

INTEGR-ACTION

Erasmus+ Youth Exchange

Acting together for rural inclusion and participation in Europe
Connecting young people from Germany, Italy, Poland, Romania & Latvia



Dates

Germany (Vlotho): 15–23 August 2026

Poland (Biały Dunajec): March 2027 (exact dates to be agreed)

Italy (Altamura): May 2027 (exact dates to be agreed)

[Anmeldung hier](#)

Cooperation Partners

INTEGR-ACTION is an Erasmus+ Youth Exchange implemented by:



Fundacja Europejski
Instytut Outsourcingu



Gesamteuropäisches Studienwerk e.V. (GESW) – Germany (Coordinator)

ASSOCIAZIONE LINK APS – Italy

Fundacja Europejski Instytut Outsourcingu – Poland

Asociația Puzzle OptimEast Tg. Neamț – Romania

Make Room Europe – Latvia

Project Description

INTEGR-ACTION brings together young people from across Europe to explore questions of integration, diversity, participation, and social inclusion.

Migration, cultural diversity, and democratic participation are key topics shaping today's Europe. In this project, participants will not only discuss these topics but actively engage with them through non-formal education, intercultural exchange, and hands-on project development. Participants will exchange personal experiences and perspectives, explore the meaning of integration in different European contexts, develop their own ideas and small-scale projects, work in international teams, and strengthen their skills in communication, teamwork, and participation.



Co-funded by the
Erasmus+ Programme
of the European Union

Important Contacts



Gesamteuropäisches Studienwerk e.V.: projects@gesw.de

Participation Fee:

50€ per exchange phase (for each the youth exchange in Germany, Poland and Italy)
This fee contributes to organisational and local costs.

Travel Costs

Travel costs are reimbursed according to Erasmus+ distance bands:

- 0–99 km: €28 / €56 (Green Travel)
- 100–499 km: €211 / €285 (Green Travel)
- 500–1,999 km: €309 / €417 (Green Travel)

Green Travel refers to environmentally friendly means of transport such as train or bus. The reimbursement usually covers a large part, and often all, of the travel costs. Please note that reimbursement can only be made if you travel second class (e.g. with German trains).

Transportation

We strongly encourage all participants to use environmentally friendly means of transport, especially trains and buses. Please avoid flights whenever possible.

Domestic flights should generally be avoided

Car-sharing is recommended for participants travelling by car.

We are happy to support participants in finding suitable train connections to Vlotho.

Please plan your journey so that you arrive in Vlotho on 15 August 2026 between 10am and 6pm.

Important note: Please inform us about your travel times and in case you do not make it in time.

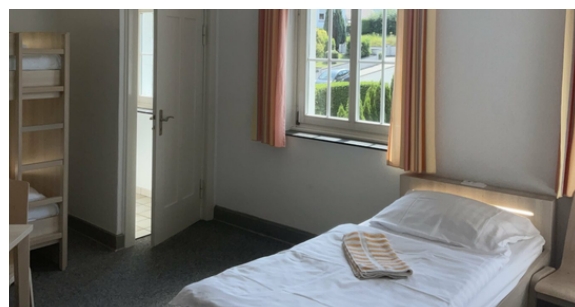
From Vlotho railway station, the GESW can be reached on foot in approximately 10 minutes. The easiest route follows Weserstraße. During the project, public transportation will be used whenever possible.

Accommodation & Catering

Participants will stay in multi-bed rooms at the GESW guesthouse in Vlotho. Bed linen and towels are provided.

Full board (breakfast, lunch, and dinner) is included. Vegetarian options are available daily, and dietary requirements will be accommodated wherever possible. Please inform the organisers in advance about any allergies or special dietary needs.

As sustainability is important to us, we encourage participants to bring a refillable water bottle and a reusable lunch box. Tap water in Germany is safe to drink and of high quality.



Evening Activities

Evening activities are largely organised by the participants themselves. The GESW is located in a quiet area surrounded by nature, while Vlotho is a small town with approximately 20,000 inhabitants. During free time, participants can:

- Spend time in the GESW garden
- Organise intercultural evenings
- Enjoy games, music, and informal group activities

- Take walks in the surrounding countryside
- Relax and connect with other participants
- We encourage everyone to contribute ideas and actively shape the social programme.



Locations

Vlotho is a small historic town on the River Weser in the north-east of the German state of North Rhine-Westphalia. With around 20,000 inhabitants, it offers a peaceful and green environment that is ideal for international exchange, reflection, and group activities. The first historical records of Vlotho date back to the year 1185. The town is surrounded by nature and offers many opportunities for walking and outdoor activities.



Bielefeld is the largest city in the region and an important cultural, educational, and economic centre. Located at the edge of the Teutoburg Forest, it combines urban life with easy access to nature. The city is home to a large university, numerous cultural institutions, shopping areas, and the historic Sparrenburg Castle, which overlooks the city. During the project, participants will visit the Welthaus Bielefeld and learn about local initiatives working on global learning and social inclusion.

Bad Salzuflen is a well-known spa town famous for its saltwater graduation towers, historic town centre, and extensive spa parks. For centuries, visitors have come to the town for health and wellness treatments. Today, Bad Salzuflen offers a pleasant atmosphere, attractive green spaces, and an opportunity to experience a different aspect of local life in North Rhine-Westphalia.



Programme Overview (Vlotho Exchange)

15 August – Arrival Arrival of participants

Welcome and accommodation at the GESW

Day 1 – Arrival & Orientation Welcome, introductions, and team building

Introduction to the project

Development of a Project Charter

Introduction to YouthPass

Intercultural exchange: “Snack from Home”

Introduction of the digital cookbook

Day 2 – Biographies & Identity Family Tree: family histories and migration

Lifeline exercise & Family Tree

Walk-and-talk reflection

Day 3 – Integration in Rural Areas Workshop on opportunities and challenges of integration in rural communities

Discussion: What does successful integration mean?

Reflection session

Day 4 – Community & Practice, Excursion to a local initiative

Excursion to Bielefeld and visit to Welthaus

Exchange with local integration initiatives

Fishbowl reflection discussion

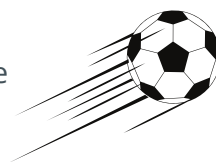


Day 5 – Project Development & Sport as a Driver for Integration Project management workshop

Midterm Evaluation

Development of participants' own project ideas

Intercultural football match focusing on fair play and the Sustainable Development Goals



Day 6 – Excursion & Local Learning

Excursion to the Schötmar/Bad Salzuflen area

Visit to an inclusive café run by refugees and local residents (pensioneers)

Meeting local priests: Discussing the role of local churches in integration processes

Joint cooking activity

Reflection using the See-Judge-Act method

Day 7 – Analysis & Transfer

SWOT analysis of local integration policies

Development of practical tools and ideas for participants' home communities

Programme evaluation

YouthPass Reflection and certificate ceremony

Intercultural evening featuring music, dance, and cultural exchange



23 August – Departure Final farewell

Departure of participants