

FIND YOUR NATURE

Bispingen, Germany: 19–27 July 2026

FILL THE **FORM** TO REGISTER
DEADLINE: 10.05.2026 - 10th of May



Welcome note



Dear Participant,

Welcome to Find Your Nature — an 8-day Erasmus+ training course bringing together 21 youth workers from 7 European countries to explore nature-based practices like forest bathing, ecotherapy, systems thinking, and reflective dialogue — tools you can bring back to the young people you serve.

Designed for youth workers, educators and active volunteers, the training will strengthen your personal resilience, deepen your connection with nature, and expand your toolbox for complex themes like climate anxiety and social fragmentation. By the end, you will have a concrete local follow-up plan and the opportunity to receive a Youthpass certificate.

Please read this Info Pack carefully, complete all required forms by the deadlines, and don't hesitate to reach out with any questions. We look forward to meeting you in the forest!

— The Find Your Nature team

When, where and how to get there

DATES

Arrival day: Sunday, 19 July 2026 (14:00–18:00)

Programme starts: 8:00 on 20 July

Programme ends: Sunday, 26 July at 20:00

Departure day: Monday, 27 July 2026

VENUE

Calumed e.V. – Refugium

Zentrum für seelische Gesundheit

Steinbecker Straße 51, 29646 Bispingen, Germany

WWW.CALUMED.DE

The Calumed Refugium is a 3.6-hectare nature retreat with forest, gardens, ponds and several indoor and outdoor learning spaces, plus an on-site kitchen providing fresh, seasonal meals.



How to get to the training venue

You can fly either to **Hanover** or **Hamburg** airports, choosing the most affordable and timing reasonable option. From there you travel by train, then by local bus to Bispingen.

Route via Hanover

- Take the S-Bahn (S5) from Hannover Flughafen to Hannover Hbf (about 20 minutes).
- From Hannover Hbf (Hanover Main Station) take a train to Soltau (Han).
- From Soltau (Han) take the local bus (e.g. line 150) to Bispingen.

Route via Hamburg

- Take the S-Bahn (S1) from Hamburg Airport to Hamburg Hbf (about 25 minutes).
- From Hamburg Hbf (Hamburg Main Station) take a train to Soltau (Han) or Schneverdingen.
- From Soltau take a local bus (e.g. line 150 or 156) to Bispingen.

Train tickets from [Deutsche Bahn \(DB\)](#)

- Buy your ticket before boarding the train (red DB ticket machines at the station or [Deutsche Bahn website/app](#)).
- Please buy your train tickets at least 2 weeks before departure, because prices can increase significantly closer to the travel date.
- Make sure you plan enough time for changes between trains/buses so you can reach Bispingen comfortably on the arrival day.

Local buses (Soltau → Bispingen):

Usually you buy a single ticket from the bus driver (have cash, small notes/coins) -> **Save the checks**

Pickup from Soltau/Bispingen

Depending on participants' arrival times, a group pickup from Soltau or Bispingen may be organised. Details will be confirmed shortly before the start of the project.



Costs & travel reimbursement

There is no participation fee. You may need some personal money for optional activities or expenses before/after the course.

Please **keep all original travel documents: tickets, boarding passes and proof of payment.** They are required for reimbursement.

WHAT IS COVERED

- Accommodation with all bedding provided. You will sleep in large shared tepee tents on a campsite. Each tent will host 3 participants, with camping mats, summer sleeping bags and pillows provided for everyone.
- All meals from lunch on 19 July through lunch on 27 July (breakfast, lunch, dinner, snacks; dietary needs can be accommodated)
- All training activities, materials and guest sessions
- Basic insurance according to Erasmus+ requirements (your European Health Insurance Card is enough)

ERASMUS+ DISTANCE BAND LIMIT FOR YOUR COUNTRY:

- Germany** — Green Travel 285EUR
- Croatia** — 309 EUR
- Greece** — 309 EUR
- Ireland** — 309 EUR
- Malta** — 309 EUR
- Romania** — 309 EUR
- Spain** — 309 EUR

Venue

The Calumed Refugium is a 3.6-hectare nature retreat with forest, gardens and ponds.

On-site facilities include hot showers indoors and outdoors and shared bathrooms (wheelchair accessible). Indoors, there is a cosy common room where participants can relax, connected to a larger space used for group activities and sessions — as well as a sauna and several outdoor areas for both structured activities and free time.

All meals are freshly prepared on-site by the venue kitchen throughout the training.



Accommodation

The Refugium covers 3 hectares of land in the heart of the forest — a unique setting for a nature-based project like Find Your Nature. In keeping with the camp spirit and the theme of the programme, overnight stays are in tents.

You will be sleeping in large teepees (25m² floor area, 3m height) with flooring and comfortable bedding — **No sleeping bags needed, unless you want to bring your own**

Each teepee sleeps 3 participants, creating a **small teepee village** that naturally supports community living and intercultural exchange.

Since the training takes place in a natural outdoor environment, make sure to bring anything extra you might personally need for a comfortable stay.

FILL THE **FORM** TO REGISTER
DEADLINE: 10.05.2026 - 10th of May



What to bring

DOCUMENTS

- Valid ID or passport
- European Health Insurance Card (EHIC), if applicable

CLOTHING & GEAR

- Long trousers and long sleeves for protection in the forest
- Layers for varying weather (around 15–25°C in July)
- Sturdy walking shoes or hiking boots
- Rain jacket and a warm layer
- Comfortable sportswear suitable for yoga, morning stretching
- Swimming suit
- Sun protection: hat, sunscreen, sunglasses
- Insect repellent
- Small backpack for daily activities
- Reusable water bottle

PERSONAL ITEMS

- Towel and personal toiletries
- Flashlight or headlamp (for evenings and tent area)
- Journal or notebook
- Any personal medication (for the full stay, plus a little extra)
- Optional: a small musical instrument, a favourite board game, or a camera if you like.)

FOR THE INTERCULTURAL EVENING

- Something from your country or culture to share: food, drinks, music, crafts or a simple game

Remember: The training will take place on an outdoor site, and you will be sleeping in shared tents in a natural environment, make sure to bring any extra things you might need.

Programme overview

During the week you will take part in a variety of nature-based and experiential activities, such as **forest walks** and **bionics exercises** (learning from how ecosystems work), **forest bathing** and movement sessions (**Qi Gong**, **yoga-style stretching**), **Talking Circles** and **storytelling rituals**, a visit to a **Pedagogic horse farm**, practical **biotope restoration work** in the Lüneburg Heath, and a **day trip** to **Hamburg** and **Lüneburg** to connect ecological topics with real places.

DAILY RHYTHM

Morning: optional grounding or movement, then breakfast

Late morning: learning block (nature-based input, group process, outdoor exploration)

Midday: lunch

Afternoon: workshops, excursions, reflection and practical activities

Evening: dinner, followed by a reflection circle, cultural activity or free social time (depending on the day)

Night: Enjoy sleeping in a teepee

THE TRAINING FOLLOWS THE ACTION LEARNING CYCLE:

Understanding → experiencing → reflecting → applying.

It combines conceptual input with embodied, nature-based practice and space for personal and professional reflection.





LEAD FACILITATORS

Thomas Erbskorn-Fettweiß – Psychologist, Coach, specialist in resilience and higher-order learning, learning guide

Jörg Becker – Forester, forest pedagogue, specialist in bionics and systems thinking, nature guide

Dieter Jarzombek – Supervisor, Founder of the Refuge and ethical guide

GUEST FACILITATORS

Sigrun Brenneke – Educational Scientist, Ethnologist, Horse and Agricultural guide

Sebastian Schappert – Meteorologist, German Weather Service (climate change), scientific guide

Mathias Pantelmann – Forestry master, VNP Nature Conservation Park

Oliver Rauschenberger – Naval engineer and social guide

Vanessa de Lacaze – Somatic Therapist, Bodywork guide

Rinalds Ūdris – Youth worker, Erasmus project manager

Your participation & follow-up



BEFORE THE TRAINING

- Attend pre-departure online meetings (dates will be announced)
- **Book your travel between** mid-May and early June 2026, **after receiving approval**
- Prepare something to share for the intercultural evening

DURING THE TRAINING

- Take part actively and respectfully in all sessions
- Follow house rules and safety guidance from the team
- Help with small group tasks (energizers, reflection, cultural evening, daily clean-up)
- Engage honestly with the learning process and with the group

AFTER THE TRAINING – THE ECONAUTS PHASE

- As an “Econaut” you bring your learning back home through a simple local action. Within 60 days of returning, you will:
- Organise and lead a local follow-up activity with young people (for example a nature walk, forest workshop, ecotherapy-inspired session or storytelling circle)
- Document it with at least one photo and a short written reflection (around 200–300 words)
- Share your results on social media and proof in the project WhatsApp group
- Join the digital follow-up meeting (about 6–8 weeks after the training)
- Complete your Youthpass certificate

Travel reimbursement is processed after you complete your follow-up action and share the short report.

House rules & community agreements

PRACTICAL RULES

The Refugium is a mental health and wellbeing centre where people come to heal and recover. Please honour this space by respecting the following rules throughout your stay.

- **Phones:** phone-free space on location; use only during free time outside the programme area to stay present with nature
- **Alcohol & drugs:** please abstain throughout the programme; do not let it interfere with your participation or others' safety
- **Smoking:** only at the designated smoker's house (ashtrays available); strictly forbidden in the forest (fire hazard, illegal in Germany), tents, and indoors
- **Shared spaces:** keep tents and common areas tidy; respect the private space of inhabitants living on site
- **Outdoor activities:** follow facilitator guidance at all times
- **Indoors:** remove shoes before entering rooms; no drinks inside; keep spaces tidy

SAFE LEARNING SPACE

Together we create a space where:

- Everyone is treated with respect and listened to
- What is shared in the group stays in the group (confidentiality)
- Diversity of background and worldview is welcomed
- You can step back from an activity if something feels too much, and this is respected

In serious cases where safety or respect is repeatedly violated, a participant may be asked to leave the training, and costs may not be reimbursed.

Contacts



PLEASE FIRST CONTACT YOUR SENDING ORGANISATION FOR PRACTICAL QUESTIONS

Croatia – Culture Clash Croatia – cultureclashcroatia@gmail.com

Spain – MAD – infomaditerranea@gmail.com

Romania – Outward Bound Romania – office@outwardbound.ro

Malta – Prisms – info@prismsmalta.com

Ireland – Bauhaus Café – info@bauhauscafe.co.uk

Greece – Culture Clash Greece – cultureclashgreece@gmail.com

Germany – Calumed e.V. – office@calumed.de

Project coordination – Rinalds Ūdris – rinalds.udris@calumed.de

DURING THE TRAINING

On-site facilitators:

Thomas and Jörg (contact details will be shared in the pre-departure communication).

Office contact

Andreas – Office Administrator, Calumed e.V.
office@calumed.de | +49 (0)5194 399 592

Find Your Nature is more than a training – it is an invitation to explore, grow and reconnect with yourself, others and the living world. The forest is waiting for you in Bispingen.

FILL THE **FORM** TO REGISTER
DEADLINE: 10.05.2026 - 10th of May

SEE OUR PREVIOUS PROJECT **HERE** OR
WATCH **VIDEO**



**Co-funded by
the European Union**

