



Volunteering Teams “Hands-On Solidarity”

24th August- 8th of September 2026
Garlstedt, Germany



**EUROPEAN
SOLIDARITY
CORPS**

THE POWER OF TOGETHER.





Activity info

„**Hands-On Solidarity**” is going to be an ESC volunteering teams activity organized in Garlstedt and Bremen, in Germany, which will include 25 young people from different countries across Europe.

Age of participants: 18 – 30 (group leaders 18+)

Country group size: 5 participants per country

Place: Garlstedt, Osterholz-Scharmbeck, + Bremen, Germany

Venue: KulturHaus, a youth house near Bremen

Days of activity: 16 days including the travel

Dates: 24. August - 8. September 2026



About Us

1. We are a youth organisation that is focused on international youth work. In 2023 we organized 15 Youth Exchanges and training courses, and we are sending young people on many international projects abroad. Above that we are provider of the On-Arrival and Midterm-Seminars for volunteers in Germany, we host 7-8 of these trainings per year. We are also the coordinating organization for volunteering opportunities – that means that we are organising voluntary services in Bremen and also send German youngsters abroad.
2. Our office is located in Bremen, but we organize our projects in our KulturHaus in Garlstedt, which is close to Osterholz-Scharmbeck and 30 min by car from Bremen.
3. Our local and international projects aim to encourage and support young people through non-formal learning opportunities, especially focusing on the topics of interculturalism, tolerance, diversity and understanding among the different cultures in Europe. We are also organizing local events in Bremen and extending our network in the area by cooperating with other organizations and institutions.



Partner responsibilities

1. Promote the activity and its results on their website/social media.
2. Select the participants according to the previously agreed number of participants (5 per country). Participants are youth between 18 and 30 years old coming from 5 different countries. Please consider the gender balance in your group and include participants with fewer opportunities. Participants should be selected based on their interest in the topic of the activity and their motivation for participation.
3. Prepare participants for international mobility and support them with travel arrangements.
4. Support the participants during the dissemination phase and their follow-up initiatives.

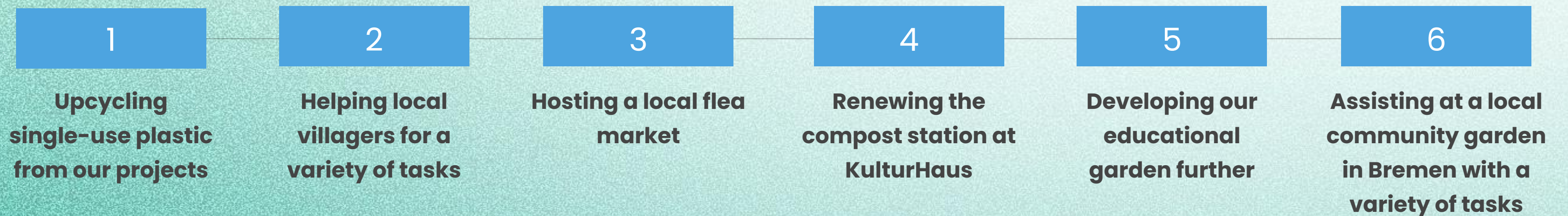


Activity info and objectives

This activity will be an opportunity for you to have a positive impact on three different communities: at KulturHaus, a group house which hosts young people from across Europe; Garlstedt, the village where KulturHaus is found; and Bremen, where the majority of our local initiatives are found.

Many of the activities will be centred around sustainability, meaning there will be the opportunity to learn some practical skills which can help you lead a sustainable lifestyle.

This project also aims to show how the smaller actions can have a large positive impact on communities, and to encourage and enable everyone who joins to be able to do so in the future as well.





KulturHaus Activities



- This venue, and its surroundings, is going to be the area where the volunteers have the largest impact.
- KulturHaus hosts young people from across Europe for youth exchanges, training courses, and social activities throughout the year. There are more than 10 such projects that are hosted there annually.
- The house has been made into a more sustainable venue through the creation of a community garden, and a composting station, where all of the food waste produced by the house is processed and then used in the garden.
- Over the years, the community garden at KulturHaus has grown bigger, and become a source of seasonal ingredients for the participants of the venue.
- This project aims to expand the garden even more, so more food can be sourced sustainably, and so that more participants can learn about gardening.
- One of the tasks will also be helping us upcycle single-use plastic which we have accumulated across these projects into new useful items.





Garlstedt Activities

- Garlstedt, where KulturHaus is found, is a small village of only 1200 inhabitants. The village does not have bars, or a supermarket, but is situated in the middle of a beautiful forest.
- Garlstedt is a small village with a tight knit community. This community often has the desire to improve their village somehow, but due to the small size of the population sometimes lacks the resources to do so. This is why we help out, so that we are included as part of this tight knit community, and so that we can make a positive impact on the lives of our neighbours.
- In Garlstedt, we will be doing tasks which the village cannot normally carry out because they do not have enough people power. Examples of such tasks, which our volunteers have done in the past, are painting bus stops, cleaning litter from the surrounding area, and helping to restore the community meeting place..
- We will also be assisting the neighbours in moving any old furniture or possessions to KulturHaus, so that they can sell them at the fleamarket we will host.



Bremen Activities

1. Bremen, which is 30min away from Garlstedt by car, is a city in North-West Germany (around 500.000 inhabitants), not far from Hamburg and the North Sea coast. Bremen is a vibrant, multi-cultural city with a lot of young people and both a historical centre and newer areas of towns.
2. One of the activities that we do as an organisation is coordinating volunteers throughout Bremen. Through this work we have made many local partnerships, which we are always looking to grow and make stronger. As part of this volunteering teams activity we will be going to two of our local partners and helping them out.
3. We will be assisting at a community garden, called Zukunftsgarten. The garden is a place where children can learn about gardening, and also some outdoor skills. It is part of a youth centre which the local youngsters can use to gather, to offer workshops, and volunteer in their free time.





Participant profile

AGE

18–30 years old

MOTIVATION

Learn practical skills, particularly those connected to sustainability

EXPERIENCE

No experience needed

OTHER INFO

Participants must have participated in **less than 11 months** of ESC volunteering projects in the past. Any applicants who have already participated over this time are not able to participate.





Travel to/from Germany

Travel costs are refundable for participants who attend all sessions, commit themselves fully to the activities and provide all original tickets, invoices, boarding passes and emails relating to their travel. The participants should participate also in the dissemination phase.

- 1 Please confirm your flights with us before booking them. You should buy your tickets after our confirmation

- 2 ARRIVAL DAY (**24.08.2026**): You should be in Bremen latest until 22:00 on this day. This is when the last bus goes from Bremen to our venue. Please take this into consideration when booking tickets.

- 3 DEPARTURE DAY (**08.09.2026**): The checkout from the venue is at 8:00. The earliest bus is at 5:34, arriving in Bremen just before 6:30. Keep that in mind while planning your trip back home.

- 4 According to the rules from the National Agency in Germany, it is acceptable to come to Germany maximum 3 days before the activity and to stay in Germany maximum 3 days after the activity.

- 5 Look for travel options to the following airports: Bremen, Hamburg, Hannover, Dortmund, Dusseldorf or Cologne. You can take a train or bus from these cities to Bremen (2-3 hours by train). Please try to find the most affordable travel option possible.



Travel to/from Germany

Here are the maximum travel costs for the projects in ESC, according to the distance:

Travel distance | Green travel (EUR) | Non-Green travel (EUR)

10 – 99 km	56	28
100-499 km	285	211
500-1999 km	417	309
2000-2999 km	535	395
3000-3999 km	785	580
4000-7999 km	1188	1188
8000 km +	1735	1735

- 1 Don't throw any ticket or boarding pass. You will need to send all of them after the activity. If you lose any of the tickets or boarding passes, we won't be able to reimburse you for them.
- 2 On ESC activities, there is a maximum amount that can be reimbursed for the travel of participants, according to the distance from your country to the city where the seminar is being organized. If your tickets cost more than that amount, you are responsible for covering the difference, as ESC is a co-financing program.
- 3 To know the maximum travel costs that can be reimbursed for your trip, please use the distance calculator and calculate the distance between your hometown and Garlstedt (Osterholz-Scharmbeck), where the activity will take place. You can check the distance on this link: https://ec.europa.eu/programmes/erasmus-plus/resources/distance-calculator_en
- 4 On the left side, you can see the amounts depending on the travel distance. If you are using a plane in any part of your trip, you should check the Non-Green travel amounts.

If you are unsure about the calculated distance and amounts, you can contact your sending organization or us for assistance.



How to reach our venue

VENUE ADDRESS:

Hinterm Horn 5, 27711 Garlstedt,
Osterholz-Scharmbeck, Germany

Timetable for the bus no. 660 from
Bremen Burg to our venue:

https://www.vbn.de/en/service/timetables#line_no=660

- 1 The village where the mobility is taking place is called Garlstedt. The nearest city is Bremen and from Bremen to our venue you will need to use public transportation (bus number 660)
- 2 The bus departs from the “Bremen Burg” station, platform D.
- 3 You will need to take either the RS1 or RS2 train from Bremen Central Station to Bremen Burg.
- 4 The bus stop you need is called **OHZ-GARLSTEDT, BW LOGISTIKSCHULE.**
- 5 You should aim to take a bus from Bremen Burg no later than 19:09, although the last bus departs at 22:09. A member of our team will be waiting for you at the bus stop.
- 6 The bus ticket from Bremen Burg costs €5.60, and you can purchase it directly from the bus driver. Please note that the driver only accepts cash, so make sure you have enough euros with you.



The venue

Kultur Gruppen Haus
www.kulturgruppenhaus.de

We will be accommodated in a group house in a village **Garlstedt**, close to the city of Bremen, Germany.

The accommodation will be simple. Participants will be **sharing rooms** with 3-4 people from same gender but different nationalities. Some of the rooms are with private and some with shared bathrooms.

The house is located in a **very remote area**, meaning we, as a group, will stay together throughout the entire program. There are no cafes, discos, restaurants, or even supermarkets nearby. This will help us focus on building strong group dynamics, as everyone will be engaged with each other.



The venue

MORE DETAILS

Everyone will need to **contribute to maintaining the space**. Tasks may include setting up the dining area, loading or unloading the dishwasher, or simply keeping the house tidy. It's important that we all pitch in to ensure a smooth and enjoyable experience.

We will be the **only group in the house**. We will learn and have fun together, cook and eat together and share our culture and ideas. We'll make the rules together and respect the rules that we make.

Food will be provided for each meal throughout the week. The group will be supporting in cooking preparing our meals. You can tell us any specific food preferences or restrictions, such as vegetarian, no pork, etc. However, please note that we cannot accommodate halal or fruitarian diets.



The venue

WHAT TO BRING WITH YOU

You should **bring** your own **towels** to the mobility. Bedsheets will be provided by the venue where we will stay.

You should bring clothes **suitable for working outside**, that you don't mind to get dirty

In the venue where we will stay, there is rule of **inside shoes**. This means that every participant should bring slippers or some shoes that you are going to use only inside the house

There is **washing machine** available in the venue. It costs 3 euro for using the washing machine and 3 euros for using drying machine.

There are several **hair dryers** available in the venue and should be shared by the whole group.



Intercultural evening : Think about what you want to share...

National evenings - Each national team will have the chance to present their culture one evening. You can bring some national food and drinks that you would love to show to the rest of the group.

Think about interactive activities, you can do in your national team, to share fun and interesting information about your country's history, food, and culture during the intercultural evenings..



Insurance and other info

- 1 **Insurance** - All participants from European Union countries need to bring their European Health Insurance Card (EHIC) with them. You can get it for free in your country and it is amazingly useful for you whenever you travel outside of your country. Participants coming from outside of the EU will be covered with health insurance provided by the European Solidarity Corps Programme.

- 2 **Pocket Money** - All participants will receive pocket money which they can use for expenses outside of what is already provided by the programme. The participants will receive €7 per day as pocket money.

- 3 **Public Transport** - The participants will also be provided with a public transport tickets for their days off, which can be used for the local area, including to get to Bremen.



Confirmation of participation

We are also sharing the Confirmation of Participation.

Please note that in case of significant damages caused by participants during the seminar, the cost of the damage will be deducted from their travel reimbursement. If the amount exceeds the reimbursement, the participant will be required to cover the difference.

Read this document and apply only if you agree to everything written in it. On the first day of the activity, every participant will need to sign this document.

1. Full participation in the seminar. I understand that if my participation is not 100% and my absence, for any reason, is not fully justified, I may not receive any reimbursement.
2. I will be responsible for covering any additional costs (exceeding the given budget) for my overall travel costs.
3. I will keep all invoices and proof of travel, including boarding passes, tickets, etc. and submit them to the host organization in original format as requested by them in a timely fashion.
4. I will prepare relevant materials in time for the project activity.
5. I intend to participate in all evaluation activities during the project and after its completion.
6. I will show openness and respect towards other participants and all other individuals involved in the program.
7. I will respect the rules in the ESC program guide that requires participants, facilitators and staff to respect each other's dignity, values, religion and culture, irrespective of race, gender, national or ethnic origin, sexual orientation, age or disability.
8. I will abide by the venue's policy of reasonable alcohol consumption during the project activity.
9. I will not bring or use any illegal drugs during my participation on the project activity.
10. I allow the organizers to have photos and videos taken of me during the activity and publish these on their websites, social media, promotional material and dissemination material.
11. I will have my European Health Card during the activity (In case of EU residents).
12. That the days prior or after the mobility I am traveling on my own risks and that having insurance is my own responsibility.
13. Failure to comply with the above rules and the rules of the project will result in no reimbursement given to me for the project and could also result in me being liable to financial damages as a result of me not following these rules.



See you soon!

For further questions don't
hesitate to contact us.



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