

**TALENT
PUSH**

INFOPACK

WHEN STORIES LEARN TO **SPEAK**

CREATIVE
AUTOBIOGRAPHY
FOR YOUTH WORK

3-10 NOVEMBER 2026
BERLIN, GERMANY

ERASMUS+ KA153

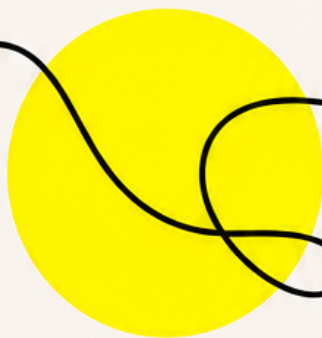
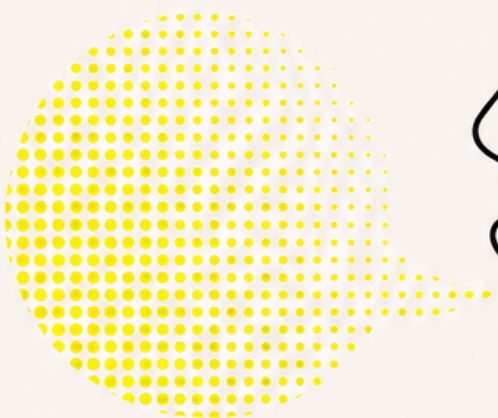
MOBILITY OF YOUTH WORKERS

STORY2SPEAK

Project code: KA153-YOU-13FB5689



Co-funded by
the European Union



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THREE DATES TO PUT IN YOUR CALENDAR

3 OCTOBER 2026	Deadline for us to confirm your travel itinerary — before you book anything
3 NOVEMBER 2026	Arrival day. Check-in from 15:00, please arrive by 18:00
10 NOVEMBER 2026	Departure after breakfast

This pack covers everything from what the training is about to which bus stops at the gate. Sections 09 to 12 are the ones to read **before you book a ticket** — travel is reimbursed only up to a ceiling, and only if you confirm your itinerary with us first.

Questions about anything in here: michal@talentpush.org

ABOUT THE PROJECT

When Stories Learn to Speak – Creative Autobiography for Youth Work (STORY2SPEAK) is an international Erasmus+ Training Course for youth workers, educators, trainers and facilitators who want to explore one simple question:

What happens when we give people more ways to tell their story?

Not every young person finds it easy to explain what they feel, where they belong or what they have been through. Sometimes a conversation is not enough. A photograph might say more. A fictional character might feel safer. A movement, a memory, a voice recording or a few written lines can suddenly open a door.

During the training we will experiment with creative writing, autobiographical theatre, Photovoice, Digital Storytelling, reflective practices and inner-child work. We will explore how these methods can support identity, self-expression, connection and participation – especially when working with young people who may feel excluded, unheard or uncomfortable expressing themselves in conventional ways.

But working with personal stories also comes with responsibility. Alongside the creative part, we will look at consent, boundaries, emotional safety, ethical storytelling and trauma-aware facilitation. How do we invite someone to go deeper without pushing them? How do we create spaces where people can participate without being forced to expose themselves?

And no – this will not be a week of sitting in a chair listening to presentations. Expect to write, move, photograph, create, listen, experiment, work in groups, reflect, laugh, occasionally feel challenged and probably discover a few stories you did not know you were carrying.

The aim is not to turn everyone into an artist. It is to leave with practical methods you can actually use with young people back home, while learning from a diverse international group of fellow youth workers.

MAIN THEMES

- Creative autobiography & personal storytelling
- Identity, voice & self-expression
- Creative writing and autobiographical theatre
- Photovoice & visual storytelling
- Digital Storytelling
- Emotional literacy & reflective practice
- Consent, boundaries & ethical storytelling
- Trauma-aware and inclusive facilitation
- Peer learning & intercultural exchange
- Turning the experience into practical youth work back home

Come with curiosity, openness and a willingness to experiment. You don't need to be a writer, actor, photographer or filmmaker. You just need to bring yourself – and be ready to create.



AIMS & OBJECTIVES

Every training says it wants to empower people. Here is what we actually mean by it.

01 Build concrete competence in art-based, non-formal methods

Creative writing, Photovoice, autobiographical theatre and Digital Storytelling. You leave with methods you have personally tried, not slides about methods – tried, adapted, and thought about in terms of your own young people.

02 Develop emotional literacy and reflective capacity

Autobiographical and inner-child methodologies, used to build deeper empathy and presence in your work. You cannot hold a space you have never stood in, so part of the week is spent on your own story.

03 Learn ethical, inclusive and trauma-sensitive facilitation

How to create emotionally safe spaces for young people who struggle with verbal expression, identity or marginalisation. Consent, boundaries and emotional safety are treated as facilitation skills you can practise, not a paragraph at the end of the manual.

04 Increase digital competence

Digital Storytelling used as a participatory, empowering tool that links self-expression with media literacy – accessible enough to run with a group that has nothing but phones.

05 Build a European network through peer learning

Twenty youth workers from five countries, one group agreement, and a week of doing rather than presenting. Peer learning is not the coffee break here. It is the method.

06 Take it home

Every participant leaves with a concrete follow-up plan for their own context: which method, which group, when. Partner organisations and participants stay connected afterwards for shared resources and joint projects. Dissemination is part of the deal, not homework.

THE OVERALL AIM

To change how youth workers engage with emotionally vulnerable or socially excluded young people – moving beyond verbal and behavioural approaches towards more holistic, creative and empathetic practice.

YOUTHPASS

Every participant receives a Youthpass certificate recognising the competences developed during the training. The programme is built on the **ETS Competence Model** and the **Youthpass key competences**, and we work on the certificate during the week rather than in a rush on the last morning.



SECTION 03

SHORT OVERVIEW

KEY FACTS

PROJECT	When Stories Learn to Speak – Creative Autobiography for Youth Work
ACRONYM	STORY2SPEAK
PROGRAMME	Erasmus+ · KA153 Mobility of Youth Workers
PROJECT CODE	KA153-YOU-13FB5689
NATIONAL AGENCY	JUGEND für Europa (DE04)
DATES	3–10 November 2026
DURATION	6 programme days + 2 travel days
VENUE	Zeltlagerplatz Heiligensee – Gruppenhaus, Berlin, Germany
WORKING LANGUAGE	English
COUNTRIES	Germany, Slovakia, Spain, Bulgaria, Italy
PARTICIPANTS	20 youth workers – four from each partner organisation
TRAINING TEAM	5 people (3 trainers + 2 support staff) – total group of 25
AGE	21–55 expected
FEWER OPPORTUNITIES	6 dedicated places
PARTICIPATION FEE	None
RECOGNITION	Youthpass certificate
FRAMEWORK	ETS Competence Model & Youthpass key competences

This training is for people who...

- are active in youth work, education, training, mentoring or non-formal learning;
- work directly with young people or communities;
- are curious about storytelling, creativity, identity and emotional learning;
- want practical methods you can bring back to your own work;
- are open to reflection, experimentation and learning from an international group;
- are willing to take an active part in the whole training and its follow-up;

You do not need to...

- be a writer;
- know how to act;
- be good at photography;
- know how to edit videos;
- have any previous artistic experience;

Curiosity beats experience here.

Come ready to participate, create, share, listen and try things that may be new to you – and return home with methods you can actually use with young people.



SECTION 04

WHO IS BEHIND IT

TALENT PUSH E.V. – COORDINATOR

Talent Push e.V. is a Berlin-based youth education and storytelling organisation. We design and deliver non-formal learning programmes where young people – and the youth workers who support them – build self-empowerment, communication and literacy skills through structured storytelling.

Our flagship method, **Find Your Voice & Tell Your Story**, helps participants discover authentic personal narratives and turn them into clear story structures and scripts. It builds confidence and voice in a safe, supported process, and it strengthens the soft skills that are hardest to teach directly: self-expression, empathy, resilience, boundary-setting and peer connection. In our workshops, the outcome participants name most often is that they became less afraid to speak up, express what they feel, and say no.

Alongside storytelling, our work draws on mindfulness, mental health and emotional literacy, life coaching, and non-formal education. Our trainings use learning by doing, guided reflection and documentation so that learning actually transfers into daily practice, with structured check-ins and reflection circles that build emotional literacy and help prevent burnout – so youth workers can hold space for young people ethically and confidently.

www.talentpush.org

THE PARTNERSHIP

STORY2SPEAK is a cooperation between five organisations working in youth, education and non-formal learning across Europe.

- **Talent Push e.V.** – Berlin, Germany · Coordinator
talentpush.org
- **Diligo** – Banská Bystrica, Slovakia
diligo.sk
- **EUROACTIVA-T** – Madrid, Spain
- **Association Eudaimonia** – Etropole, Bulgaria
- **Associazione Agrado APS** – Vinci, Italy
associazioneagrado.com

Each partner organisation selects four participants – from their own staff, volunteers, or from local cooperating organisations. Total group: 20 participants plus a five-person training team.

HOW SELECTION WORKS

- 01** A shared call for participants goes out through all five partners, in English and in local translations.
- 02** You complete an application and motivation form covering your youth work experience, your motivation, your willingness to engage in personal reflection, and how you intend to use the tools locally.
- 03** Your own national partner reviews applications and may hold a short call or interview.
- 04** Final selection is agreed between the coordinator and all partners, balancing country, gender, experience and fewer-opportunity places.

Each sending organisation designates a mentor or contact person to support its participants before, during and after the training.



SECTION 05

PROGRAMME

THE LEARNING ARC

- 01** Getting comfortable with the group
- 02** Exploring our own stories
- 03** Experimenting with creative methods
- 04** Turning those methods into tools for youth work

DAY BY DAY

3 Nov ARRIVAL

- AFTERNOON** Arrival & check-in
- EVENING** Dinner · Informal welcome · Getting settled

4 Nov DAY 1

- MORNING** **Hello, Humans!** Getting to know each other · Team building · Expectations
- AFTERNOON** **Creating Our Space.** Group agreements · Emotional safety · Introduction to autobiographical work
- EVENING** Reflection & connection

5 Nov DAY 2

- MORNING** **Stories of Self.** Identity exploration · Creative writing
- AFTERNOON** First-person storytelling · Safe vulnerability · Ethical storytelling, consent & boundaries
- EVENING** Reflection & informal evening

6 Nov DAY 3

- MORNING** **Body, Memory & Inner Child.** Theatre and movement-based exploration
- AFTERNOON** Personal journeys · Memory · Embodiment · Trauma-aware facilitation & emotional boundaries
- EVENING** Reflection & group time

This is not a spectator sport.

The programme is based on learning by doing. Expect creative writing, photography, movement, theatre, storytelling, small-group work, reflection, conversations and experimentation.

There will be space to participate at your own pace, and personal sharing is never a competition. **You decide what parts of your story you want to bring into the room.**

The detailed timetable may still move a little depending on the group, energy and learning process – because good non-formal education is alive, not carved into stone.

7 Nov DAY 4

- MORNING** **Seeing Stories.** Photovoice · Visual expression
- AFTERNOON** **Digital Storytelling.** From idea to script · Voice recording · Images, audio & editing
- EVENING** Creative work / reflection

8 Nov DAY 5

- MORNING** **Stories Come Alive.** Completing & sharing digital stories · Peer feedback
- AFTERNOON** **From Training to Real Life.** Adapting methods for different youth groups · Designing local follow-up activities
- EVENING** Reflection & community time

9 Nov DAY 6

- MORNING** **What Do I Take Home?** Learning harvest · Youthpass reflection
- AFTERNOON** Follow-up plans · Final evaluation · Next steps · Closing
- EVENING** Closing celebration

10 Nov DEPARTURE

- MORNING** Breakfast · Departure

TRAINERS



Laris Guerri

LEAD TRAINER · CREATIVE & PSYCHOLOGICAL METHODS

Laris is an Italian trainer, facilitator and youth worker with 20+ years of experience in non-formal education and personal development. Her work combines creative writing, theatre, autobiographical methods, inner-child work and trauma-aware facilitation.

EXPECT Creativity, reflection and meaningful challenges.

Michaela Sabo

CO-FACILITATOR · STORYTELLING

Michaela is a Berlin-based writer, creative producer and international story development mentor. She brings professional storytelling tools into accessible methods for self-expression, confidence and finding your own voice.

EXPECT Stories, writing, structure and sharp questions.



Michal Stifter

PROJECT MANAGER & CO-FACILITATOR · WELLBEING

Michal brings experience in youth work, international projects, group leadership, inclusion and digital platforms. He runs the practical side of the training and is the person to come to with anything you need — logistics, participation or how you are doing.

EXPECT Energy, practical thinking and keeping things moving.

The full team on site is five people — three trainers plus two support staff — so with 20 participants we are a group of 25. A designated first-aid contact and a designated emotional support contact are introduced to the group on arrival.



SECTION 07

ACCOMMODATION & FOOD

We will stay at **Zeltlagerplatz Heiligensee – Gruppenhaus**, surrounded by nature in the green north-west of Berlin, within walking distance of Lake Heiligensee and the Havel.

This is a group house, not a hotel.

ROOMS & FACILITIES

- Shared rooms of varying size, separate for women and men, with lockable cupboards and a small table. Simple, clean, warm – a group house standard, not a hotel standard.
- Bathrooms, showers and toilets are shared and separated by gender, with one **gender-neutral toilet** available.
- They are in the **same building** as the bedrooms, but reached from outside – the hallway running between the rooms is open air rather than enclosed.
- Bed linen is provided and covered by the project. **Bring your own towel.**
- Common spaces: a large seminar room, a smaller group room, a games and reading room, a kitchen, a fire pit and an open-air stage. Forest on one side, the Havel five minutes away.

Good to know. Because the sanitary facilities are reached from outside rather than directly from the bedrooms, bring slippers or easy shoes and something to throw on for moving between the two. In November you will be glad you did. Quiet outdoors from **22:00**.

CARE ON SITE

Dietary, medical and accessibility needs are collected in advance and shared confidentially with the venue. First-aid materials are available at all times, and both a first-aid contact and an emotional support contact are introduced to the group on arrival.



ZELTLAGERPLATZ HEILIGENSEE – RALLENWEG 4, 13505 BERLIN

The venue was chosen for on-site accommodation and catering, indoor and outdoor workshop spaces adaptable for creative and movement-based work, accessible facilities for different physical and dietary needs, and a peaceful nature-based setting. **Full board is included and covered by the project.**

FOOD

KITCHEN

The venue has its own kitchen, and we will have our own chef throughout the project.

MEALS

Three meals every day – breakfast, lunch and dinner – plus coffee breaks with snacks.

EVERY MEAL

A vegan option and an omnivore option.

DIETARY NEEDS

We collect dietary requirements, allergies and intolerances before the project so the kitchen can plan accordingly.

So yes – you will be fed. Regularly. No surviving on coffee and Erasmus biscuits required.

Venue: zev-berlin.com/gruppenhaus - full travel directions in Section 11

PARTICIPANT PROFILE

Youth workers, educators, mentors and volunteers who work directly with young people and want to bring more creativity, reflection and storytelling into their practice.

WHO WE ARE LOOKING FOR

- Working directly with young people or communities
- Actively engaged in non-formal education or inclusion-related youth work
- Motivated to use creative, reflective and inclusive tools in your practice
- Willing to explore emotionally engaging and personal methodologies in a safe group setting
- Interested in running follow-up activities and sharing results locally

AGE

The expected age range is **21 to 55** — the typical span of youth workers across Europe. We treat that spread as a strength: it allows intergenerational learning and brings fresh perspectives and experienced insight into the same room. Younger or older applicants may still be accepted if they meet the profile and motivation criteria.

PLACES FOR PARTICIPANTS WITH FEWER OPPORTUNITIES

Six of the twenty places are dedicated to participants with fewer opportunities, and at least 30% of the group will come from this background. We especially encourage applications from:

- Youth workers from rural, remote or economically disadvantaged areas
- People with migrant, minority or LGBTQIA+ backgrounds
- People without formal qualifications, or with non-traditional learning paths
- Youth workers who have faced emotional challenges themselves and now work to support others

We will ensure a balanced representation of genders, experience levels and countries. Support is available for participants with linguistic, emotional or accessibility needs — tell us what you need and we will work it out together.

Taking a place means taking the whole thing.

WHAT WE ASK FROM YOU

- **Be there for the full programme** from arrival to departure. Not partly. Not from Wednesday.
- **Take part actively** — this training does not work as a spectator sport, and one disengaged person changes the temperature of a group this size.
- **Complete the preparation** we send before the project: short tasks, the dietary form, travel documents, emergency contact form.
- **Do the follow-up.** Run at least one activity or share the methods in your own organisation or community after the training, and tell us how it went.
- **Take part in evaluation and Youthpass** during the week and afterwards.

