

PERSONAL SUSTAINABILITY

RESOURCES AS THE KEY TO YOUTH WORK

YOUTHWORKER TRAINING

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

BERLIN 2025, March 03.-13. 2025



ABOUT THE PROJECT



This training course focuses on developing youth workers' "Personal Sustainability" competence based on the ETS Competence Model for Youth Workers to Work Internationally. It provides tools and strategies to enhance participants' personal and professional resilience and well-being, enabling them to better sustain long-term effectiveness in youth work.

This course is part of the Erasmus+ long-term accreditation programme implemented by Fahrten Ferne Abenteuer Abenteuerzentrum Berlin and its partners.

OBJECTIVES

- **Recognize and Sustain Personal Resources:**
Equip participants with the skills to manage physical, emotional, and mental resources for their personal and professional growth.
- **Enhance Professional Resilience:**
Increase readiness to maintain long-term engagement in youth work by promoting strategies for stress management, self-care, and sustainability.
- **Develop Skills for Sustainable Practices:**
Enable youth workers to design and implement practices, workshops, and programs that emphasize personal sustainability and positive psychology.
- **Promote Intercultural Networking:**
Foster international collaboration and the sharing of best practices in personal sustainability through interactive and multicultural exchanges.
- **Empower through Community Building:**
Strengthen a sense of community and teamwork by participating in shared group tasks, interactive activities, cooking in international teams and reflection exercises.

The Personal Sustainability program primarily connects to the ETS competence fields of Facilitating Learning, Managing Resources, Designing Programs, and Networking and Advocating, with additional overlaps in Communicating Meaningfully and Being Civically Engaged. This makes it a holistic program that supports youth workers' development across multiple competence areas.



Read more about the **Competence Model for Youth Workers** and the nine competence fields! :

https://www.salto-youth.net/downloads/4-17-4576/YOCOMO_Handout.pdf

- **Aligned with the ETS Competence Model:**
The course content aligns with professional competences, particularly within the frameworks of non-formal learning and fostering sustainability in youth work.
- **Certified Training with Digital Recognition:**
Participants will gain access to up-to-date recognition solutions, to validate their competence development. Certificates, including Youthpass, will be provided upon completion.
- **Innovative Methods:**
Participants will explore tools and methodologies from positive psychology and sustainability practices, tailored for the youth work context.
- **Digitally friendly approach:**
Digital platforms will be integrated for collecting resources, competence assessment and certification.
- **Practical Skill Development:**
Participants will design, present, and receive feedback on sustainable youth work projects.
- **Intercultural Exchange:** Activities will encourage participants to explore diverse perspectives on sustainability while engaging in a multicultural environment.



TOPICS OF THE WEEK

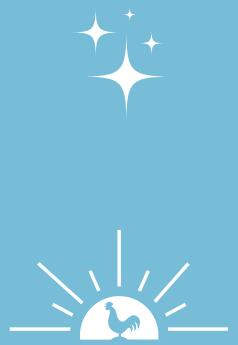
03.03.	<i>Arrival day between 4-8pm</i>
04.03.	<i>Introduction & teambuilding</i>
05.03.	<i>Personal Sustainability & Positive Psychology</i>
06.03.	<i>Own Personality as youthworker</i>
07.03.	<i>Exploring Methods</i>
08.03.	<i>Discover and experience Berlin</i>
09.03.	<i>Planning own activities</i>
10.03.	<i>Practice - Implementation of own activities</i>
11.03.	<i>Dissemination of Learnings</i>
12.03.	<i>Evaluation & Community Engagement</i>
13.03.	<i>Departure day</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
09:30 - 11:00	Session 1
11:00 - 11:30	Coffee -Break
11:30 -13:00	Session 2
13:00 - 15:00	Lunch & Break
15:00 - 16:30	Session 3
16:30 - 17:00	Coffee -Break
17:00 - 17:30	Reflection groups
19:30	Dinner cooked by international groups
...	Social Evenings & Multicultural Activity



WHO CAN PARTICIPATE

To participate in this project, you must:



Be 18+ years old



Be employed, trained or interested in youth work



Reside in one of the partner countries



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

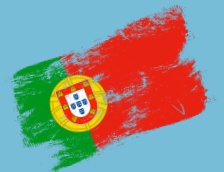
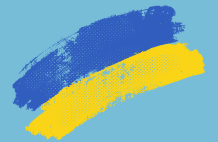
1 PREPARATION
MEETING ONLINE,
(PLANNING
CONTRIBUTIONS)

PROJECT WEEK
03.-13.03.2025
GERMANY

EVALUATION AND
DISSEMINATION OF
RESULTS
(SHARE YOUR
EXPERIENCE ONLINE)



Erasmus+
Enriching lives, opening minds.





- 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

We can offer you 3 dormitories with bunk beds (54 beds in total) Be prepared for sleeping in a simple large shared room. We have also 3 rooms for trainers/ facilitators/ special needs (9 beds in total).



Food

You will be fully catered for during the week.

In the evenings, international groups are responsible for preparing typical meals from their countries. We have a large kitchen available for this purpose and will support you!

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



Seminar centre

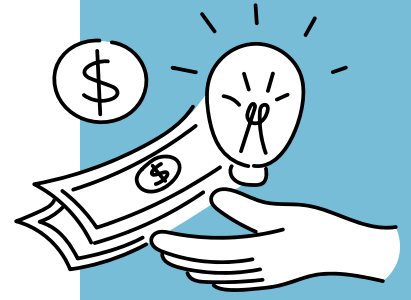
We have a large function room with a theatre stage, which is both our working centre and our dining room.

*

In addition, we have a beautiful yurt at our disposal for cosy sessions and evenings.



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.

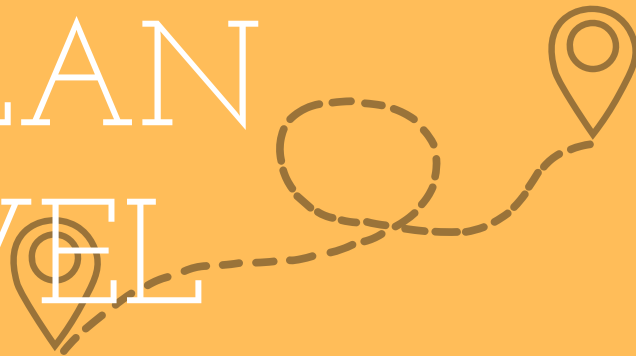


Reimbursement will be done in EURO, regardless of the currency indicated on your ticket and invoice in maximum 2 months after the project.



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

HOW TO PLAN YOUR TRAVEL



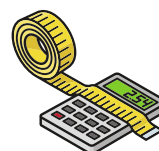
Please choose the **most economical/cheap way of transportation (2nd class trains, plains)**. Only public transportation can be reimbursed (**no taxis**).



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**:



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: March 03. between 4 - 8 PM

Departure time: March 03. 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/ Slowakei/ Ukraine/ Bulgaria	500 – 1999 km	309 EUR	417 EUR
Türkiye/ Portugal	2000 – 2999 km	395 EUR	535 EUR
	3000 – 3999 km	580 EUR	785 EUR

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).

Tip:

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



Participants from Turkey need a visa to enter Germany



The cost of the visa can also be reimbursed!



Detailed information is available on the website of the Turkish Ministry of Foreign Affairs:

<https://www.mfa.gov.tr/visa-information-for-foreigners.en.mfa>

PREPARATION



Some **traditional food/games/stories** to share in the international evening presentations. 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.



Be prepared with an **Self-assessment** of your youth worker skills, based on the ETS competence model for youth workers to work internationally and about your Personal Sustainability and Wellbeing.

YOCOMO self-assessment tool

Personal Sustainability & Wellbeing Self Assessment

WHAT YOU NEED

- Towels
- Be prepared to use your suitcase/bag as your wardrobe
- Robust indoor shoes/slippers
- Warm clothes and shoes for outdoor activities
- Notebook/ Diary



CONTACTS

Contact Information of the Coordinating Organisation

You can contact the project coordinator of the project **Steffi Pardella** of Fahrten Ferne Abenteuer - Abenteuerzentrum Berlin for all questions and concerns regarding the organisation and management of the project.

She also leads the team of trainers. She is a freelance trainer in adult, outdoor and adventure education and in the field of de-escalation and racism prevention and has many years of experience in non-formal education with children, young people and adults, in particular in conducting social skills and communication training, personality development and the further training of youth workers and trainers.



steffi.pardella@abenteuerzentrum.berlin

YOU ARE INTERESTED ?

You can apply here:

