

Info Pack for Participants

Intercultural Circus 2026

International Youth Encounter

Wiesbaden, Germany | 2–10 September 2026

Around 50 participants from 8 countries | Age 13–17

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

Welcome!

Dear Participants,

we are very happy to welcome you to Wiesbaden for **Intercultural Circus 2026!**

For nine days, around 50 young people from **eight different countries** will live, learn, create and have fun together on the Youth Nature Campsite in Wiesbaden.

This info pack will help you prepare for the project and give you an idea of what to expect.

About the Project

Intercultural Circus is an international youth encounter for young people aged **13–17**.

During the project, you will have the chance to explore different areas of circus, such as **acrobatics, aerial acrobatics, juggling, balancing and performance**.

You do **not** need to be an experienced circus artist! The project is for both beginners and young people who already have circus skills. You can try something new, improve what you already know and share your own skills with others.

But Intercultural Circus is about much more than circus. You will meet young people from different countries, communicate across different languages, discover different cultures, play and learn together and experience what it is like to live as part of an international group.

Throughout the project, we will develop circus skills and creative ideas together and work towards a **collective final circus presentation**.

What You Can Expect

During the project, you can look forward to:

- circus workshops and creative activities;
- different areas such as acrobatics, aerial acrobatics, juggling, balancing and performance;
- opportunities to try new circus disciplines and develop existing skills;

- learning circus skills from each other;
- intercultural games and language animation;
- team-building and group activities;
- an intercultural evening;
- camp life, outdoor activities and campfires;
- preparing a collective circus presentation;
- reflection, evaluation and Youthpass;
- and, of course, time to meet people, make friends and enjoy the international camp.

The detailed programme and organisation of the workshop groups are still being finalised and may change.

Living at the Campsite

We will stay at the **Youth Nature Campsite Wiesbaden**. And yes: **we will sleep in tents!**

The campsite is surrounded by nature and offers lots of space for circus, games, workshops, relaxing together and evenings around the campfire. At the same time, Wiesbaden city centre can easily be reached by public transport.

Camping is an important part of the project experience. Life at the campsite is simpler than staying in a hotel or youth hostel, and we will share the outdoor space with the whole international group.

So please come prepared for **nine days of real camp life** – including changing weather, outdoor living and lots of time together.

Location Info

The Youth Nature Campsite Wiesbaden is located in a peaceful green area while still being connected to the city by public transport.

The campsite offers:

- electricity;
- showers and toilets;
- an outdoor kitchen;
- campfire areas;
- open spaces for circus workshops and activities;
- plenty of outdoor space for games, free time and relaxing together.

Address:

Jugendnaturzeltplatz Wiesbaden
Freudenbergstraße 214a
65201 Wiesbaden
Germany

Camping Equipment

If you have your own **tent, sleeping bag and sleeping mat**, we kindly ask you to bring them. This helps us a lot with planning and logistics.

If you don't have this equipment or cannot bring it, **don't worry! We can provide tents, sleeping bags and sleeping mats.**

Please let your group leader know in advance what you need so that we can reserve the equipment for you.

Important: Please bring your own **pillow and towel**. These are not available for loan.

Meals

All meals will be prepared by our **international kitchen team**.

If you have allergies, intolerances, special dietary requirements or other important food-related needs, please make sure that your **group leader knows about them before the project**.

Checklist: What to Bring

Documents & Personal Items

- Passport / ID
- Insurance card (European Health Insurance Card or equivalent)
- Any personal medication you need
- Any documents agreed with your parents/guardians and group leader

Camping Equipment

If possible:

- Tent
- Sleeping bag
- Sleeping mat

Remember: We can provide these three items if needed.

Everyone needs to bring:

- **Pillow**
- **Towel**

Clothing

Please bring:

- comfortable clothes for circus workshops;
- sports clothes that allow you to move freely;
- enough clothes for nine days;
- warm clothes for cooler evenings and nights;
- rain jacket / waterproof clothing;
- comfortable and sturdy shoes;

- suitable sports shoes;
- hat or cap.

Other Essentials

- refillable water bottle;
- personal hygiene items;
- sunscreen;
- insect repellent;
- small day backpack;
- everything else you personally need for nine days away from home.

If you have your **own circus equipment** that you regularly use and can transport safely, you are welcome to bring it. Please discuss larger or special equipment with your group leader beforehand.

Weather in Wiesbaden in September

September can still bring warm and sunny days, but the weather can also change quickly. **Evenings and nights can be considerably cooler**, especially when sleeping outdoors, and rain is always possible.

Please bring layers, warm clothes for the evenings and proper rain protection.

Remember that we will spend a lot of time outdoors and sleep in tents – being prepared for different weather conditions will make your camp experience much more enjoyable.

Circus & Safety

Circus means moving, experimenting, challenging yourself and sometimes trying things you have never done before.

But **nobody is expected to do anything they do not feel ready for**.

Please listen carefully to the workshop leaders and follow all safety instructions, especially during acrobatics, aerial acrobatics and other activities where special safety rules apply.

If you have an injury, physical limitation or anything else that could affect your participation in a circus activity, please tell your group leader and workshop leader.

The aim is to challenge yourself, learn new things and have fun – **safely and at your own level**.

Your Group Leader

Your group leader will accompany your group throughout the youth exchange.

They are your first contact if you:

- have a question;
- feel unwell;
- need help or support;
- are unsure about something;
- have a problem;
- or simply need someone to talk to.

Please make sure that your group leader knows about important allergies, medication, dietary requirements or other needs **before you travel to Wiesbaden**.

Intercultural Night

One evening will be dedicated to discovering the different cultures and regions represented in our international group.

But please: **no PowerPoint presentations and no formal country presentations!**

Instead, think of something short, fun and interactive that you could share with everyone, for example:

- a traditional or popular game;
- a song;
- a funny or surprising fact;
- a small regional tradition;
- a dance or movement activity;
- something else that people can experience together.

You can also bring a small **food speciality from your region**, as long as it can be transported and stored safely.

The idea is simple: **share something you enjoy and let others join in!**

Travelling to the Campsite

From Frankfurt/Main Airport

Take the **S8 or S9** towards **Wiesbaden Hauptbahnhof**. The journey takes approximately 40 minutes.

From Wiesbaden Hauptbahnhof

Option 1 – Direct:

Take bus **45** (direction Biebrich) to **Sonnenblumenweg**.

Option 2 – With transfer:

Take bus **4** (direction Dotzheim) to **Platz der Deutschen Einheit**, then bus **23** (direction Schierstein Hafen) to **Sonnenblumenweg**.

From the bus stop **Sonnenblumenweg**, it is approximately a **5-minute walk** to the campsite.

Travel Costs

Travel costs are reimbursed according to the **Erasmus+ distance bands**. Green travel is encouraged and has higher reimbursement rates.

Travel reimbursement is organised through your **partner organisation**, so please follow the travel and booking instructions given to you by your group leader.

Please keep all tickets and other travel documents required by your organisation.

Before You Travel

Please make sure that:

- your group leader has all information they need from you and your parents/guardians;
- you have a valid ID/passport;
- you have your insurance card;
- your group leader knows about allergies, medication, dietary requirements or other relevant needs;
- you have discussed which camping equipment you need from us;
- you have packed for both warm and cold/rainy weather;
- you know when and where you are meeting your group for the journey.

And most importantly: **come curious and ready to try things!**

You don't need to know everyone, speak perfect English or already be good at circus. The whole idea of an international youth exchange is to meet people, learn together and discover what you can create as a group.

Questions?

For practical questions before travelling, please contact your **group leader or partner organisation first**.

For general questions about the project:

international@arco-wiesbaden.de

We're looking forward to meeting around 50 young people from eight countries in Wiesbaden and creating **Intercultural Circus 2026** together!

See you at the campsite! 🏠 🌍 🧺

— Your ARCO Wiesbaden Team