Travel reimbursement is linked to active participation.

Unjustified absence from sessions can reduce the amount reimbursed.

Each sending organisation designates a mentor or contact person to support its participants before, during and after the training. If anything about taking part feels difficult, that person — or we — would much rather hear it early.

TRAVEL RULES

BEFORE YOU BOOK ANYTHING

Send us your itinerary and the total price. Wait for our written confirmation. Then book.

Not the other way around. A ticket booked without confirmation is a ticket you may end up paying for yourself – and untangling it afterwards is unpleasant for everyone.

SEND ITINERARIES TO info@talentpush.org

CONFIRMATION DEADLINE **3 October 2026**

PLAN INSIDE YOUR LIMIT

Plan your journey from your place of residence to the venue and back, within the ceiling for your country shown on the next page. Anything above the ceiling is at your own cost.

ARRIVING EARLY OR LEAVING LATE

You may arrive up to **2 days before** or leave up to **2 days after** the training, for justified reasons and only with our confirmation.

All costs during those extra days are yours – accommodation, food, transport, everything. The venue is booked for the project dates only, so you will need to arrange your own place to stay.

VISAS

If you need a visa or a formal invitation letter, tell us early. We will issue invitations and confirmations and help with the paperwork.

KEEP EVERYTHING

Boarding passes, tickets, booking confirmations, invoices. All of them. Both directions. Including the ones you think nobody could possibly want.

Yes, including the tram ticket from the S-Bahn station.

GREEN TRAVEL IS NOT JUST ENCOURAGED – IT IS BUDGETED

For some countries the grant we received is the **green travel rate**, which is higher than the flight rate. That money only applies if **more than half** of your total journey (out and back combined) is made by low-emission transport: train, coach or shared car.

If you are travelling from Slovakia or within Germany, read the next page carefully before you book a flight.
Flying will reduce what you can be reimbursed.

DOCUMENTS WE NEED

Without these, reimbursement is not possible. No exceptions, and no amount of goodwill from us can fix a missing boarding pass.

- **Tickets** showing your name, the price, the date and the full itinerary
- **Booking or reservation confirmations**
- **Boarding passes** – outbound and return, including any connecting flights
- **Invoices or receipts** for any other travel cost you are claiming
- **Local transport tickets** – airport transfer, tram, bus, S-Bahn

Digital tickets are fine. Screenshots of a booking app usually are not – send the PDF confirmation.



SECTION 10

TRAVEL REIMBURSEMENT

Travel is reimbursed based on **real, documented costs**, up to the maximum for your country. It is not a flat payment and not pocket money – if your journey costs less than the ceiling, you receive what you actually spent.

MAXIMUM PER PARTICIPANT

Slovakia	€ 417	on the condition that you travel green. If you fly, the eligible amount drops to € 309.
Spain	€ 309	
Italy	€ 309	
Bulgaria	€ 309	
Germany	€ 285	on the condition that you travel green.

WHAT COUNTS AS GREEN TRAVEL

More than half of the total journey, out and back combined, made by **train, coach or shared car**. Legs by plane, motorbike or a car carrying only you do not count towards it.

Two of the five countries are funded at the green rate, so for Slovakia and Germany this is not a preference – it is the difference between the two figures above.

Ceilings cover the whole journey from your place of residence to the venue and back, including local transport at both ends. If your trip costs more than the ceiling, the difference is yours.

HOW IT WORKS

- 01 Before travelling.** Send your itinerary and price. Wait for confirmation. Book.
- 02 Before and during the training.** Keep all outbound documents and complete the reimbursement form. We will send you all the details with the confirmation email.
- 03 After the training.** Upload your return boarding passes as soon as you have them.
- 04 After all documents are in.** Talent Push transfers the reimbursement to each sending organisation. The organisations then reimburse their participants.

We cannot start step 04 until every participant has submitted everything. One missing boarding pass delays the whole group, which is a genuinely annoying way to make new friends.

A NOTE ON MONEY

Reimbursement goes through your sending organisation, not directly to you. If paying for your travel up front is a problem, tell us early. Six places are reserved for participants with fewer opportunities, and we would rather solve this early than have you drop out later.

There is no participation fee for this project. Nobody will ask you for a contribution, before departure or at any other point.

THREE THINGS DECIDE WHETHER YOU ARE REIMBURSED

- 01** You sent us the itinerary and **waited for written confirmation** before booking.
- 02** If you are coming from Slovakia or travelling within Germany, **more than half the journey was green**.
- 03** You kept **every document**, both directions, and sent them in on time.

All three are covered in detail in Section 09.

GETTING TO THE VENUE

THE ADDRESS

Zeltlagerplatz e.V. Berlin-Heiligensee Rallenweg 4, 13505 Berlin, Germany

Heiligensee is in Reinickendorf, in the green north-west corner of Berlin, on the Havel and next to the Tegeler Forst. It is inside the city, but it is the quiet end of it.

BY PUBLIC TRANSPORT – TWO ROUTES FROM THE CITY CENTRE

A U6 to Alt-Tegel. From there bus **222** towards Tegelort runs every ten minutes during the day – take it to **Falkenplatz**. From Falkenplatz you can either walk to the venue in 15–20 minutes, or change to bus **324** towards Alt-Heiligensee, which runs every 30 minutes during the day and takes two stops to **Rallenweg** – almost at our gate.

Bus 222 at Alt-Tegel can also be reached on the **S25**: from Tegel station it is only a few minutes' walk to the bus stop.

B S25 to Heiligensee. From there bus **124** towards Alt-Heiligensee runs every 20 minutes. From its terminus **Alt-Heiligensee** you can either walk to the venue in 15–20 minutes, or change to bus **324** towards Konradshöhe / Falkenplatz and ride to the **Rallenweg** stop – and find yourself almost in front of our gate at Rallenweg 4.

COMING FROM FURTHER AWAY

FROM BER

Take the **FEX Airport Express** or a regional train (RE7, RB14, RB22) from Flughafen BER Terminal 1–2 to **Berlin Hauptbahnhof**, about 30–40 minutes, then follow route **B**. Allow around two hours in total. BER is in fare zone C, so you need an **ABC ticket**.

BY TRAIN

Most international and long-distance trains stop at Berlin Hauptbahnhof. Take the S25 towards Hennigsdorf – route **B**.

BY COACH

FlixBus and most coaches stop at ZOB Berlin (Messe Nord/ICC). Take the S41/ S42 ring to Gesundbrunnen, then the S25. Zone AB.

AT NIGHT

The **N22** night bus serves the Rallenweg stop and connects to U Alt-Tegel and S Waidmannslust, so a late landing is not a disaster.

ARRIVAL BY CAR

On the **A111** city motorway – coming from the direction of Berlin city centre or from the direction of Hamburg – take the **Waidmannsluster Damm / Hermsdorfer Damm** exit and drive just a few hundred metres west on Waidmannsluster Damm, towards Alt-Tegel / Heiligensee.

Turn right into **Karolinenstraße**, and at the next opportunity turn left onto **Heiligenseestraße**. Follow this through the forest. When the houses of the Heiligensee district begin, turn left into the **Elchdamm** and follow it until it merges into the **Alt-Heiligensee** road. Here, at the Heiligensee outdoor swimming pool, turn left. The next street on the left is **Rallenweg**, at the end of which on the left is house number 4. You have reached your destination.

TICKETS

Single, zones AB (within Berlin)	€ 4.00
Single, zones ABC (needed for BER)	€ 5.00
4-trip ticket, AB	€ 12.40
24-hour ticket, ABC	€ 12.90

Buy at the machines in every station or in the BVG app. You cannot pay cash on the bus. Tickets must be validated before travel unless bought in the app.

ARRIVAL DAY

Check-in from **15:00**. Please arrive by **18:00**. Dinner at **19:00**, informal welcome afterwards.

Participants travel to the venue independently – there is no group pickup. Berlin public transport is good, runs late, and gets you to the door. **If you will arrive later than 18:00, tell us in advance.** Do not just turn up at midnight and hope.

Arrival day contact: Michaela Sabo, +49 173 5116708

Plan the journey live. Route numbers change and roadworks happen, so check the connection on the day. The venue recommends the VBB journey planner at fahrinfo.vbb.de; the BVG Fahrinfo and VBB apps are the same data, free and available in English. Enter **Rallenweg 4, 13505 Berlin** as your destination.



SECTION 12

PRACTICAL INFORMATION

WHAT IS COVERED

Accommodation and all meals are **100% covered by the project**. So is the programme, all materials, and every activity we do together. Travel is reimbursed up to the ceiling for your country.

There is no participation fee. No contribution will be asked of you before departure or at any other point.

Your own money is only needed for personal spending, anything on the extra days if you arrive early or stay late, and whatever you decide to buy in Berlin.

INSURANCE – THIS ONE IS ON YOU

Every participant must have valid health insurance and valid travel insurance for the whole period. This can come from your sending organisation, your national health system, or a policy you buy yourself.

The project does not provide insurance. Bring your European Health Insurance Card (EHIC) if you have one, or your private policy documents.

You will also be asked to share emergency contact details through a secure form before the activity, and to bring any medication you need.

VISAS

If you need a visa, or an invitation letter for any other reason, tell us early. We will issue invitations and confirmations and help with the paperwork.

THE WEATHER IN NOVEMBER

Roughly **2–9 °C**, rain likely, dark by about 16:30. Snow unlikely but not impossible. The venue sits in a forest by the water – it is beautiful, and it is cold. There is no such thing as too many layers.

Forecast closer to the date: wetter.com, or the DWD Warnwetter app.

WHAT TO BRING

The essentials

- European Health Insurance Card, or your private insurance documents
- ID card or passport
- Any medication you need
- Personal hygiene products
- Slippers or easy shoes for moving around the house
- Reusable water bottle – there are refill points at the venue

For the season

- Warm layers, jumpers, thermal socks
- Waterproof jacket
- Comfortable indoor clothes – a lot of the week is spent inside on the floor
- Clothes you can move in for the theatre and movement sessions
- Warm outdoor shoes
- Hat, scarf, gloves
- Something with a torch – your phone counts

For the methods

- **A phone or camera you can take photos with** – this is your Photovoice tool. Any phone is fine.
- **Headphones** – needed for the Digital Storytelling work
- **A laptop, if you have one.** Not required – we will make the editing sessions work with whatever the group brings.
- **Charger and plug adapter** – Germany uses Type F, 230V
- A notebook and a pen you like writing with



STORIES, CONSENT & PRIVACY

We are going to ask you to work with personal material. So here is exactly what happens to it.

WHAT STAYS IN THE ROOM

Everything personal that is shared during sessions stays with the group. We agree this together on Day 1, and we take it seriously.

You choose the depth. Every method has a shallow end and a deep end. Nobody is asked to justify where they stand, and stepping back is always an available answer.

All forms of harassment, bullying, hate speech and microaggression are addressed immediately and seriously.

PHOTOS AND FILMING

Erasmus+ projects need documentation, and we will take photos during the week.

- **Nobody is photographed without agreeing to it.** You can opt out entirely, and we will ask before the first session rather than after.
- **Sessions involving personal or emotional work are not photographed.**
- **Ask before you photograph another participant.** Same rule for all of us.
- You can ask for any photo of you to be removed at any time, during or after the project.

WHAT YOU CREATE

The writing, images and digital stories you make during the week belong to you.

- **Nothing you create is published without your explicit, separate written consent.**
- Consenting to one use is not consenting to all uses. We will ask specifically.
- **You can withdraw permission later.** Change your mind months afterwards and email us – that is a legitimate thing to do, not an inconvenience.

YOUR DATA

We collect what the project requires: contact details, dietary and medical needs, emergency contacts, travel documents, and the information needed for Youthpass and for reporting to our National Agency, JUGEND für Europa. It is used for the project and stored according to GDPR. It is not shared with anyone else or used for anything else.

Dietary, medical and accessibility information is shared confidentially with the venue so the kitchen and the house can plan.

IF THE WEEK GETS HEAVY

Autobiographical work occasionally surfaces more than expected. That is normal, and it is not a problem to be hidden.

A designated emotional support contact – one of the trainers or support staff – is available for one-to-one conversations throughout the week. Michal runs the practical side and is the person to come to for anything at all.

We are trainers, not therapists, and we will say so if something needs more support than a training course can give. But nobody handles a difficult moment alone here.

CONTACTS

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