drinks to order with our logistics team. You can find ATMs in Bremen as well as many banks. German banks are not used to a lot of money exchange, so exchange rates in your country might be better. Look into it, please.

TRAVEL INSTRUCTION TO BREMEN

There are several airports near Bremen – Bremen itself, Hamburg, Hannover and more south Cologne, Düsseldorf and Dortmund. But also flights to Amsterdam are possible, Frankfurt/Main and even Berlin can make sense due to cheap connections. Detailed orientation you find with rome2rio.com.

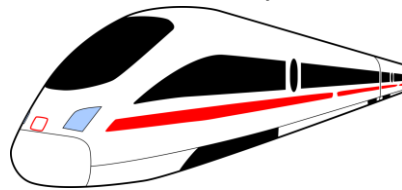
When you reach any of these towns or airports your destination number one is **BREMEN**.





To reach it you can use cheap bus travel. Use [flixbus.de](https://www.flixbus.de) or others you find at [goeuro.com](https://www.goeuro.com).

As we want you to choose the most ecological of all transportation means, we will spend some lines here on opportunities to travel Germany with trains. There are special offers for



tickets with the German Railways ([bahn.de](https://www.bahn.de), or use [trainline.com](https://www.trainline.com), when you do not want to register with them). When arriving in Hannover or Hamburg, there is a group ticket called Niedersachsen ticket for this region, which includes Bremen and Osterholz-Scharmbeck. If you use this the basic fare is 22€ for one traveller, 26€ for 2 travellers, 30€ for 3 travellers, 34€ for 4 travellers and 38€ for 5 people travelling between Hannover, Hamburg or Bremen. But there is also the simple group ticket with the German Railways, which you can use when you are 6 or more persons, which lasts from 9 am til 3 am next day and you can basically travel the whole Germany for about 20 Euros p.P.

And one more: If you stick to the trains which are not defined as IC (intercity) or ICE (intercity express) there is also special “Quer-durchs-Land”, which gets ever cheaper the more partners you are. For one person it is still 44 Euros, for 5 person only 78 Euros.

You find all those tariffs on this webpage

https://www.bahn.com/en/view/offers/index.shtml?dbkanal_007=L04_S02_D002_KIN0059_TOP-NAVI-ANGEBOTE_LZ01.

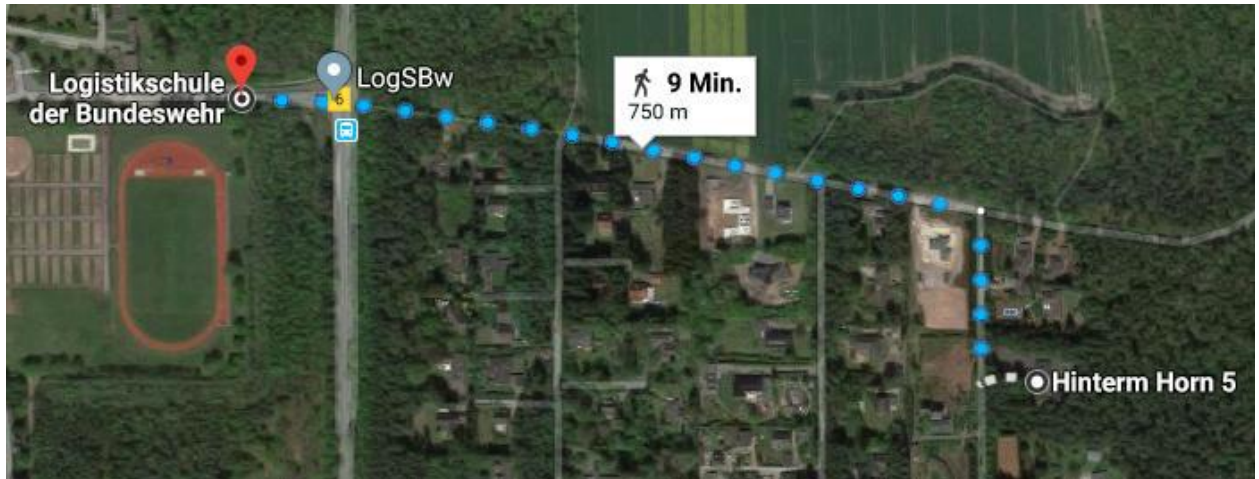
MAKING IT TO THE VENUE

You can reach Bremen by plane, then you take the tram from the Bremen International Airport – right in front of the arrival hall – to Bremen Hauptbahnhof (main station). Or you arrive by bus with one of the different lines. Then you just walk over to Hauptbahnhof. Or you followed our advice to take the train. So all of you are now at the Central Train Station.

From Bremen you can take a train or bus to Osterholz-Scharmbeck. There is a direct Bus from Bremen Central Bus Station right in front of the Train Station. It has the number 660 in direction “Hagen”. It leaves once per two hours and drives about 40 minutes. The first bus is workdays at 6:45 AM and the last leaves from the Bremen Main Station at 7

pm. After that there is only the train, which leaves every hour or two until early morning. Look for this further down.

If you on the bus, you get out at the bus station OHZ Garlstedt Logistikschule der Bundeswehr (Logistics School of the German Army). From there you go through a small forest lane and then over an asphalted road along the fields to the Street called Hinterm Horn 5. This walk is about 750 meters long.



In case you arrive later than 7pm in Bremen you should go by train from Bremen to Osterholz- Scharmbeck station. Nevertheless, the venue is still 8-10 km, that is about 2 hours walk. Do not even try, you will get lost. Therefore **you should announce and agree your arrival with us.**

<https://www.gruppenhaus.de/kulturhaus-osterholz-scharmbeck-hs11215.html>

TRAVEL COSTS

Travel costs will be reimbursed according to the distance bands allowances from Erasmus+, how it was applied for and approved. Please, be aware that kilometer distances might be further than allowed reimbursement. The reason is the change of location, after the application was already submitted, which lies further west. A change afterwards to maybe higher tariffs was not possible anymore. We are suffering from this, too. For our participants from Egypt we have a small reimbursement of 60 Euros per pax for visa fee costs.

Travel generally costs will be reimbursed 7 days after receiving all documents from all participants. And this includes the following documents and activities:

- documented presentation about this exchange that will be delivered by the participants upon their return in their home country;
- dissemination of the project which includes agreed activities, an article, blog or short report, part of which will be written or composed already during the exchange;

delivery of all missing boarding passes, flight bookings, train tickets, invoices etc. as well as proof of travel with cars.

filling out of the questionnaire of the EACEA (in youth exchanges this is done by the team leaders)

filling out of the Youth Passes by the participants

As usual we are going to do a partial reimbursement in cash for participants from some countries. Please, contact us in case you consider this. Here are the reimbursement rates.

Organisation	Country	Location	No. of pax	Maximum reimbursement
MFP	Germany	Potsdam	4	20 €
Asociatia Puzzle OptimEast Tg. Neamt	Romania	Tirgu Neamt	2	275 €
Silver Fox North East CIC	UK	Blaydon on Tyne	2	275 €
Dinara Forum Dinara L'Ateneu	BiH	Ključ	2	275 €
Anatolia Genclik ve Girisimcilik Dernegi	Turkey	Cankiri	2	360 €
Youth Euroclub Learning Creativity	Ukraine	Lviv	2	275 €
Better World Foundation	Egypt	Cairo	2	360 €
Kfar Hanoar Kyriat Shmona	Israel	KyriatShmona	2	360 €
KORA	Italy	Perugia	1	275 €
Centar Fenix	BiH	Sanski Most	1	275 €
JOINT	Italy	Milano	1	275 €
Spolek ActiTmel.cz	CZ	Maly Ujezd	1	180 €
Youth Centre Breclav z.s.	CZ	Breclav	1	180 €
Make Room Europe	Latvia	Dobele	2	275 €
Center for Intercultural Dialogue	Macedonia	Kumanovo	2	275 €
Europejski Instytut Outsourcingu	Poland	Orzesze	2	180 €
Inkluzivni pokret	Serbia	Belgrade	2	275 €

THE ORGANIZER



Mostar Friedensprojekt e.V. is a non-governmental, non-for-profit organization, established in 1994 in Potsdam, Germany. The association organizes socio-cultural activities, artistic and cultural events and publications at the local, regional and national level. For many years it has offered information, general advice as well as humanitarian support to Bosnian refugees and asylum seekers in

the region of Brandenburg and Berlin. In Bosnia and Herzegovina Mostar

Friedensprojekt e.V. Mostar Friedensprojekt e.V. maintains until today an orthopedic workshop and a center of cultural encounter in Bosnia.



The most important aim of Mostar Friedensprojekt e.V. today is to encourage and promote youth workers and young people in their active involvement against racism and xenophobia with democratic means and to oppose prejudices and social exclusion in Germany and throughout Europe. The association continuously develops new forms and methods of intercultural learning about political, social, and cultural issues. It promotes tolerance and understanding for the diversity of cultures and social behaviors and provides political education at the local and regional level in the states of Brandenburg and Berlin and through its branch office in Kljuc in Bosnia and Herzegovina.

USEFUL CONTACT

If you need more information about the project, please, contact Emil Bender:

- mostarfp@yahoo.de – email

When you arrive in Bremen your immediate contact phone number is +49-177442552755.

THE WORKPLAN

Time Plan	Program point	Non-formal and informal learning methods
<i>Day 1</i>		
Morning	Arrival	
Afternoon		Tour through the house, joint discussion of the program of activity, registration and check-in formalities
		The participants arrive, receive their assigned rooms, are instructed about the rules of the house, will be introduced to the premises of training course. Recording of personal details. Signing of the copyright release on artwork and creations.
Evening	Supper and	Welcoming
<i>Day 2</i>		
Morning	Introduction to the training course	Setting of software, actionbound,, creation of user tables, Mentimeter and a start of a Tumblr blog. Distribution of tasks in the seminar - research, documentation, protocols, interviews, photography and film and editing, operation of the presentation facilities, etc.
Morning	Getting to know each other	Portrait exercise (surname, portrait in snowball exercise, three important informations and a lie, energizer, ice breakers.
Morning	Walks, talk and discuss-hopes, fears, expectations. Skill wall, Group Agreement	Playful inventory of attitudes, expectations of individual participants, special abilities. The questions are exchanged individually in the form of a long walk. Then the participants report on the hopes, fears and expectations of each other. A skill wall is created, which shows which skills the individual participants want to contribute. A group agreement is made, distinguishing between hard rules (red, unchangeable and predetermined) and soft rules (yellow, participants' own suggestions, democratically agreed, changeable).
	Introduction into the 8 key competences of the Youthpass	Through early introduction and explanation of the Youthpass competency division, the participants should be sensitized to better realize the learning success in their learning diaries. For this purpose, they are given their own Learning Diary, in which fields of these competencies are already prepared.

Afternoon	Carnivorous Ketogenic Omnivorous Pescetarian Vegetarian Vegan Jewish Islamic Hindu Macrobiotik Paleolithic Fruitarian, Raw	Dividing participants into cooking groups and units
Afternoon	Greenhouse - Effect	Introduction by trainer. Exploring the scientific and social dimensions in working groups (geographically, meteorologically, biology, botanics, agriculture, chemistry, physics, politics, social, psychologically)
Afternoon	Reflection round	Reflection of the day in small groups. Methods: Five-finger feedback, flash, writing down ideas, observations, best moment, etc.
Evening	Joint cooking with presentation	The participants have created recipes and cook for the whole group. The tasks are distributed: cooking, purchasing, presentation, analysis, evaluation by the participants
Day 3		
Morning	Warm-up exercises and energizers	
Morning	Development of a model of climate change adapted to the age of the adolescent target group	Working groups on different aspects of climate change. What are the knowledge levels for young people about climate change? What competencies need to be developed in adolescents? What about adults?
	Discovery trip - https://www.uni-bremen.de/en/artec/research/	The Research Center for Sustainability at the University of Bremen is researching methods and solutions for tackling climate change - University of Bremen Sustainability Research Center SFG Enrique-Schmidt-Str. 7 28359 Bremen
Afternoon	Recapitulation	Discussion of the experience, comparison of different approaches. Discovery of the different motivations. Clarification and attempts to solve crisis events (climate change, desertification, loss of biodiversity)
	Explanations in a time of refusal / The truth nobody wants to know - Presentation of a science journalist on the question of "Fakenews" policy	Analysis of the strategies and arguments of climate change objectors. Worst case scenarios that lose their terror.

	Reflection round	Reflection of the day in small groups. Methods: Five-finger feedback, flash, writing down ideas, observations, best moment, etc. – individual learning diary
Evening	Joint cooking with presentation	The participants have created recipes and cook for the whole group. The tasks are distributed: cooking, purchasing, presentation, analysis, evaluation by the participants
<i>Day 4</i>		
Morning	Introduction to the world of diets - Classification of Dates	Group work – Development of a multi sDaye model
	The diet - motivations for certain ways of life and nutrition	Development of a motivational model
Afternoon	Fishbowl Diskussion	Carnivorous Ketogenic Omnivorous Pescetarian Vegetarian Vegan Jewish Islamic Hindu Paleolithic Fruitarian – Which form of diet garantees the survival of mankind?
	Reflection round	Possibility of contemplation and reflection of the day in small group, method: five-finger feedback, flash, writing down ideas, observations, best moment, etc.) - individual learning diary
Evening	Joint cooking with presentation	The participants have created recipes and cook for the whole group. The tasks are distributed: cooking, purchasing, presentation, analysis, evaluation by the participants
<i>Day 5</i>		
Morning	Methods of agricultural production	Introduction by agricultural experts of the University of Bonn in different agricultural methods or Hilmer Garbade, President of the Bremen Agricultural Association e.V. Jan Saffe, Board Member Bremer Producer-Consumer-Cooperative e. G. Contact / info: Jan Saffe, Bremer EVG, Tel. 0421-3499077 or 0171-4892279 (www.bremer-evg.de) Hilmer Garbade, Bremen Agricultural Association, Tel. 0421-6440624 (www.bauernverband-bremen.de)
Afternoon	Visit to different farms using different agricultural methods	The individual participants receive tasks in smaller groups and visit together up to 20 agricultural enterprises (forestry enterprises, fish farms outdoor and Acquaponic, biodynamic cultivation, solidary agriculture, permaculture, industrial

		ranching, Demeter milk production etc. The visits are moderated by the coaches and/or the agriculture experts from the University of Bonn
Evening	Joint cooking with presentation	The participants have created recipes and cook for the whole group. The tasks are distributed: cooking, purchasing, presentation, analysis, evaluation by the participants
	Recapitulation	Inventory for subsequent analysis on the following day
<i>Day 6</i>		
	Mid-termevaluation - Participants rate the individual units that were run. They determine with each other how far they have come, where they are going now. There follows a group agreement that can go several ways regarding the final results. The goal is to maintain a commonality of creators who are attuned to each other.	
Später Morning	Strategy session	Development of a strategy for creating documents, presentations and campaigns that are applicable in the local area or target group of the respective NGO (example Silverfox with focus on immigrants from Africa, Mostar Peace Project and Kora Permaculture Farm in Italy and in Bosnia, MakeRoom Europe and Better World - Transferability of Models in the Concrete Area of Action India and Egypt, other ideas based on the work in the strategy session.
Development of a course of action for the rest of the training course		
Afternoon	Open Space	Participants present topics, workshops or open discussion rounds, all of which can rotate.
	Open Space	
Evening	Reflection round	Possibility of contemplation and reflection of the day in small group, method: five-finger feedback, flash, writing down ideas, observations, best moment, etc.) - individual learning diary
Evening	Joint cooking with presentation	The participants have created recipes and cook for the whole group. The tasks are distributed: cooking, purchasing, presentation, analysis, evaluation by the participants

Day 7		
Morning		
	Working in groups - preparing workshop with contents and modules that can be used by all	
	Presentation of impulse workshops on individual topics	
Afternoon	Working in groups - preparing workshop with contents and modules that can be used by all	
	Excursion	
Evening	Joint cooking with presentation	The participants have created recipes and cook for the whole group. The tasks are distributed: cooking, purchasing, presentation, analysis, evaluation by the participants
Day 8		
Morning	Work in groups - Preparation of drafts and models for use in the respective hometown for the promotion of presentations and workshops	
	Working groups	
	Presentation of impulse workshops on individual topics	
Afternoon	Visit to an institution as determined by the participants from the 6th day	
Evening	Joint cooking with presentation	The participants have created recipes and cook for the whole group. The tasks are distributed: cooking, purchasing, presentation, analysis, evaluation by the participants
Day 9		
Morning	Long Reflection Round - Introducing the Youthpass concept of the 8 Key Competences	Comparison of expectations and results. The participants express themselves individually about the impressions and how their knowledge and attitude towards climate change and diets developed. They transfer the results of their Learning Diaries
	Look into the future	

Afternoon	Look into the future - Continuation	Cotinuation and presentation of the results. An agreement is signed on the way and efforts of dissemination and exploitation of results.
Evening	Joint cooking with presentation	The participants have created recipes and cook for the whole group. The tasks are distributed: cooking, purchasing, presentation, analysis, evaluation by the participants
Evening		
<i>Day 10</i>		
Morning	Departure of the participants	Checkout, Transfer to Bremen, Hannover, Hamburg, Berlin
Afternoon		
Evening		