

14TH – 23RD
SEPTEMBER 2026
TREIBGUT
NATURCAMP
POTSDAM,
GERMANY



NAVIGATE YOUR CONFLICT

EMPOWERING YOUTH WORKERS
THROUGH CONFLICT RESOLUTION

Erasmus+ Training Course





OVERALL GOAL

Empowering youth workers and social professionals to turn conflict into a catalyst for sustainable social development through nature-based learning and innovative communication tools that build resilience and inspire action.

METHODOLOGICAL EXCELLENCE

Hands-on tools in NVC
(Nonviolent Communication),
Forum Theatre, and mediation
for everyday youth work.

RESILIENCE & SUSTAINABILITY

Strengthening mental health
and emotional stability for
lasting impact.

EXPERIENCE- BASED LEARNING

Cooperation under pressure
through the "All in One Boat"
water-based setting.





TOPICS

social sustainability,
conflict resolution for community engagement,
mental health & well-being,
self-care, stress management, resilience,
green innovation,
nature-based reflection and growth,
creative problem-solving,
forum theatre for alternative actions

EXPECTED RESULTS (TANGIBLE OUTCOMES)

The "Conflict Toolbox": Each participant will leave with a physical or digital manual containing the methods practiced (NVC exercises, Forum Theater scripts, and water-based educational games).

Action Plans: Every educator will develop a personal implementation plan on how to integrate one specific method (e.g., "All in One Boat") into their local youth work or school routine.

Professional Certification: Participants will receive the Youthpass Certificate, documenting the newly acquired competences in a European-recognized format.

Resilience Portfolio: A collection of daily relaxation and self-care techniques (PMR, breathing exercises) that participants can perform independently.

A Solid Partnership Network: A shared contact database and a digital platform for the partner organizations to facilitate future KA1 or KA2 collaborations.

IMPACT (LONG-TERM BENEFITS)

The lasting change we aim to achieve within organizations and communities:

For the Participants: Increased professional confidence and job satisfaction. By strengthening their resilience, we aim to reduce the long-term risk of burnout and emotional exhaustion among social workers and teachers.

For the Partner Organizations: A significant upgrade in the quality of pedagogical work. Organizations will benefit from "multipliers" who bring fresh, international perspectives and innovative tools back to their teams, inspiring colleagues who did not participate.

For the Target Groups (Youth/Students): The ultimate beneficiaries are the young people. They will experience more constructive conflict resolution, improved classroom climates, and more creative, nature-based learning environments.

On a Local Level: Promoting a "Culture of Peace." By applying NVC and mediation models in local communities, our partners contribute to a more empathetic and less polarized social environment.

European Dimension: Strengthening the European identity by proving that despite different national backgrounds, educators face similar challenges and can find common, innovative solutions through cooperation.

HOW TO GET TO TREIBGUT NATURCAMP

ADDRESS: ALTER KÖNIGSWEG, 14469 POTSDAM
IMPORTANT FOR GPS/CARS: PLEASE SET
"LEIBNIZ-INSTITUT FÜR AGRARTECHNIK" AS
YOUR DESTINATION.

BY TRAIN & BUS:

- FROM BERLIN: USE A BERLIN ABC TICKET
(VALID FOR S-BAHN AND REGIONAL
TRAINS).
- TRAVEL TO POTSDAM HAUPTBAHNHOF
(APPROX. 35 MIN FROM ALEXANDERPLATZ).
- FROM THERE, TAKE A TRAM TO THE CITY
CENTER (E.G., STOP LUISENPLATZ-NORD OR
PLATZ DER EINHEIT) AND SWITCH TO A BUS
HEADING TO "INSTITUT FÜR
AGRARTECHNIK" (APPROX. 25 MIN).
WALKING DIRECTIONS (LAST 10 MIN):
FROM THE BUS STOP, WALK TOWARDS THE
INSTITUTE BUILDING, THEN TURN LEFT
ALONG THE RESIDENTIAL STREET. AFTER THE
"TAL" COMPANY PREMISES, TURN RIGHT ONTO
THE PATH LEADING INTO THE MEADOWS.
FOLLOW THE PATH (RIGHT, THEN LEFT)
ALONG THE ORCHARD AND PASTURE UNTIL
YOU REACH THE STRIP OF FOREST. TURN
RIGHT ONE LAST TIME AND FOLLOW THE
FOREST PATH TO "TREIBGUT."

BY CAR:

CARS ARE NOT ALLOWED INSIDE THE NATURE
RESERVE. PARK NEAR THE BUS STOP AT THE
LEIBNIZ-INSTITUT FÜR AGRARTECHNIK
(GOOGLE MAPS LINK) AND FOLLOW THE
WALKING DIRECTIONS ABOVE.

PLACE & SETTING

Potsdam, Nature-based camp
offering experience-oriented
learning and group lodging in
traditional yurts or your own tent.

TARGET GROUP

Professionals from social and
pedagogical sectors, aged 18+

PROJECT PERIOD

September 14th — 23rd, 2026 (10
days)





LOCATION & ACCOMMODATION

The participants will be hosted at Treibgut Naturcamp in Potsdam, a unique educational venue directly embedded in nature. This project offers a true "back-to-basics" experience to foster deep reflection and community building.

LIVING TOGETHER IN NATURE:

- **ACCOMMODATION:** YOU WILL STAY IN TRADITIONAL YURTS OR YOUR OWN TENTS. THIS VERY BASIC CAMPING SETUP ENCOURAGES A SUSTAINABLE LIFESTYLE AND A CLOSE CONNECTION WITH THE ELEMENTS. SLEEPING ARRANGEMENTS ARE SHARED WITH MIXED NATIONALITIES TO PROMOTE INTERCULTURAL EXCHANGE.
- **SECLUSION:** THE CAMP IS SITUATED RIGHT BY THE WATER, SURROUNDED BY FORESTS. IT IS INTENTIONALLY SECLUDED TO PROVIDE A PEACEFUL ATMOSPHERE FOR OUR WORK; PLEASE NOTE THAT THE NEAREST SHOP IS A 30-MINUTE WALK AWAY.

OUR ECOLOGICAL PHILOSOPHY:

TREIBGUT NATURCAMP IS A FULLY SELF-SUFFICIENT (OFF-GRID) CAMP. WE GENERATE OUR OWN SOLAR POWER AND FILTER OUR WATER ON-SITE. THIS REQUIRES A HIGH LEVEL OF SELF-RESPONSIBILITY FROM EVERY PARTICIPANT:

- **LIMITED ELECTRICITY:** POWER IS GENERATED VIA SOLAR PANELS ONLY. CHARGING POSSIBILITIES FOR MOBILE DEVICES ARE LIMITED, AND HIGH-ENERGY DEVICES (LIKE HAIR DRYERS) CANNOT BE USED.
- **WATER CYCLE:** BECAUSE WE FILTER OUR WATER DIRECTLY ON-SITE, IT IS VITAL THAT NO CHEMICALS ENTER THE GROUND. WE USE COMPOST TOILETS AND BESIDE THE RIVER THERE IS ONLY ONE CAMPING SHOWER IN OUR CAMP.
- **RESPECT:** WE PRACTICE A LIVED ECOLOGICAL MINDSET, RESPECTING THE LOCAL WILDLIFE, THE QUIET OF OUR NEIGHBORS, AND THE NATURAL RESOURCES WE USE.



PACKING LIST

PLEASE PREPARE CAREFULLY FOR A
RUSTIC, NATURE-BASED EXPERIENCE.

1. SLEEPING GEAR

- **SLEEPING BAG:** ESSENTIAL FOR STAYING WARM IN THE YURTS/TENTS DURING SEPTEMBER NIGHTS.
- **BED SHEET:** TO COVER THE PROVIDED KAPOK MATTRESSES.
- **SMALL PILLOW:** FOR YOUR PERSONAL COMFORT.

2. SUSTAINABLE HYGIENE (MANDATORY)

- **ECO-FRIENDLY SOAP & SHAMPOO:** SINCE OUR WATER IS FILTERED ON-SITE, YOU MUST BRING 100% BIODEGRADABLE PRODUCTS TO PROTECT THE ENVIRONMENT.
- **TOWEL:** QUICK-DRY TRAVEL TOWELS ARE HIGHLY RECOMMENDED.

3. LIGHT & ELECTRONICS

- **HEADLAMP OR FLASHLIGHT:** THIS IS MANDATORY FOR FINDING YOUR WAY AROUND THE CAMP AFTER SUNSET.
- **POWERBANK:** TO ENSURE YOUR PHONE REMAINS CHARGED DESPITE LIMITED SOLAR POWER OUTLETS.

