

# FOODBUSTERS

“ACTIVATE YOUR STRENGTHS  
THROUGH SUSTAINABLE NUTRITION”

MARCH 25. - APRIL 3. 2024  
BERLIN

KA1 PROJECT FOR YOUTHWORKER



Erasmus+

# ABOUT THE PROJECT

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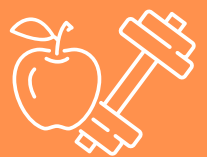


## OVERALL GOAL

- Offer young people a framework of healthy eating habits to help them achieve greater health and longevity while providing tools for greater autonomy in their lives.
- Address health aspects as well as ecological, economic and social sustainability in relation to nutrition..

## OBJECTIVES

- EDUCATION ABOUT THE BASIC NUTRITIONAL SCIENCE: MACRONUTRIENTS, MICRONUTRIENTS, NUTRIENT DENSITY
- INTEGRATION AND SELF-SUFFICIENCY
- EXCHANGE ON HOW COOKING IS A CENTRAL PART OF EACH PARTICIPANT'S CULTURE
- PROMOTING FOOD AS A TOOL NOT ONLY THE PATH TO A HEALTHIER BODY AND MIND BUT ALSO TO A HEALTHIER PLANET.
- STRENGTHENING OF NUTRITION LITERACY
- 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
- ABILITY TO DESIGN EDUCATIONAL PROJECTS AND WORKSHOPS ON FOOD SAFETY, NUTRITION, AND SUSTAINABILITY
- SUPPORTING LONG-TERM PARTNERSHIPS AND FUTURE COLLABORATIONS TO DEVELOP POLICY RECOMMENDATIONS



# TOPICS OF THE WEEK



25.03.	<b><i>Arrival day between 4-8pm</i></b>
26.03.	<b><i>Introduction &amp; Teambuilding to the Project</i></b>
27.03.	<b><i>Nutrition &amp; Health</i></b>
28.03.	<b><i>Study visits and City Bound in Berlin</i></b>
29.03.	<b><i>Ecological impacts of food production &amp; processing</i></b>
30.03.	<b><i>Fighting against Food Waste &amp; Zero waste kittchen</i></b>
31.03.	<b><i>Exploring Berlin</i></b>
01.04.	<b><i>Integrating sustainability &amp; sustainable nutrition into youth work</i></b>
02.04.	<b><i>Learnings &amp; Evaluation</i></b>
03.04.	<b><i>Departure day, before 10:00am</i></b>

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



# WHO CAN PARTICIPATE

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**To take part in this project, you need to be:**



18+ years old



working or getting trained to work in the social field



residency in one of the partner countries  
(4 participants from each country)



able to speak and understand English at a  
conversational level



interested in the project topics



motivated to participate active during the whole  
project!

1 PREPARATION  
MEETING ONLINE,  
(PLANNING  
CONTRIBUTIONS)

PROJECT WEEK  
25.03.-03.04.23  
GERMANY

EVALUATION AND  
DISSEMINATION OF  
RESULTS  
(SHARE YOUR  
EXPERIENCE ONLINE)





# DAILY STRUCTURE



8:00 - 9:30	Wake Up & Breakfast
09:30 - 11:00	Session
11:00 - 11:30	Coffee -Break
11:30 -13:00	Session
13:00 - 15:30	Lunch & Break
15:30 - 17:30	Session
17:30 - 18:00	Reflection group
19:30	Dinner
21:30	Multicultural Activity



The more you bring in, the more you will get out of the project week.



# BERLIN

## SOME FACTS

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- Berlin is a multicultural city where people from many different nations and cultures live together
- Urban farming, sustainable fashion and vegan gastronomy are increasingly transforming the former industrial city of Berlin into a trendy green metropolis.
- There is a large allotment culture as well as a variety of neighborhood gardening and self-sufficient permaculture projects
- Aquaponics farms are trying to set a new trend in sustainable supply for residents
- Quite a few people follow the so-called "lifestyle of health and sustainability" with "Lohas", i.e. they are pleasure seekers who consciously eat healthily and consume sustainably
- Regardless of whether you are talking about vegetarian star restaurants, zero waste cooking, clean eating or simply the use of the best organic and regional ingredients – the German capital is setting trends for sustainable food.  
Vegetables are the new star on the plate – also in "Vöner", the vegetarien kebab variation that is becoming increasingly popular.



# 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**. 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



# PROJECT TRAINER

The project training of this project lies with Leonor Castro and Luís Ribeiro, PMs of their organization Hirundo. During their travels and experiences in social impact and international mobility, they obtained an additional qualification for teaching how to improve personal skills through Erasmus+, Sustainability, and local activities to improve communities. In addition, they have been working as volunteers with a food waste organization and facilitators with non-formal education with youth for more than 8 years, especially in the implementation of social impact training, on how can we improve our own skills to get jobs easily and how to create sustainable projects.



HIRUNDO®



# ACCOMMODATION & FOOD

## **Sleeping accommodations**

We can offer you 3 dormitories with bunk beds (54 beds in total) and 3 rooms for trainers/facilitators (9 beds in total)



## **Seminar centre**

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



## **Food**

The meals are fully provided, but we will manage this together with support and take turns running errands ourselves and also being in the kitchen ourselves. We will eat mainly vegetarian. We have a large kitchen available for this purpose.



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



[HTTPS://ABENTEUERZENTRUM.BERLIN/](https://abenteuerzentrum.berlin/)



# HOW TO GET THERE

FAHRTEN-FERNE-ABENTEUER - ABENTEUERZENTRUM BERLIN  
EICHHÖRNCHENSTEIG 3,1  
14193 BERLIN



## 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 or M29** (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



# ARRIVAL & DEPARTURE

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The project will take place in Berlin from February 14.-23.03. 2023



**Arrival time: March, 25. between 4 - 8 PM**

**Departure time: April, 3. until 10 AM**

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

# FUNDING CONDITIONS

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The project is **fundet through the ERASMUS+ Programm**.  
100% of the accommodation, food & material are covered by the program. You have to pay in advance for traveling.

Please note the following:



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



**Reimbursements** of travel costs can **only** be done **upon full attendance of the training course** and if you do not travel earlier or later than **two days before or after the project**.



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



**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.

Your travel costs will be reimbursed up to the limit, if you spend less you will get what you spent.

country	travellimi tper participant in €	green travel
germany	*180,- (100-499 km) *20,- (10-99km)	mandatory
Italien Bulgaria Spain	275,-	320,-
Portugal	360-	410,-

# TRAVEL & HEALTH INSURANCE



Every participant must bring their **European Insurance Card**.

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, trip insurance can save your investment, it can also protect you against lost luggage, flight cancelations etc. !

# PREPARATION

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PLEASE PREPARE IN NATIONAL TEAMS BEFORE YOUR TRAVEL:



Some **traditional food/games/stories** to share in the international evening presentations. The way the evening will look is totally up to your national team, you can be as creative as you like!



**Skills / games / nonformal methods** you would like to share with the other participants, to educate and empower youth - the more everybody contributes, the more fun and versatile the week will be

# WHAT YOU NEED

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- Towels
- **Solid** Inside slippers
- Warm clothes and shoes for outdoor activities !
- Notebook/ Diary
- if possible empty small mason jars



You don't need bed linen, you'll get it from us!



# YOU ARE INTERESTED ?

steff.pardella@abenteuerzentrum.berlin

If you have questions please  
write us:



<https://forms.gle/U9ZphUMbNMt4m3g6b>

You can apply here:

