

FEEL GOOD - ACT GOOD

A PROGRAMM FOR SUSTAINABLE YOUTH WORK

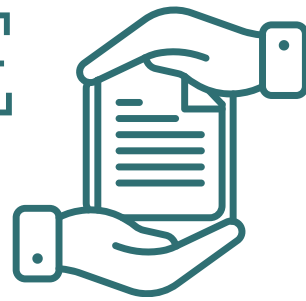
YOUTHWORKER TRAINING

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

BERLIN 2026, February 09.-19. 2026



ABOUT THE PROJECT



Based on the strong positive feedback and high demand following our previous Personal Sustainability training, we created the Feel Good, Act Good programme. It continues and expands our focus on wellbeing, resilience, and sustainable action, offered across two connected project phases.

Phase 1:

Youth Worker Training (09–19 February 2025)

This training supports youth workers in strengthening their Personal Sustainability competence.

Participants explore tools and practices that enhance wellbeing, resilience, and balance—recognising that feeling good is the foundation for acting sustainably and effectively in youth work.

By fostering conscious and responsible action, the training helps youth workers maintain long-term motivation and impact.

Participants can also apply to join Phase 2 as youth leaders, enabling them to directly put their new skills into practice.

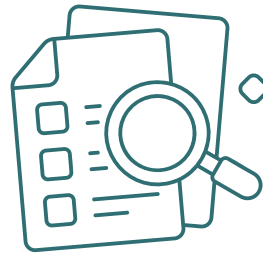
Phase 2:

Youth Exchange (09–19 March 2025)

One month after the training, the youth exchange brings together young people from different countries to explore wellbeing, sustainable living, and community engagement.

Youth workers who completed the training can take on a leadership role here, guiding participants and implementing methods and approaches developed during Phase 1.

TRAINING FOCUS



OBJECTIVES

- **Support Personal Wellbeing Awareness:**
The programme offers space for youth workers to reflect on their physical, emotional, and mental wellbeing as a foundation for meaningful and sustainable action.
- **Foster Balance and Resilience:**
Mourning Groundings, Self-Care and Positive Psychology methods help strengthen inner stability and motivation.
- **Encourage Conscious and Sustainable Action:**
Participants explore how daily choices affect ecological, social, and cultural systems, linking SDG's and wellbeing with responsible action.
- **Understand Interconnected Dimensions of Sustainability:**
The training highlights how wellbeing, social responsibility, ecological awareness, and community engagement influence one another.
- **Provide Tools for Educational Practice:**
Practical methods support youth workers in designing activities that foster wellbeing and sustainable behaviour in young people.
- **Broaden Intercultural and Societal Perspectives:**
International exchange exposes participants to diverse approaches to wellbeing and sustainability.
- **Strengthen Teamwork and Community Building:**
Group tasks and reflection promote cooperation, shared responsibility, and supportive community dynamics.



Erasmus+
Enriching lives, opening minds.

The Feel good – Act good training 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.

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

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 programmes.

- **Intercultural Exchange:** Activities will encourage participants to explore diverse dimensions and perspectives on sustainability while engaging in a multicultural environment.



TOPICS OF THE WEEK



09.02.	<i>Arrival day between 4-8pm</i>
10.02.	<i>Introduction & teambuilding</i>
11.02.	<i>Personal Sustainability: Awareness & Self-Reflection</i>
12.02.	<i>Exploring Methods for Sustainable Action</i>
13.02.	<i>Wellbeing & Strengths</i>
14.02.	<i>Discover and experience Berlin</i>
15.02.	<i>Planning own activities</i>
16.02.	<i>Practice - Implementation of own activities</i>
17.02.	<i>Practice - Implementation of own activities</i>
18.02.	<i>Future Steps, Community Engagement & Evaluation</i>
19.02.	<i>Departure day</i>

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



DAILY STRUCTURE

8:30 - 9:30	Wake Up & Breakfast
10:00 - 10:30	Morning Grounding
10:30 - 11:30	Session 1
11:30 - 12:00	Coffee -Break
12:00 -13:00	Session 2
13:00 - 15:00	Lunch & Break
15:00 - 16:30	Session 3
16:30 - 17:00	Coffee & reflection groups
	free time
19:30	Dinner, partly 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
09.-19.02.2026
GERMANY**

**EVALUATION AND
DISSEMINATION OF
RESULTS
(SHARE YOUR
EXPERIENCE ONLINE)**





- **A Green City for Wellbeing**

Berlin is one of Europe's greenest capitals, with large parks, forests, and lakes such as Tiergarten, Tempelhofer Feld, and Grunewald. These natural spaces offer ideal settings for grounding, reflection, and our nature-based morning practices.

- **A Multicultural Metropolis**

People from nearly 190 nations shape Berlin's diverse and open atmosphere. This mirrors our programme values of intercultural learning, inclusion, and shared responsibility, making the city a perfect environment to explore community and diversity.

- **Sustainable Mobility**

With its excellent public transport system, Berlin makes sustainable and conscious mobility easy fully aligned with our focus on responsible daily choices and ecological awareness.

- **A City of Balance & Wellbeing**

Berlin's relaxed work culture and strong emphasis on leisure offer real-life examples of work-life balance and Personal Sustainability.

- **Resilience in Action**

A city that has reinvented itself many times, Berlin stands as a living metaphor for resilience, growth, and adaptability—key elements of the Feel Good, Act Good approach.