4. CLOTHING & OUTDOOR GEAR

- **THE LAYERING PRINCIPLE:** BRING LAYERS! WARM CLOTHING FOR CHILLY EVENINGS AND BREATHABLE CLOTHES FOR DAYTIME ACTIVITIES.
- **BRING YOUR OWN TENT IF YOU WANT**
- **RAIN GEAR:** A WATERPROOF JACKET AND STURDY, WATER-RESISTANT SHOES.
- **REUSABLE WATER BOTTLE:** TO REFILL WITH OUR FILTERED CAMP WATER.
- **SUN & BUG PROTECTION:** ECO-FRIENDLY SUNSCREEN AND INSECT REPELLENT ARE ADVISED FOR BEING NEAR THE WATER.

Program: Navigate Your Conflict 10-Day Schedule

Days 1-5

Day | Phase | Content & Methodology

1 | Arrival | Welcome, ice-breaking, orientation at camp

2 | Diagnostics | Team-building games; Methodological Scaling on group dynamics, challenges, well-being

3 | Input I | "Time for Conflict" concept; conflict types; intro to NVC

4 | Self-Care | Resilience, stress, anger management; PMR, breathing, bodywork

5 | Methodology I | Forum Theater; turn real conflicts into scenes; test alternative actions

Days 6-10

Day | Phase | Content & Methodology

6 | Practice I | "All in one Boat" A: on-land prep; role-play scenarios; test group constellations

7 | Practice II | "All in one Boat" B: water experience; apply cooperation and NVC on the boat

8 | Deep Dive | Mediation skills; test "Peer Mediator" format; facilitate third-party conflict resolution

9 | Transfer | Adapt methods for local youth work; evaluate outcomes; Youthpass certification

10 | Departure | Final reflection, camp clean-up, departure

FUNDING CONDITIONS

The project is supported by Youth for Europe, the German National Agency for the ERASMUS+ youth programme of the European Union.

We will not charge any participation fee.
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.

TRAVEL REIMBURSEMENT

Keep all your original travel documents: plane, bus and train tickets, invoices, boarding passes, fuel, highway toll, both in digital and paper form (if you have this). The reimbursement cannot be done without these documents. You will be reimbursed up until a maximum amount granted by the European Commission (see table below), within the distance calculated by the Erasmus+ Distance Calculator.

Travel	Contribution to the travel costs of participants, including group leaders, accompanying persons and facilitators, from their place of origin to the venue of the activity and return. Below 500 km, participant will, as a general rule, travel with low-emissions means of transport Financing mechanism: contribution to unit costs. Rule of allocation: based on the travel distance and number of persons. The applicant must indicate the distance between the place of origin and the venue of the activity ¹¹⁴ by using the distance calculator supported by the European Commission ¹¹⁵ . For itinerant activities, the applicant should add up the distances between individual venues and choose the distance band corresponding to the total. ¹¹⁶	Travel distance	Green travel	Non-Green travel
		10 – 99 km	56 EUR	28 EUR
		100 – 499 km	285 EUR	211 EUR
		500 – 1999 km	417 EUR	309 EUR
		2000 – 2999 km	535 EUR	395 EUR
		3000 – 3999 km	785 EUR	580 EUR
		4000 – 7999 km	1188 EUR	1188 EUR
		8000 km or more	1735 EUR	1735 EUR

TEAM & EXPERIENCE

"EMPOWERING GROWTH THROUGH CREATIVITY, NATURE, AND DIALOGUE"



Lucas Nagel | Nature Pedagogy & Movement

- Qualifications: Certified Wilderness Pedagogue and Vision Quest Guide (Eschwege/Uma Institute), Social pedagogue.
- Experience: 15+ years leading projects for school classes, seminar groups for adults, nature-based rituals and transformational group processes.
- Methodology: Connecting natural cycles with physical expression through Dance Theater and Contact Improvisation, experiential learning.
- Core Skills: Facilitator for „Council“ (tool for communication in groups) and specialist in group facilitation and intercultural project support
- Languages: German (Native), English (Fluent), basic French

Sylvia Glöß | Project Coordination & Arts Pedagogy

- Qualifications: Degree in Social Pedagogy, Theater Pedagogy, and Financial Management.
- Experience: Founder of Treibgut Naturcamp; 20 years expertise in coordinating and implementing complex social projects.
- Methodology: Holistic approach using bilingual theater, theatre of the oppressed (Boal), conflict resolution, and certified relaxation techniques (Yoga/Autogenic Training).
- Core Skills: Expert at merging creative vision with administrative and financial precision.
- Languages: German (Native), Spanish (Fluent). Basic english an italian





INTERESTED IN
PARTICIPATING ?

APPLY HERE:

<https://forms.gle/PCmf6XX6pGiG5ewQ8>

PROJECT COORDINATION

Erasmus+ Coordination Team:
Lucas Nagel & Sylvia Glöß

CONTACT

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