

# THE MOUNTAIN SPEAKS FOR ITSELF

PROFESSIONAL EXCHANGE FOR YOUTHWORKERS

## YOUTHWORKER TRAINING

GET CERTIFICATION ALIGNED WITH THE EUROPEAN  
TRAINING STRATEGY (ETS) MODEL FOR YOUTH WORKERS.

BERLIN 08.06.-18.06.2026



# ABOUT THE PROJECT

## Topics

- Experience how experiential education works
- Learn about the history and attitude behind it.
- Hear about the principle of action and reflection.
- Gender equality, democratic work, participation



## Main Goals

- Experience how Outdoor Training works and its effects
- See yourself in the participant role and in the leadership role.
- Take home a large toolbox that you can use in your training sessions.

## Target

- Introduction to experiential education
- Definition, methods, principles and educational objectives
- Experience yourself, the group, the team
- Understanding the learning zone model and group phases
- What are cooperative adventure games and their media, such as raft building, archery, climbing elements?
- Learn how the different reflection models work.
- Strengthen your and your participants social skills
- Exchange best practices and experiences from respective countries and explore non-formal learning tools and methods
- Support for self-reflection and long-term, sustainable character development
- Supporting long-term partnerships and future collaborations to develop guidelines for experiential educational work



# TOPICS OF THE WEEK

08.06.	<i>Arrival day between 4-6 pm</i>
09.06.	<i>Teambuilding (high ropes course or other))</i>
10.06.	<i>Introduction to Experiential Education</i>
11.06.	<i>Become familiar: the group &amp; you</i>
12.06.	<i>First steps - you in the trainer role</i>
13.06.	<i>Discover and experience Berlin</i>
14.06.	<i>Waterday- building a fleet</i>
15.06.	<i>Forestday- Games in the woods</i>
16.06.	<i>Become an expert: Create your own program</i>
17.06.	<i>Evaluation &amp; Dissamination of learnings</i>
18.06.	<i>Departure day 10 am</i>

The timetable is provisional and subject to any adjustments, that may be necessary at short notice!!



# DAILY STRUCTURE

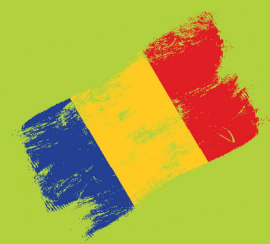
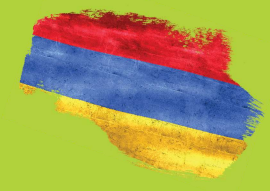
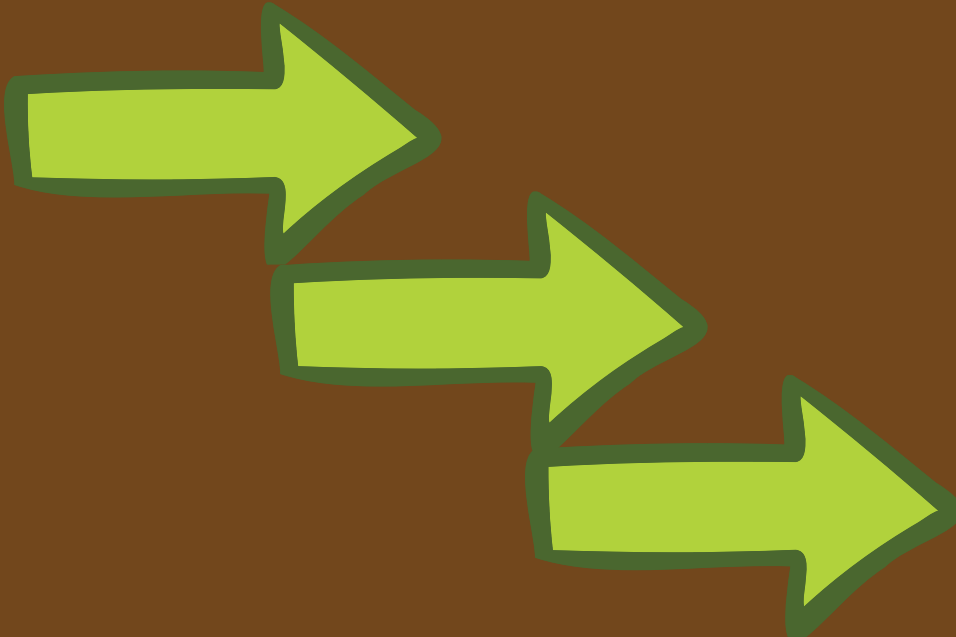
8:00 - 9:00	Wake Up & Breakfast
<b>09:30 - 11:00</b>	<b>Session 1</b>
11:00 - 11:30	Coffee -Break
<b>11:30 -13:00</b>	<b>Session 2</b>
13:00 - 15:00	Lunch & Break
<b>15:00 - 16:30</b>	<b>Session 3</b>
16:30 - 17:00	Coffee -Break
<b>17:00 - 17:30</b>	<b>Reflection groups</b>
18:00	Dinner
...	<b>Social Evenings &amp; Multicultural Activity</b>



