ERASMUS+

INFOPACK

YOUTH EXCHANGE

SOUNDS OF nature

20TH - 28TH OF JULY 2025
LICHTENBERG, AUSTRIA

PARTICIPANT SELECTION TILL : 10TH OF JUNE 2025
DEADLINE OF FINALISING TRAVEL ARRANGEMENTS : 20TH OF JUNE 2025

Project Description

The project aims to create a supportive environment where young people can explore the positive effects of combining **nature-based physical activities and music on mental health and well-being.** The week will be full of sharing and making music, enjoying time in nature, and staying active. The project welcomes both, complete beginners and more advanced individuals in the field of music, inspiring participants to collaborate, to learn from each other in a non-formal setting and share cultural music traditions.

Encouraging mutual understanding and tolerance are key to this project, just as the creation of an atmosphere, where stereotypical thinking, prejudice and other types of discrimination have no space.

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Participants Profile

- 6 participants per country (5 regular participants, 1 group leader)
  - we´re aiming to maximize the inclusion of people facing barriers
- aged 18-30 years (group leader: 18+ with no upper limit)
- interested in the topic
- citizen or residence in one of the participating countries
- basic English language skills

Note: **If you encounter any barriers requiring special support, please inform your sending organization so we can consider them and ensure your participation (e.g., financial barriers, language difficulties, disabilities, etc.)**

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Dates and Venue

Name of Venue: Privatzimmer Dimitrova

Adress: Lichtenberg 2, 4161 Ulrichsberg, Austria





Arriving Day: 20th of July after 2PM

Departure Day: 28th of July before 11AM

Distance to next supermarket: 2 km

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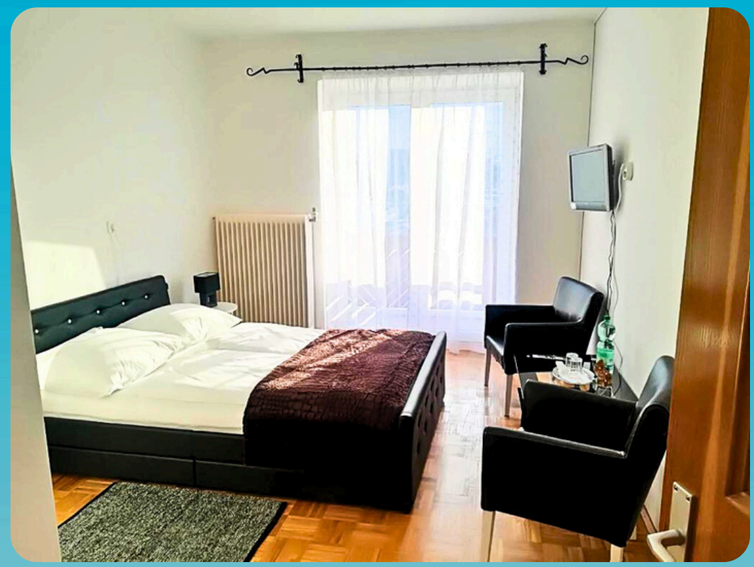
Accommodation

The accommodation includes several apartments, each featuring a living room, a bathroom with shower and multiple single and double bedrooms, with each participant having their own bed. Some apartments are equipped with a kitchen and a refrigerator.



Note: The appartements will be assigned with mixed nationalities and same gender.

We are trying our best to provide food according to the information received via the participants' registration form.

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What to bring

Things to bring

- valid international biometric passport for travel or ID
- personal hygiene items
- extra Towel (one towel will be provided)
- sportswear for various weather conditions
- shoes you can do sports with
- swimsuit (we might need it)

SPECIAL (if you have)

- music instruments
- hammock
- yoga mat
- laptop
- camera
- mic/sound recording device

Other…umbrella, bord games, card games, some money IF you want to buy something extra, the medicine you may need, etc.

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Home Tasks before the Project!

Individually

- Develop one creative, topic-related energizer that can be played with the whole group (duration 2-10 min)
- Select one song that represent your country's music heritage

In your national group

- Create a session (20 min max.) for the intercultural evening to showcase your country and culture (traditional food, drinks, music, dances, songs, etc.)

If you bring your Laptop please already download at home: "Garage Band" or "Logic X" for MAC or "Ableton" or "Cubase" for Windows. Participants will be provided with YouthPass certificates.

