

Youth Exchange 12-20 November 2021, Berlin

Sustainability in Action - Journey of Empowerment





Welcome!

Are you a teenager (14-17 years old) interested in traveling, discovering other cultures, improving your English or learning about sustainability, your personal resources, and having fun?

Are you an enthusiastic Youth Worker (age 18+) wanting to learn new skills in non-formal education, boost your self-development while working with youngsters?

Then you have found the right project!

We are looking for motivated and passionate participants to join us for a seven-day **Youth Exchange** project in Berlin!

In this Infopack you will find all the information about our main topics for the week, our timetable, the accommodation and how to travel to our venue.

We hope to see you in Berlin!



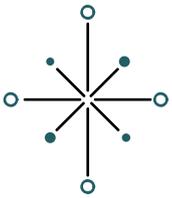
abenteuerzentrum.berlin



Topics of the Week



Personal development / getting to know and trust yourself



Working together in teams, fun outdoor activities, cooking together



Building international friendships



Learning about and experiencing sustainability



What is a youth exchange?

Youth Exchange is an opportunity for young people from different countries to meet, live and learn together for a week while discussing issues connected to Europe. They will learn from each other, discuss and exchange opinions on different topics, such as sustainability, mental health, etc.

Each participant will receive a Youthpass certificate. You can read more about it here: www.youthpass.eu

We have a Zero alcohol and smoking policy.



The project will take place in Berlin. Berlin is the capital city of Germany and one of the 16 states (Länder) of the Federal Republic of Germany. Berlin is the largest city in Germany and has a population of 4.5 million



Who can participate?



You can come as a participant if you:

- are between 14-17 years old
- have residency in one of the countries listed below
- are able to speak and understand English at a conversational level
- are interested in the project topics (self-development, sustainability) and motivated to be active and contribute to the week!

You can come as Youth Leaders if you:

- are an empathetic person open to take on responsibilities
- are 18+
- have experience in working with young people (priority is given to those that participated this summer in our **Training Course in Italy**)
- have done a first aid course
- have residency in one of the countries below

Country	Number of participants
GERMANY	7 (5 participants+2 Youth Leaders)
ITALY	8 (6 participants+2 Youth Leaders)
SPAIN	8 (6 participants+2 Youth Leaders)
SLOVENIA	7 (5 participants+2 Youth Leaders)
ROMANIA	8 (6 participants+2 Youth Leaders)

Timetable

MAKE IT
HAPPEN

12. 11	Arrivals between 16:00 - 20:00 dinner included
13. 11	Introduction & getting to know each other
14. 11	A first look at sustainability
15. 11	Starting on our path of empowerment
16. 11	The place we choose in the group
17. 11	Sharing experiences
18. 11	Sustainability - the big picture
19. 11	Reflection & Youthpass ceremony
20. 11	Departure until 11:00 AM, breakfast included

We'll appreciate any ideas and suggestions of yours that could be incorporated at the time of preparations to the project or during the activity itself. This is going to be a Youth Exchange which we wish to implement NOT FOR YOU but TOGETHER WITH YOU!

Let's make this week an exciting journey!



Daily structure

Breakfast: 8.30-9.30

Session 1: 10-11.30

Session 2: 12-13.30

Break + Cooking Group 1 prepares lunch

Lunch 14:00- 15.00

Session 3: 15.30-17.00

Session 4: 17.30-18.30

Reflection in national groups: 18.30-19.00

Break + Cooking Group 2 prepares dinner

Dinner: 19.30- 20.30

International evening

10:00 nighttime

Accommodation



The project week will take place in our **youth center**, located in a forest area 45 minutes from the Berlin city center.

This venue offers many chances to get active and creative both inside and outside! You will be sleeping in comfortable dormitories in the main building in rooms divided by gender.



There is a beautiful lake only 5 minutes away by foot where you can go for a walk or a run.



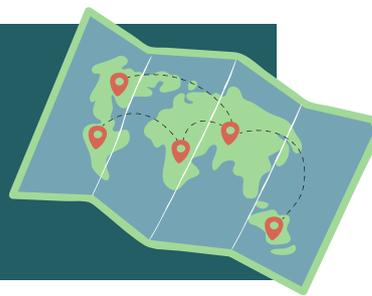
Fahrten-Ferne-Abenteuer Abenteuerzentrum
Address: Eichhörnchensteig 3, 14193 Berlin

Facebook/Insta: [abenteuerzentrum.berlin](https://www.facebook.com/abenteuerzentrum.berlin)



our entrance 

How to get there?



NOTE : You will travel as a group together with your Youth Leaders.

SCHOENEFELD AIRPORT:

Find the S-bahn station Flughafen Berlin-Schönefeld Bhf (city train in Berlin). There take the train S45 (direction S Südkreuz) and go to the last station Südkreuz. In Südkreuz change to the train number S41(direction Ring) and get to the station Halensee. There you need to walk out of the station (there is only one exit) and cross the street in order to get the bus X10 (direction Teltow Stadt) or M29 (Direction Roseneck). By this bus get to the bus stop Roseneck/Teplitzer Strasse. You are almost there, just follow the map (12 Minutes walking).

TEGEL AIRPORT:

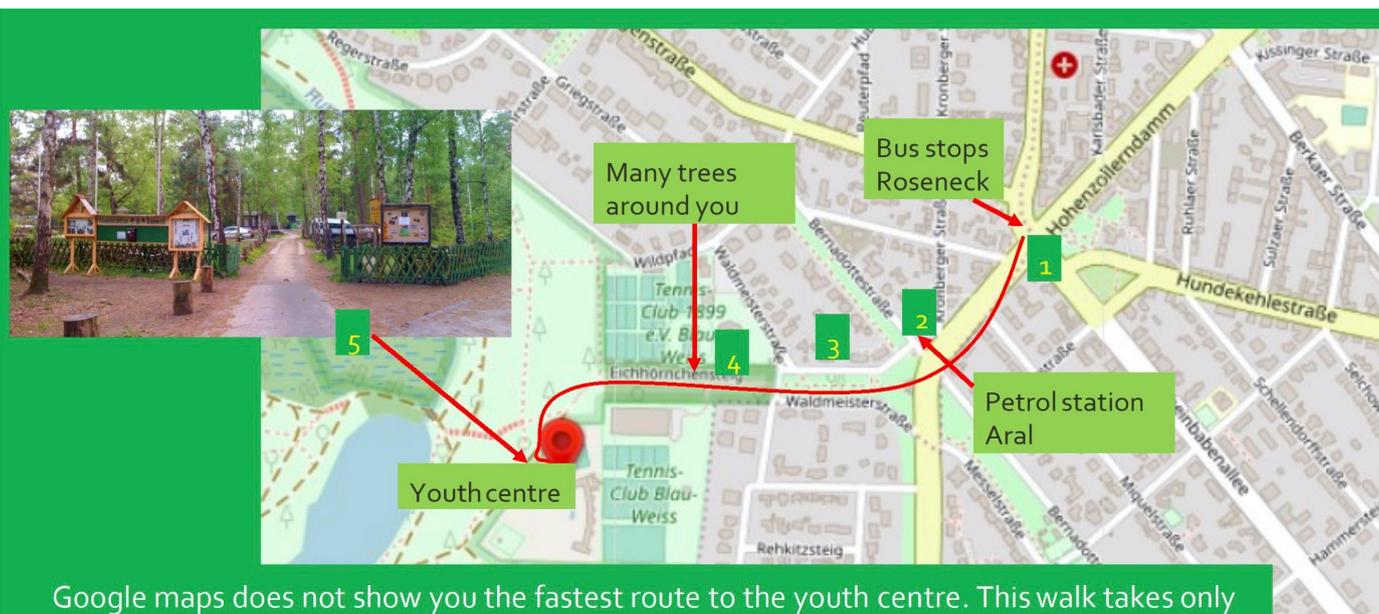
In front of the airport you need to take the bus 109 (direction Zoologischer Garten). On the bus stop called Adenauerplatz you need to get off and change for the bus X10 (direction Teltow Stadt) or M29 (direction Roseneck). By this bus get to the bus stop Roseneck/Teplitzer Strasse. You are almost there, just follow the map (up to 12 minutes walking).

HAUPTBAHNHOF:

You need to take train S5 or S7 (direction Spandau or Potsdam) to Zoologische Garten and then bus X10 (direction Teltow Stadt). By this bus get to the bus stop Roseneck/Teplitzer Strasse. You are almost there, just follow the map (12 minutes walking).

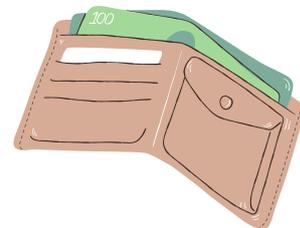
CENTRAL BUS STATION:

You need to take the bus 104 (Direction Zoologische Garten) to the bus stop Halensee. Then you need to cross the street in order to get the bus X10 (direction Teltow Stadt) or M29 (Direction Roseneck). By this bus get to the bus stop Roseneck/Teplitzer Strasse. You are almost there, just follow the map (12 minutes walking).



Google maps does not show you the fastest route to the youth centre. This walk takes only **10 minutes** from the bus stop at 1 Roseneck. It will lead you down 2 Hohenzollerndamm past a petrol station, along 3 Waldmeisterstraße through a 4 forested area and past a Tennis club and finally you will see 5 the entrance. Please call us if you need help! 😊

Reimbursement conditions



This project is funded by the Erasmus+ Programme. 100% of the accommodation, food and materials are covered by the programme. No project fee is required.

The international travel costs are covered according to the rules of ERASMUS+ Programme. Plan your travel to Prague according to the following budget:

Country	Maxim amount reimbursed per person
GERMANY	180€
ITALY	275€
SPAIN	275€
SLOVENIA	180€
ROMANIA	275€

That means that your travel costs will be fully reimbursed up to the limit, which should be enough to get to Berlin from all participating countries – therefore we expect that everybody will get back 100% of the travel. If you spend less on your travel you will get exactly the amount you spent. If you spend more, you will get the amount from the table.

NOTE: Reimbursement of travel costs will only be done upon full attendance of the exchange. It will be transferred to the partner organisation bank account after receiving all the tickets. For the detailed rules of travel reimbursement please check the „Reimbursement Form”.

Reimbursement will be done in EURO, regardless of the currency indicated on your ticket and receipt/invoice.

Insurance

Please bring your European Insurance Card. General travel insurance to cover the safety of your possessions, lost luggage, delays to flights, etc is NOT a mandatory requirement, but it is advisable.

Tips and reminders



Please prepare before your travel:

- Some **traditional food/games/stories** to share in the international evening presentations. The way the evening will look is totally up to your national team, you can be as creative as you like!
- Skills/games/activities** you would like to share with the other participants - the more everybody contributes, the more fun and versatile the week will be
- Towel and inside slippers
- Sport clothes, shoes for outdoor activities, **warm** outdoor clothes.
- FFP2 Masks (in all public transport, shops, restaurants, and bars you need to wear one).

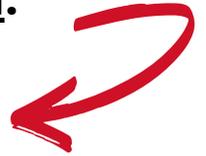
- Check the info about traveling to Germany [here](#).



Do you want to join us?

In order to come please fill in the Application Form:

<https://forms.gle/J3rmDJw9icoSuKrM8>



If you have any questions email us at ana.dobrescu@abenteuerzentrum.berlin

Partner organizations

Italy – Papperlapapp
Slovenia – Sunny Hills
Spain – Vidàlia
Romania – EduBiz



abenteuerzentrum.berlin

We hope to see you soon!

