

## Young Activists for Peace and Climate Justice

Darmstadt Forest / Germany 21.07.2025 - 28.07.2025

Age: 18+ / Language: English

An international training for youth activists: Exploring Climate Justice, nurturing resilience and empowering action. For active youth workers who want to deepen their commitment to sustainability and climate justice at both local and international levels!



- Would you like to meet and collaborate with international activists, initiatives, and movements working for climate justice?
- Would you like to discuss your perspectives on activism and climate conflicts, while also learning from other perspectives and countries?
- Would you like to share the challenges you face when navigating the climate crisis?
- Would you like to practice mediation tools to navigate conflicts related to climate activism in your personal and community life?
- Would you like to gain emotional resilience and support in facing the challenges of climate activism?
- Would you like to receive official recognition ([Youthpass](#)) for your participation in this learning experience?

If so, we would love to hear from you!

We believe that sustainable climate action requires depth not only in the knowledge we acquire but also in the emotions that arise in the face of crisis, and in the actions we take. This is why this training is structured in HEAD – HEART – HANDS.

### HEAD 🌍 What is this training about?

Climate justice is one of the most pressing issues of our time, deeply intertwined with global inequalities and political conflicts. This training will provide a space to explore the meaning of climate justice, analyze the conflicts it generates, and develop strategies for collective action. Our focus will be on navigating conflicts within ourselves and in the communities we belong to.

### HEART 🗨️ How do we feel about the climate crisis?

Climate change is no longer a distant threat—it's our reality. This brings up complex emotions: grief, anger, frustration, fear, even shame. In this training, we will create a safer space to reflect upon these emotions and acknowledge the deep challenges we face due to climate and political injustice. By addressing both the personal and collective struggles of activism, we will develop resilience to sustain our engagement.

### HANDS 🙌 What can we do?

Despite the daunting obstacles, collective action holds power. We will explore practical ways to resist despair and channel our energy into meaningful activism. Together, we will identify actions we can take—individually and collectively—to contribute to a more just and sustainable future. This training will equip you with tools to navigate conflicts, build stronger communities, and sustain hope in the fight for climate justice.

### 🔍 What will you gain?

- A deeper understanding of climate justice and its connection to global inequalities.
- Emotional resilience tools to navigate personal and collective struggles.
- Specialised knowledge on Food Justice.
- Conflict resolution strategies for youth work and activism.
- First-hand experiences from grassroots movements and climate justice initiatives.
- A supportive network of youth activists from across Europe and neighboring countries.
- Official recognition of your participation (Youthpass).



**Funded by  
the European Union**


This a professional development activity of the Erasmus+ Programme co-financed by the European Union for which ICJA has received the quality label.

## Training Methods

This training is designed to empower youth activists and those who are interested to learn about activism with the knowledge, tools, and emotional resilience needed to tackle climate injustice and drive impactful change. The methods will consist of...

- Simulation Game on Food Justice
- World Cafe Discussion about Activism
- Workshop with local activist group "KoalaKollektiv"
- Emotional Grounding Techniques
- Mediation tools to better navigate in conflicts
- Leisure time visit to Frankfurt
- Nature Experiences
- Team Building Exercises and Energizers!

**Around 20 young people and young adults from Europe and neighbouring countries are invited to the training.** We will try to offer a safe space that celebrates diversity and rejects any form of violence or discrimination: We therefore particularly welcome applications from people who had to flee their countries, migrated and/or confronted racism, people with disabilities and/or people from other marginalised groups

 This is a safe space – no room for violence or discrimination. Diversity wins, and everyone is welcome. *FLINTA*-persons? Join us. Let's make the world a stage for everyone!

### About the trainers

**Marie Berg** is a moderator and political scientist who brings experience from various social and intercultural fields, ranging from healthcare to educational work with children and young adults. In addition to her professional background, she has been actively involved in international exchange programs for many years, dedicated to uncovering privileges and injustices.

**Lilian Chamai Bose** is a mediator, moderator and peace researcher who has been working in intercultural exchange and trainings for eight years. After spending a year abroad, she became a political educator who works on discrimination, justice and the climate crisis. As a mediator, she works with groups and teams, helping them navigate change processes and conflicts.

In this workshop, our goal is to empower young activists by creating meaningful spaces for shared learning, exchange, and growth. While we bring expertise from different fields, our hearts are in the same place—fostering curiosity, critical thinking, and collaboration. When working with groups, we strive to create a space where everyone feels heard and safe, balancing deep discussions with fun, games, and activities that help participants connect and grow together.

### Conditions for participation according to Erasmus + regulations

- Date of arrival: 21.07.25 – in the afternoon
- Date of departure: 28.07.25 – in the morning
- 1-3 participants per organisation, from following regions: EU-Europe, Eastern Europe, Caucasus, Mediterranean regions
- Age: 18+ (no upper limit)



**Funded by  
the European Union**

This a professional development activity of the Erasmus+ Programme co-financed by the European Union for which ICJA has received the quality label.

- Working language: English; a good command of English is required
- Location: Darmstadt Forest near Frankfurt/Main (Germany)
- Previous experience: you should have some experience in running non-formal youth learning or political education activities
- ICJA, as Hosting Organization of this offer, will organize the accommodation and cover the costs for accommodation and food.
- Venue is an inclusive youth meeting and leisure centre called "[Bessunger Forst](#)"
- [Here](#) you can find an overview of detailed financial conditions of participation
- Participation fee: we try to adjust the fee to the purchasing power in the different countries.  
Fee for participants from Germany, West and North European countries: 50,-€  
Fee for participants from South and East European countries: 25,-€
- Reimbursement of the travel expenses is calculated according to the flat rate of the ERASMUS+ programme. **We ask participants to use sustainable means of transport.**

Here you can find an overview of the financial conditions of participation. Reimbursement of travel expenses will be according the lump sums mentioned below.

Distance	Grant travel / pax	Grant with green travel / pax
10-99 km	Max 28,- €	Max 56,- €
100-499 km	Max 211,- €	Max 285,-€
500 -1999 km	Max 309,-€	Max 417,-€
2 000 – 2999 km	Max 395,- €	Max 535,- €
3 000 – 3999 km	Max 580,- €	Max 785,- €

This is official tool to calculate the distance from your hometown to the venue:

[https://ec.europa.eu/programmes/erasmus-plus/resources/distance-calculator\\_en](https://ec.europa.eu/programmes/erasmus-plus/resources/distance-calculator_en)

**Contact for questions:**

Nikolaus Ell & Tatevik  
Youth Exchange , ICJA e.V.  
[youthexchange@icja.de](mailto:youthexchange@icja.de)



**Funded by  
the European Union**

This a professional development activity of the Erasmus+ Programme co-financed by the European Union for which ICJA has received the quality label.