- **Creativity & Flow Everywhere**

Street art, museums, and vibrant cultural spaces inspire creativity, self-expression, and flow—supporting our exploration of Ikigai, character strengths, and personal meaning.

- **Sustainability in Practice**

Urban gardening, sustainable food culture, co-housing, wellness spaces, coworking hubs, and ecological markets provide hands-on examples of sustainable living and community engagement.

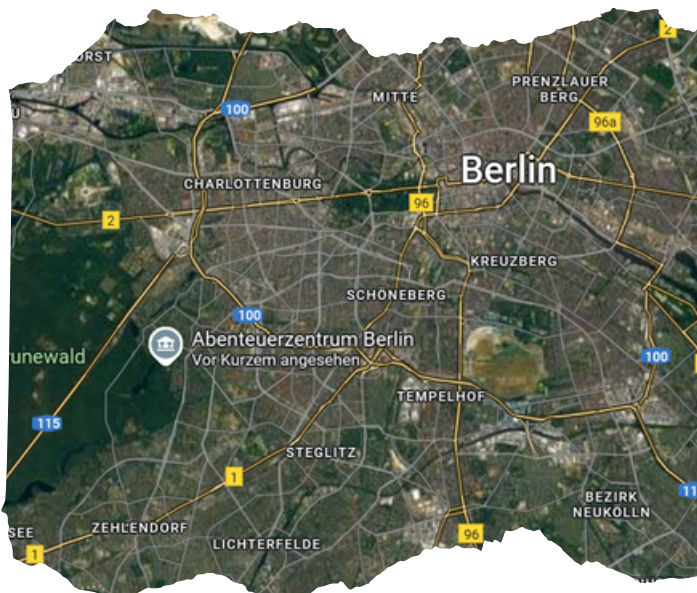


ORGANISER & VENUE



Fahrten-Ferne-Abenteuer Abenteuerzentrum Eichhörnchensteig 3, 14193 Berlin

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.

ACCOMMODATION



Berlin Forest Retreat



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 and people with special needs (9 beds in total) We will ask about it in the registration. .



A simple youth hostel on the edge of the forest



communal bathrooms



Seminar centre

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



Cozy Yurt

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

FOOD & COMMUNITY



Eating Together, Growing Together

Full Catering Throughout the Week

You will be fully catered for during the training, with meals that support wellbeing, balance, and sustainability.

Lunch: Vegetarian & Vegan Only

All lunch meals will be vegetarian or vegan to lower our ecological footprint and promote mindful, sustainable eating.



Healthy, plant-based lunches to help us feel good



Cooking together as a way of building community

Dinner Structure During the Week

First Two Days

On the first two evenings, dinner will be provided by our team so you can settle in, arrive, and get to know each other without additional responsibility.

From Day 3 Onwards

Afterwards, dinners will be prepared together, either in small mixed international teams.

A large, fully equipped kitchen will be available – and of course, we are there to support you.

Shared Meals as a Daily Ritual

Eating together plays a special role in this programme.

Shared meals offer daily moments to **slow down, connect and talk, enjoy cultural exchange & strengthen group cohesion**

These shared rituals help transform the group into a supportive, connected community – fully in the spirit of Feel Good, Act Good.



Sharing meals as a daily ritual strengthens connection

SHARED RESPONSIBILITY



Taking care of our shared spaces helps everyone feel welcome and comfortable

Cleaning Up Together

One part of Feel Good, Act Good is understanding that **shared spaces create shared responsibility.**

Throughout the week, everyone contributes with small tasks to keeping our environment clean, organised, and welcoming.

Why This Matters

- strengthens community spirit
- builds ownership and cooperation
- supports a comfortable, respectful living environment
- encourages sustainable daily habits



Working together builds community, cooperation, and a sense of shared responsibility.



Daily tasks—done by everyone—create a supportive and sustainable living environment

How It Works

Rotating teams take care of some daily tasks, such as:

- tidying and maintaining shared areas
- loading and unloading the dishwasher
- helping organise our Coffee bar space
- helping to keep communal facilities clean and welcoming

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: February 09. between 4 - 8 PM

Departure time: February 19. until 10 AM



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

	distance	no green travel	green travel
Germany	10-99 km	-	56,- €
Germany	100-499 km	-	285,- €
Italy, Spain, Türkiye, Georgia	500 – 1999 km	309 EUR	417 EUR
Türkiye, Georgia, Spain	2000 – 2999 km	395 EUR	535 EUR
Spain	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).

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



Participants from Turkey need a visa to enter Germany

Detailed information are available here:

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



Application: <https://www.idata.com.tr/>



Participants from Georgia do not require a visa, provided they hold a biometric passport and meet the conditions for visa-free entry.

Detailed information are available here:

<https://tiflis.diplo.de/ge-ka/service/05-visaeinreise?>

The cost of the visa can also be reimbursed!

PREPARATION



You are welcome to **share nonformal methods, games, or activities** with the group. If you'd like to bring a game or method, feel free to prepare something in advance. You are also invited to contribute to the **Morning Groundings** or offer small workshops during the week. The more everyone contributes, the richer and more enjoyable our shared experience 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



Feel free to bring traditional food, games, or stories to share during the international evening.

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



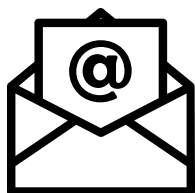
CONTACTS

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, communication and resilience training, personality development and the further training of youth workers and trainers.



steffi.pardella@abenteuerzentrum.berlin



YOU ARE INTERESTED ?

You can apply here:

