



Reimagine Emotional Learning Across Xenocultures (RELAX)



Erasmus+ Youth Exchange

08 – 16 March 2026
Hamburg Germany



About the Project

The R.E.L.A.X. Project (Reimagine Emotional Learning Across Xenocultures) aims to address the increasing need for inclusive and intercultural approaches to youth mental health and emotional well-being.

By leveraging youth work practices, the project focuses on empowering young people with emotional learning tools while fostering intercultural understanding and community building.



About the Organizer

Horizon Resource Network is an independent development and intervention non-profit organization committed to advancing the rights of all individuals to access the resources and opportunities they need to thrive.

We work globally to promote social equity and empower communities, ensuring that people facing challenges—regardless of background or circumstance—have the opportunity to lead just, dignified, and empowered lives.

More about HRN



Benefits for Participants

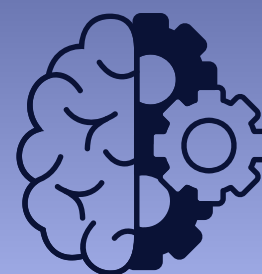
- Improved Intercultural Understanding
- Enhanced Creativity and Self-Expression
- Empowerment and Leadership Skills
- Strengthened Peer Relationships
- All expense-paid trip (incl. accommodation and feeding)

Activity Summary



Arrival Date

08 March 2026



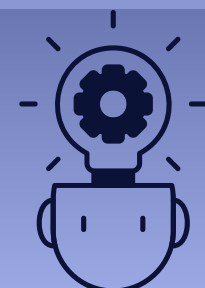
Mobility Days

09 – 15 March 2026



Departure Date

16 March 2026



Participating Countries

Germany, Italy, Turkey, Latvia, &
Romania



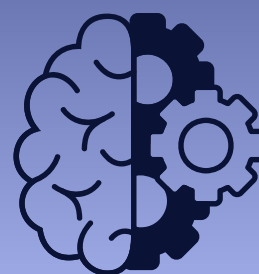
Location

Jugendherberge Geesthacht
Berliner Str. 117
21502 Geesthacht

Participant's Profile



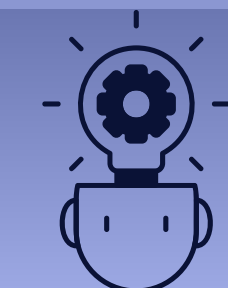
Legal resident of participating countries



16 – 27 Years old
(Group Leader: 18+)



Good knowledge of English
Minimum B1



Willingness to learn & share in a multicultural settings



Mental health-enthusiast

Venue & Accommodation

The Youth Exchange will be held at the Jugendherberge (Youth Hostel), located near Bergedorf, in Geesthacht, Hamburg.

Nestled along the banks of the Elbe River, the cozy hostel offers a perfect environment for both relaxation and purposeful learning.

A forest borders the property, adding a peaceful, natural backdrop.

On-site amenities include a soccer field, beach volleyball court, and an outdoor pizza oven—ideal for socializing and unwinding after sessions.

Participants will be accommodated in shared rooms.

All meals—breakfast, lunch, and dinner—along with snacks and coffee, will be provided throughout the program.



Travel Budget



Take Note!

- Your travel plan must be approved by the project manager before the purchase of tickets. Unapproved tickets will not be reimbursed.
- Full reimbursements of travel costs will be done within 60 days of receiving the completed documents from participants (including boarding passes, reimbursement form, and other administrative requirements).
- Taxis and cars are not eligible for reimbursement. Only public transportations are eligible.

Below is the maximum travel budget for participants:

Distance from your location	Maximum Budget
10 – 99 km	50 €
100 – 499 km	285 €
500 – 1999 km	309 €
2000 – 2999 km	395 €



Travel Advisory



The Youth Hostel is about 45 km from Hamburg Airport.

To navigate from the Airport to the Hostel, purchase your travel ticket from the Hamburg Ticket App: HVV. The journey costs 6.40 €

The screenshot is an example of the connection route from the Airport to the Hostel. Kindly check the prevailing connection on the arrival date and time.

The hostel is about 5 mins walk from the bus station (GeesthachtJugendherberge).

All participants are strongly advised to be in possession of a valid travel ticket and insurance.

The screenshot displays the HVV website interface for planning a journey. The search parameters are set to 'Your start * Hamburg Airport (Flughafen)' and 'Your goal * Berliner Straße 117, Geesthacht' for the date 'So, 20.04.2025' at '14:56'. The journey details show a total duration of 1:28 h, 1 transfer, and a cost of 6.40 €.

Connection information

Time	Line	Station / Stop	Notes
16:12 - 17:40	S1	Hamburg Airport (Flughafen) (Gleis 3)	
			Infos zum barrierefreien Umstieg in Berliner Tor
	S1 → Wedel		
16:34		Berliner Tor (Gleis 1 (S-Bahn))	
		Umstiegsfußweg 4 Min.	
16:40	X80	U S Berliner Tor (Beim Strohhouse)	
			Umleitung mit Haltestellenaufhebungen
			Umleitung mit Haltestellenverlegung
			U-S Berliner Tor (Beim Strohhouse)
	XpressBus X80 → Lauenburg, ZOB		
17:35		Geesthacht, Jugendherberge	
		Berliner Straße 117, Geesthacht	Fußweg 5 Min.



HOW TO APPLY

Follow the link below to register for the youth exchange!

[CLICK HERE TO REGISTER](#)



CONTACT INFO

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