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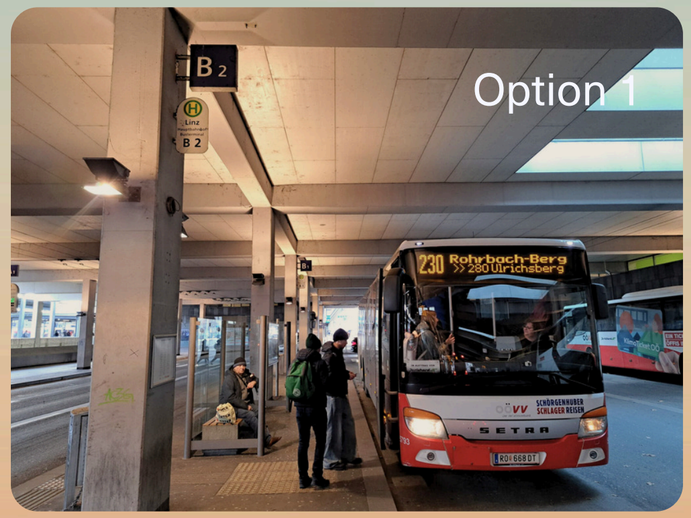
How to get to the venue

Travel by public transportation

Arrive at central train station in **Linz**. Then ...

- Option 1: Take ‘Bus No. 230’ to ‘Rohrbach-Berg (Ulrichsberg)’ at 16:06 from Platform B2 (~60-90 minutes) at the central train station.
- Option 2: Take any tram line going into the city center (‘Zentrum’) and exit at ‘Rudolfstraße’. Depart with ‘Bus No. 289’ to ‘Schwarzenberg’ at 14:01 or 22:01 from ‘Linz/Donau Hinsenkampplatz (Donautor)’.



No matter if option 1 or 2 is chosesn, make sure to get off at station 'Ulrichsberg OÖ Abzw Lichtenberg'. **Pls Note** that there are only these three buses on this route this day.

After arriving at station 'Ulrichsberg OÖ Abzw Lichtenberg' either walk 2km or wait for us to pick you up by car whenever all seats can be occupied. If you travel with a shared-car, please submit proof of your mileage, the route taken, and any fuel receipts (invoices for refueling) to your sending organization.

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Financial Conditions

The maximum travel reimbursement per person is as follows:

Country	MAX. TRAVEL REIMBURSEM ENT / EUR	TOTAL NUMBER OF PARTICIPANTS / PERSONS
Austria	285,-	5 (Part.) + 1 (Leader)
Slovakia	285,-	5 (Part.) + 1 (Leader)
Germany	285,-	5 (Part.) + 1 (Leader)
Croatia	285,-	5 (Part.) + 1 (Leader)

Costs of meals, accommodation and activities during the project are covered 100%. Travel expenses must be paid by participants at first but will be reimbursed after the project by your sending organization* (actual costs will be refunded, maximum budget per person given). *Further information in the Participant Declaration

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Timetable

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8	DAY 9
Arrival	Getting to know each other	Yoga	Running	Meditation	TBA	TBA	TBA	Departure
		Music Heritage Exchange	Energizer Team Austria	Energizer Team Slovakia	Energizer Team Germany	Energizer Team Croatia	Sharing Results	
	Rules of Conduct	Arts & Movement - Mission Possible	Body Percussions	Musicproduction - Workshop	Song production, arrangements & engineering	Mental Health & Well-Being		
	Sounds of Nature - Hike		Instruments - Workshop	Sounds of Nature - Hike 2.0	Life as a Musician & Band Stories	Music & Movement Games	E+,Youthpass, Final Reflection	
	The Power of Music - Workshop	Time to reflext	Music-Synced Functional Training	Songwriting	Participant´s Space	Creating Dissemination Materials	Final Evaluation	
	Fire & Jam	Free evening	Intercultural Evening AT & HR	Free evening	Intercultural Evening DE & SK	Free evening	Farewell Evening	

If you as participant have knowledge or experience related to the theme of the activity and want to share it and/or for it to be included in the programme, pls contact the Applicant/Coordinating Organization as soon as possible.

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Insurance

Participants are self-responsible for acquiring “European Health Insurance Card” (EHIC) or an insurance card with comparable coverage for the whole duration of the project.

Additionally we recommend participants to have travel insurance.

If you do not have insurance or your insurance does not cover necessary medical care, please contact the hosting organization, BE UP, for assistance.

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Procedure for joining the project

1. Contact the organization in your country and obtain confirmation of your participation
2. Complete the ´Registration Form´ and sign the ‘Participant Declaration’ that will be sent to you
3. Plan your travel, submit your travel proposal to your sending organization and receive their approval before making any purchases
4. Purchase your tickets and take part in the project :)

Note: If you notice or experience a serious violation of the Safeguarding Policy during or in connection with the project, and the trust relationship with the local contact person is significantly compromised, you have the option to report it to the Austrian National Agency for Erasmus+ via email at safeguarding@oead.at.

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IG: beup_ngo



Austria

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Germany

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Croatia

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Slovakia

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In case of urgent cases please feel free to call the facilitators (e.g. difficulties during your travel, finding the location, missing the bus...)

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In case you have any further questions regarding the information provided, feel free to contact your sending organization.

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Disclaimer

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