



# Youth exchange

## “Highway to Help”

08.08. – 19.08.2025



Austria, Klaffer

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 oead erasmus+



## Klaffer (Mühl-fun-viertel)

Klaffer is situated in the province of Upper Austria. The community has about 1.350 inhabitants and covers an area of 28 km<sup>2</sup>. If you'd like to be inspired from nature, Klaffer is the right place. ;-)

The venue, which is called "Mühl-fun-viertel" is not only a house for children and families, but also a popular conference centre for education and for diversity. What began with training for teachers of children and youth groups has developed into a great and highly demanded seminar alternative for schools, companies, associations and apprentices.

The Mühl-fun-viertel is working with professional trainers training schedule can be created tailored especially to all of your requirements. In total there are about 160 beds in various room configurations. There also are areas for tent-camps or camping. Sports enthusiasts will find a football field, a volleyball court, rolling hills and steep trails for mountain biking. The participants will sleep in rooms with bunk beds, male and female participants are in separate rooms. It's possible that in one room there are more than one nationalities. There will be 3 meals: breakfast, lunch and dinner + coffee breaks; All meals are planned beforehand taking in consideration some individual requirements (diseases, diets etc.) These should be given beforehand to the organizers. There is an Internet connection (Wi-Fi), the login data you'll get from the trainer. **Please notice, that the house is offside and the internet might not always work fast.** There are no shops near by.

[www.muehlfunviertel.at](http://www.muehlfunviertel.at)





## Description of the project

"Highway to Help" is a youth exchange program designed to foster personal development and community empowerment. The project brings together young people from different backgrounds to explore their cultural identities and develop key skills for leadership and active participation in their communities. The first part of the program focuses on building self-awareness, emotional intelligence, and understanding personal values, abilities, and needs.

The second part empowers participants to implement meaningful actions in their local communities by assessing existing needs, available resources, and opportunities for sustainable involvement.

### General Goals:

- To support young people in developing self-awareness, emotional intelligence, and a deeper understanding of their values, strengths, and personal abilities, laying the foundation for effective leadership.
- To explore the concept of cultural identity, encouraging participants to reflect on their own backgrounds and traditions, while fostering respect for diversity and intercultural dialogue.
- To enhance youth participation by equipping participants with the tools and confidence to engage in leadership roles and drive positive change in their communities.
- To promote community building by encouraging collaboration, resource sharing, and collective action, ensuring the sustainability of community-based initiatives.
- To empower young people to identify and address local needs, creating actionable plans that reflect their shared vision and priorities, ensuring long-term impact in their communities.



## Short Overview

- Working language: English
- Date: 08.08. – 19.08.2025
- Venue: Vorderanger 16, 4163 Klaffer, Austria
- 6 Countries: Romania, Spain, Italy, Greece, Portugal and Austria
- 5 participants and 1 leader from each country
- Participants profile:
  - 14 – 18 years old
  - Good English communication skills
  - Especially disadvantaged ones and teenagers with fewer opportunities are welcome (refugees, migrants, those with social obstacles etc.)
  - Motivated to find out more about new cultures and the topic of the exchange

### Leader's profile:

- +22 years old
- Very good English communication skills
- Very responsible and motivated



## Trainer Crew



### Bogdan Hanganu

is a Youth Worker and the founder of Tram 21 NGO in Romania. His journey in youth work began through volunteering in diverse intercultural contexts and programs. As a passionate developer of workshops, for over 12 years, he has led numerous Erasmus+ and youth exchange projects focused on personal development, creative thinking, collaboration, self-expression, and intercultural dialogue. Through his work, Bogdan fosters an inclusive environment for young people to explore their potential and engage in transformative learning experiences.

Contact:

+ 40771255497

[hanganu.beraru@yahoo.com](mailto:hanganu.beraru@yahoo.com)

### Eleanna Papaostolou

is an NLP and ICF-certified Coach, Speech and Language Therapist, and the founder of Roho Rafiki, an NGO based in Greece. In recent years, she has also worked aboard cruise ships, organizing entertainment and youth activities for hundreds of children and teenagers.



Eleanna is actively involved in various organizations that support exchange students, where she helps organize social events, cultural trips, and personal development workshops. Her expertise lies in guiding youth through cultural exchange, personal growth, and empowerment initiatives.

Contact:

+306949335810

[annaeleni.pap2@gmail.com](mailto:annaeleni.pap2@gmail.com)



## Application Process

The sending organisation is committed to collect all data from each participant and forward them to the coordinator. The sending organisation is responsible for filling in the application form, which will be sent by the coordinator to the sending organisation.

## Insurance/Safety Matters

The sending organisations are in charge of taking care that every participant has his/her European Health Insurance Card, which allows her/him to be treated, by a doctor or a hospital in case of an emergency in every European country.

## Things to bring...

- Towels
- Sun cream
- Swimwear
- Shampoo and soap
- Everything you need, such as clothes...
- Other hygiene and personal products
- Medicine, if needed
- Hair-dryer
- House shoes, if you need some
- Insurance card, which is valid abroad (Please clarify that in your country BEFORE the project)
- Passport
- Pocket money
- Please bring EUR 10,00 cash for the visit of Linz



### **There will be a cultural night – please bring therefore:**

- Typical food/drink from your country: Ready food – snacks, cheese, drinks, biscuits;
- 1 night-game from your country, to make people connect to each other (max. 4 minutes)
- 1 brief and creative Country presentation (theatre, posters, stereotypes,...) (max. 3 minutes)  
NO Power Point!
- Intercultural sweet moments
  - o We Would like to ask you to bring some typical sweets from your country. Each day we will taste some sweets from each national team.
- If you want to cook a small dish – little portions – and need to buy fresh ingredients you can buy them in the supermarket which is about 10 min by car from Klaffer. Spices you will find and can use in the kitchen.

## **General rules and requirements**

- [Allergies, diseases, special diets](#) etc. have to be announced before the project.
- Using [the washing machine](#) at the venue: if's possible, please ask the Mühl-fun-viertel team
- [After 23.00](#) all the noise must be reduced to permit the other participants to sleep and rest
- [Smoking](#) in the house and in front of children is forbidden because of the values of the Kinderfreunde. Please use ashtrays while smoking.
- [Attention](#): Neither the hosting organisation nor the house Mühl-fun-viertel itself carries any responsibility for lost/stolen/broken things of yours!
- For the [beverages/snacks](#) from the bar, each participant has to pay by him/herself; taking sth. from the bar, you have to fill in what you've taken in the list on the bar and pay for consumed drinks/snacks before your departure.
- The communal rooms (like the kitchen) and the bedrooms have to be kept clean! Should increased cleaning hours be necessary we will deducted them from the reimbursement.





DEOR

## Dissemination and Exploitation of Results

Each partner organisation has to take an active part in the DEOR of this project!

The participating organisations and their teams should work out a strategy plan for the DEOR. This should happen **before** the project gets started.

After the project each organisation has to send a short report of this part. This report can include links to postings on Facebook/Websites/Online Newspapers etc..., everything, what was reported about the project beginning with preparations and ending by evaluations.

**All these activities have to be sent by each involved organisation via email to the coordinating organisation!**

## Travelling to the venue...

### Good to know:

- The trip to Klaffer is your responsibility! We provide all necessary information beforehand and support your planning, if needed! Just let us know
- **Before** booking tickets you should check your itinerary with us. Any decision without consulting us will be your responsibility.
- The participants from one country should travel as one group.
- Think about green travel options.
- **Arrival:** Please make sure that you arrive in Linz **before 18:00 o'clock in Linz**. There will be a rented bus at Linz main station which will take all of you to Klaffer.
- **Departure:** Please make sure that your train/bus/flight leaves **after 13:00 o'clock**. You will arrive in Linz main station approx. at 10:15 in the morning. If you leave from Vienna it will take you at least 1.5 hours to get there from Linz.
- There will be an organised bus which brings all participants from Linz to Klaffer and back to Linz. **The cost therefore will be deducted from your reimbursement.** Please let us know latest one week before the start, if you don't take the organised bus. Otherwise we have to deduct the price for it in any case.





## How to get to Linz?

**From Vienna to Linz:** if you arrive in Vienna airport you have 2 options:

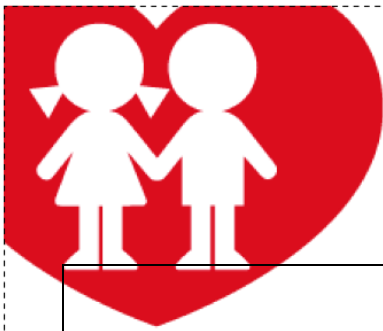
1) Take the train directly from the airport to Linz main station. The train line is called ÖBB. One ticket costs approx. 49€.

<http://fahrplan.oebb.at/bin/query.exe/en?> (timetables)

2) From Vienna airport you take a shuttle bus called "Vienna Airport Lines" to Vienna Westbahnhof (train station). This ticket costs 8€. From there you take the Westbahn (name of the trainline) to Linz. A ticket is approx. 39€.

[www.westbahn.at](http://www.westbahn.at) (timetables)

**Good to know:** If you book tickets online before your travel you may have the chance to get cheaper ones (for both train lines).



## Emergency contacts

|  |   |
|--|---|
| <b>Stefanie</b><br><b>Sandra</b><br>(Office) | <b>Mo-Do: 08:00-16:00</b><br><b>Fr: 08:00-13:00</b><br><a href="mailto:stefanie.poemmer@kinderfreunde-ooe.at">stefanie.poemmer@kinderfreunde-ooe.at</a><br>+43/7237 24 65 23<br>+43/699 16 88 65 03<br><a href="mailto:sandra.holzer@kinderfreunde-ooe.at">sandra.holzer@kinderfreunde-ooe.at</a><br>+43/7237 24 65 23<br>+43/699 16 88 65 09 |
|--|---|

In case of emergency please contact our trainers:

Bogdan: +40771 255 497

Eleanna: +30694 335 810

|   |   |
|---|---|
| <b>Team Mühl-fun-viertel</b><br><b>16:00-19:00</b>                        | <b>+43/664 130 70 47</b>  |
| <b>Taxi in Linz</b><br>(if tram doesn't work)                             | <b>+43/732 6969</b>   |
| <b>Taxi in Aigen</b><br>(if you have missed our organized bus to Klaffer) | Mrs. Greiner: +43/664 644 38 07<br>Mr. Venzl: +43/664 591 41 19 |



## Budget/Travel reimbursement rules

All costs for accommodation, food, materials are fully covered by the funding of the Erasmus+ Programme (only during the stay at the project).

According to the rules within the Programme Erasmus +, travel costs are reimbursed according to km-distance from the participant's residence city till the venue.

According to this there are the following units for each country:

**Maximum travel reimbursement to/from Klaffer according to the distance calculator from Erasmus+:** (for distance calculation during the reimbursement process we will take the residence city of a participant till the venue, this amount of km. has to be proved by tickets, invoices etc. and the below mentioned sum will be paid only if this proved distance is as followed)

- check your distance here:

[https://ec.europa.eu/programmes/erasmus-plus/resources/distance-calculator\\_en](https://ec.europa.eu/programmes/erasmus-plus/resources/distance-calculator_en) )

|                 |                       |                                      |
|-----------------|-----------------------|--------------------------------------|
| <b>Romania</b>  | <b>500 – 1999 km</b>  | <b>309€<br/>if green travel 417€</b> |
| <b>Spain</b>    | <b>500 – 1999 km</b>  | <b>309€<br/>if green travel 417€</b> |
| <b>Italy</b>    | <b>500 – 1999 km</b>  | <b>309€<br/>if green travel 417€</b> |
| <b>Portugal</b> | <b>2000 - 2999 km</b> | <b>395€<br/>if green travel 535€</b> |
| <b>Greece</b>   | <b>500 - 1999 km</b>  | <b>309€<br/>if green travel 417€</b> |
| <b>Austria</b>  | <b>100 – 499 km</b>   | <b>180€<br/>if Green Travel 210€</b> |

**Green Travel means to complete the trip by train, bus or car-sharing.**

**Reimbursement will be according to the real amount spent for tickets, up to the maximum amount per participant listed above.**

**For Example:** Your budget is 309€. You spend 260€ for your tickets, only 260€ will be covered according to your invoices. If you spend 380€ for tickets, only 309€ will be reimbursed.



To receive reimbursement we need **ALL** invoices, tickets, boarding passes from each participant. Even if your expenses have exceeded the limit. It is important that we have absolutely all tickets which proof your travel from your home town to the venue and back.

### The check-list for the reimbursement:

- **Booking confirmations** for flights, **boarding passes** + **Invoice** with the following components: names of passengers, issue date, flight dates, departure/destination, price, issued in ENGLISH!
- Absolutely **all invoices/tickets MUST have an issue date**/purchase date!
- Absolutely **all tickets bought** (even if you are of the budget) for arrival and departure, beginning from your home country to the venue and then back
- **Bank account of the sending organization**, because the money will be transferred to the sending organization!

**In case we don't get these documents, reimbursement is not allowed!!!**

**Wish you good luck with your preparations! 😊**

Feel free to contact us, if you have any questions!

All the best, Steffi and Sandra