# WHO CAN PARTICIPATE

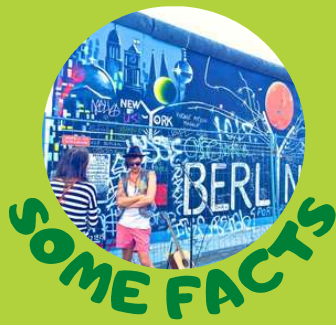
To participate in this project, you must:

- ➔ Be 18+ years old
- ➔ Be employed, trained or interested in youth work
- ➔ Resident in one of the partner countries: Germany, Italy, Turkey, Armenia, Serbia, Slovakia, Romania
- ➔ Be able to speak and understand English at a conversational level
- ➔ Be interested in the project topics and motivated to actively participate throughout the entire project!
- ➔ Schedule other appointments (work/study, etc.) outside of program times



Erasmus+

Enriching lives, opening minds.



# Berlin



- Berlin is **one of the greenest cities in Europe**, with nearly 40% of its area comprising parks, forests, and lakes. Examples include Tiergarten, Tempelhofer Feld, and Grunewald Forest, which offer spaces for relaxation, mindfulness, and outdoor activities.
- Berlin is a multicultural city where people from many different nations and cultures live together. They come from almost **190 nations** and ensure a great plurality of cultures. They play a key role in shaping the city's distinctive and cosmopolitan character.
- Berlin's excellent **public transportation system** (U-Bahn, S-Bahn, trams, and buses) makes sustainable commuting simple and accessible.
- Berlin is known for its relaxed work culture and Work-Life Integration, with shorter workweeks and a strong emphasis on leisure
- Berlin has rebuilt itself multiple times throughout history, **showcasing resilience and adaptability**. You can use Berlin's history as a metaphor for personal growth, emphasizing perseverance in the face of challenges.
- Berlin's **thriving art scene**, from street art in Kreuzberg to museums like the East Side Gallery, offers opportunities to explore creativity and the concept of flow.
- The city is a hub for **sustainability innovation**, with initiatives such as urban gardening, a sustainable food culture, numerous wellness and sport centers, coworking spaces, innovative Co-Housing and Community living projects, Street Markets and Sustainable Shopping and a lot of accessible cultural and recreational opportunities.



# ORGANISER & VENUE



We are a recognised child and youth welfare organisation and work with experiential and nature education methods. We offer various educational programmes ranging from one-day team trainings to project trips lasting several days and year-long group support.

The project week will take place in our **youth center**, located in a forest area 45 minutes from the Berlin city center in Grunewald, one of the biggest forest areas in Berlin. Our grounds offer a variety of possibilities for our training.

There is a beautiful lake only 5 minutes away by foot where you can go for a walk or a run if you don't mind sharing it with some dogs or it's owners.

Fahrten-Ferne-Abenteuer Abenteuerzentrum  
Eichhörnchensteig 3,  
14193 Berlin



# ACCOMMODATION & FOOD

## Sleeping accommodations

The project takes place outside on a camp space. We sleep in individual tents. If necessary, we can set up a community tent.

You can also dream in your hammock under the starry sky



## Food

You will be fully catered for during the week.

**You have the opportunity to prepare typical meals from your countries.**

Lunch meals will be exclusively vegetarian/vegan, in the evenings the teams are free to choose!



## Evenings/rainy days

We have a beautiful yurt at our disposal for cosy sessions and evenings or as a shelter on rainy days. It is also possible to sleep in here.



**You can Sleep in a tent or in our cosy yurt, toilets and showers are in the building.**

# FUNDING CONDITIONS



- ➔ The project is supported by Youth for Europe, the German National Agency for the ERASMUS+ youth programme of the European Union.
- ➔ All costs for the program, materials, accommodation and meals during the exchange are covered.
- ➔ You have to pay in advance for traveling.
- ➔ Reimbursements of travel costs can only be done upon full attendance of the training course and if you are not travel more than two days before and after the project.
- ➔ Your travel costs will be reimbursed up to the limit, if you spend less you will get what you spent.
- ➔ Reimbursement will be done in EURO, regardless of the currency indicated on your ticket and invoice in maximum 2 months after the project.



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

# HOW TO PLAN YOUR TRAVEL



Please choose the **most economical/cheap way of transportation** (2nd class trains, plains). Only public transportation can be reimbursed (no taxis).



Please plan your travel **from your place of origin to the venue** of the activity in Berlin and return **according to the travel limit shown in the table below**.



You can calculate the distance using the **Erasmus+ distance calculator**: <https://h7.cl/1lxze>



**No flights** are allowed when **travelling green!** You have two additional travel days for this!



**Please organise your travel to fit in these times!** It is stressful for our team to organise early and latecomers!



**Arrival time: June 8th between 4 - 6 PM**

**Departure time: June 18th until 10 AM**



Please **let us know about your travel plans** in advance! Please notice also our hints for **travel insurance!**

country	distance	no green travel	green travel
Germany	10-99 km	-	mandatory 56,- €
Germany	100-499 km	-	mandatory 285,- €
Italy/ Romania/ Serbia/ Slovakia/ Germany	500 – 1999 km	309 €	mandatory Germany 417 €
Turkey	2000-2999 km	395 €	535 €
Armenia/ Georgia	3000-3999 km	580 €	785 €

# HOW TO GET TO THE VENUE



## Airport BER

Take the train to Zoologischer Garten and then **bus X10** (direction Teltow Stadt). Take this **bus to the Roseneck/Teplitzer Straße**. You are almost there, just follow the map (12 min walk).

## Central station

Take the **S5 or S7** (direction Spandau or Potsdam) to Zoologischer Garten and then take **bus X10** (direction Teltow Stadt). Take this **bus to the Roseneck/Teplitzer Straße**. You are almost there, just follow the map (12 min walk).

## ZOB - Central Bus Station

Take **bus 104** (direction Zoologischer Garten) to the **stop Halensee**. Then cross the street to take **bus X10** (direction Teltow Stadt). Take this **bus to the Roseneck/Teplitzer Straße**. You are almost there, just follow the map (12 min walk).

## Tipp:

**Route planner app** is the application for everyone, who are traveling in Berlin



# TRAVEL & HEALTH INSURANCE



Every participant must bring their **European Insurance Card** or must have an **substitute**. It is a mandatory requirement for all participants to provide their own health and travel insurance.



Please arrange to have **travel insurance** - if you have to cancel your trip for a covered reason or there are some other circumstances for booking a new flight a trip insurance can save your investment, it can also protect you against lost luggage, flight cancelations.



Insurance is not applicable for reimbursement!

# VISA REQUIREMENTS



- Non-EU foreigners require a visa to enter Germany. In this project: Turkey & Armenia, from Serbia it is allowed to come, if you have a biometric passport



- Visa costs: As an accredited organization, we have a budget for visa costs—please provide the funds for this.



- Travel costs: If travel costs are unaffordable for your participants, please let me know, and we can provide an advance payment.



- **Please check the Visa requirements also yourself!**

# PREPARATION



**Some games/stories/ music/ musical instrument/ songs to sing** - to share in the evening gathering at the campfire. We will offer different opportunities for sharing.



**Nonformal methods, games, activities** you would like to share with the other participants, for sustain practices and empower youth - the more everybody contributes, the more fun and versatile the week will be.



**If you want to prepare a traditional dinner from your country** with your or in mixed group(s), think about what it could be and perhaps bring something from your country. Then the kitchen will be yours



# WHAT YOU NEED

- Tent\*, sleepingback, sleeping pad, optional a hammock, small pillow
  - Clothes and shoes for outdoor living
  - Mosquito repellent, sunscreen, hat, headlamp or flashlight
  - Hygiene items, Towels
- \* We can offer some tents and sleeping pads- tell us if needed.



# CONTACT

## Contact Information of the Coordinating Organisation

You can contact the project coordinator of the project **Klee Michel she/her** of Fahrten Ferne Abenteuer – Abenteuerzentrum Berlin for all questions and concerns regarding the organisation and management of the project.



Hello, my name is Klee Michel. I have been active in experiential education for more than 10 years, as a freelancer accompanying groups in outdoor social skills training and also employed in the organizational part of experiential education.

As an experiential educator, I am constantly fascinated by working with a group, as each session unfolds differently, even when the same or similar methods are used. As a trainer, you are caught in a dynamic tension with the group, in its own unique world, and you observe throughout the project how individuals and the group as a whole engage with learning social skills—or maybe not.

As a trainer, you lead the group while remaining in the background, supporting their development with tailored methods and reflections.

The methods are humorous and playful, ensuring that learning outdoors is always enjoyable and fun.

[klee.michel@abenteuerzentrum.berlin](mailto:klee.michel@abenteuerzentrum.berlin)



# YOU ARE INTERESTED ?

You can apply here:

