

1 About the project

2 Location

3 Travel

4 Reimbursement

5 Contact & Partners

INFOPACK

Brave Minds, Brave Futures



Youth Exchange

A youth exchange on mental health, self-expression, and resilience in uncertain times

Berlin, Germany
29.9. - 4.10.2025



Co-funded by the
European Union



What's it about?

In a world shaped by uncertainty, cultural tension, and identity struggles, young people face mounting emotional pressure that affects their mental health and sense of belonging.

Brave Minds, Brave Futures is a youth exchange that offers a creative and inclusive space for young people to explore mental wellbeing, share lived experiences, and develop resilience through artistic expression.

Through non-formal learning, participants will reflect on the emotional impact of societal changes, foster emotional literacy, and use creativity to process, connect, and imagine hopeful futures — together.

Where and when?

29 Sept - 4 Oct 2025
Berlin, Germany

Apply until

5 August 2025

PROJECT DETAILS



What will the tc look like?

Brave Minds, Brave Futures brings together young people from different backgrounds to explore the links between mental health, identity, and today's social climate — using art as a tool for reflection, self-expression, and collective healing.

Through non-formal education methods and creative practices (visual arts, performance, writing, and digital media), participants will explore:

- how external pressures impact their emotional landscape,
- how stigma and silence around mental health can limit connection,
- and how questions of identity, safety, and belonging are shaped by the world they live in.

Together, they will build a supportive, inclusive space where vulnerability is welcomed and creativity becomes a form of resistance, storytelling, and hope. Through shared experiences and co-created artistic outputs, participants will transform isolation into dialogue and reclaim the right to feel, speak, and imagine new futures.

PROJECT DETAILS



The training is rooted in Youth Goal 5 **Mental Health and Wellbeing**

It contributes to:

1. Improve the mental well-being of young people and end the stigmatization surrounding mental health issues, thereby promoting social inclusion.
2. Focus on prevention measures that ensure young people are equipped with the knowledge and the skills required for better mental wellbeing

PROJECT DETAILS



Further goals of the project

1. Promote mental health awareness among youth affected by stress related to societal changes, injustice, and identity-based challenges.

2. Provide safe and inclusive spaces for young people to share their lived experiences and emotional responses.

3. Encourage critical thinking and emotional literacy, helping youth link personal feelings to broader systemic pressures.

4. Use creative tools to process emotions, foster healing, and express hope or dissent.

5. Strengthen solidarity and mutual support through intercultural dialogue and shared artistic output.



GOALS



In

We are expecting you on the 29th of September 2025 in the afternoon (between 17:00 and 19:00 o'clock).

The start of the Welcome Program will be arranged with the trainers based on arrival time of the participants, and dinner will be served between 19:00 - 20:00h.

and out

The departure is envisioned for the morning of 4th of October 2025 after breakfast.

TIMING

Berlin, Germany

29.9. - 4.10.2025

Participants are expected to attend the full duration of the Youth Exchange

29th Sept- 4th October 2025



1 About the project

2 Location

3 Travel

4 Reimbursement

5 Contact & Partners

BERLIN

All participants will be accommodated at

JH International - Jugendherberge Berlin

Kluckstraße 3,
10785 Berlin, Germany

Tel. 030 747687910

Email: jh-berlin@jugendherberge.de

Web:

<https://www.jugendherberge.de/jugendherbergen/berlin-international/>



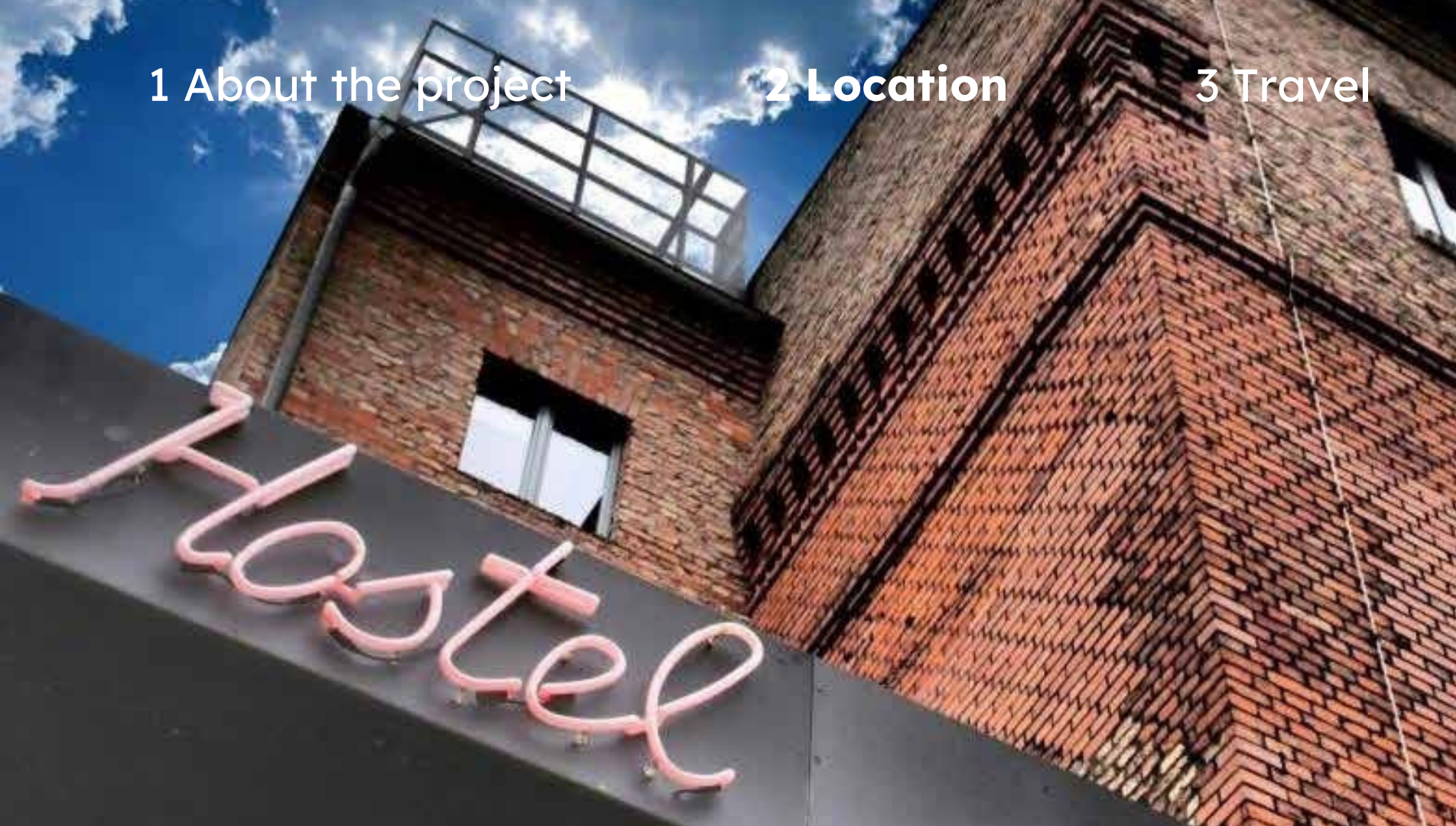
1 About the project

2 Location

3 Travel

4 Reimbursement

5 Contact & Partners



Please note

Please note that you should bring your own towels.

Breakfast, lunch and dinner will be served daily at the residence.

The Youth Exchange will be held at the residence .

Good to know !

All participants will be accommodated in **JH International**, located in the Potsdamer Platz area, with shopping areas and green spaces nearby. In addition, it is very well connected to the city center by public transport, metro, buses, and tram.

Participants will be placed in 3/4-bed rooms (bunk beds) with shared bathrooms. Bed sheets are included, you should bring your own towels. WI-FI connection in the whole building.

Check-in from 14:00 (it is possible to leave the luggage in a storage room)

ACCOMMODATION

1 About the project

2 Location

3 Travel

4 Reimbursement

5 Contact & Partners



Hostel



Rooms



Seminarroom

ACCOMMODATION

TRAVEL

For all information about booking your tickets and coming to Berlin, you should be in contact with **Veronica Bracaccini** – in charge of project logistics, by using the official project e-mail:

project17@yp-de.org



We are kindly asking you to choose the ecologically and economically friendly means of transport, if possible.

Sustainable means of transport (green travel) is defined as the travel that uses low emissions means of transport for the main part of the travel, such as bus, train or carpooling.



1 About the project

2 Location

3 Travel

Participants must keep all travel documents (tickets, travel agency invoices and boarding passes) as organizers are able to make any reimbursement only on the bases of presented documents!

A detailed guide to reimbursement will be provided.

Please don't buy your tickets before we approve them!

When you will plan your trip and BEFORE buying your tickets (especially if your planned travel itineraries are different than 29th Sept - 4th Oct), please inform us in advance, so we can approve your tickets and travel costs.

P.S. At purchasing your travel ticket, please ask for the invoice

4 Reimbursement

5 Contact & Partners

Travel costs will be reimbursed only for the **cheapest way** of transport and for the return tickets. Travel expenses are co- vered by the organisers 100% up to the maximum of unit cost per distance calculator and means of travel, including bank transfer and other appropriate fees (for all the original tickets and ways of travel that are plane, bus, train, ferry, carpooling, NOT taxi).

For distances, less than 500 km one way (by Distance Calculator | Erasmus+), the preferable means of transport are land transportations, such as train and/or bus. If other mean of transport is selected for such travels, e.g. airplane, those will be reimbursed 60% of airfare, in accordance with the principle of environmental awareness and protection.

TRAVEL

Travel budget calculation is based on the distance between your starting point and the venue of the program:

10 -99 km	28€ / 56€	green option
100 - 499 km	211€ / 285€	green option
500 - 1999 km	309€ / 417€	green option
2000 - 2999 km	395€ / 535€	green option
3000 - 3999 km	580€ / 785€	green option
4000 - 7999 km	1.188€	
8000 - more	1.735€	

The distance must be calculated according to the official Erasmus+ distance Calculator, which you can find at the following link:

<https://erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator>

4 Reimbursement

5 Contact & Partners

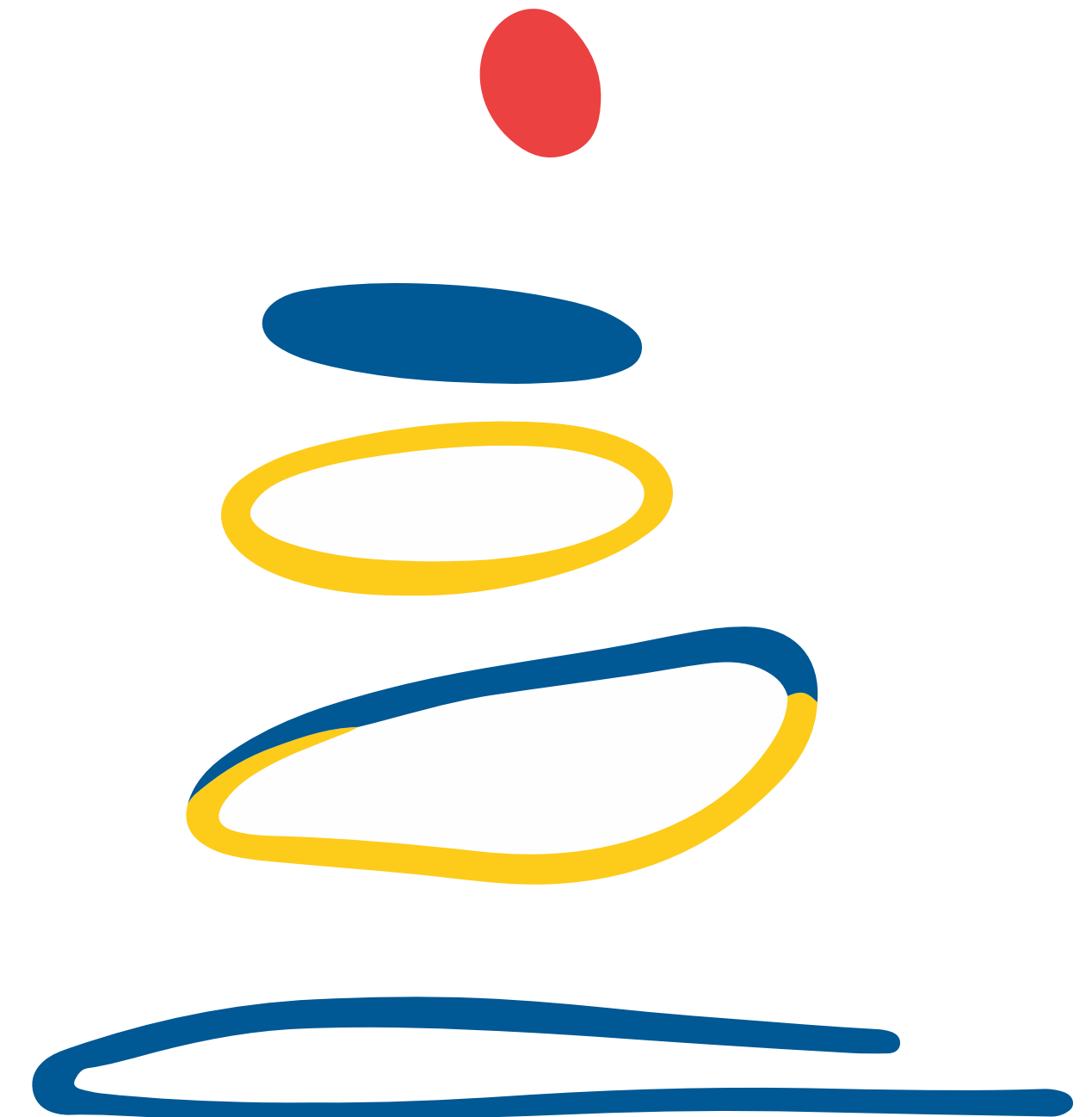
REIMBURSEMENT

The travel reimbursement **will be done by bank transfers only, after you return home** and send us the ORIGINAL boarding passes and tickets (and after you submit/send us the filled in evaluation forms of the training course).



Further Rules regarding the booking of the tickets and reimbursement:

1. Only the cheapest tickets will be reimbursed. We will not cover tickets with the deviation from the direct route (A - B - A), as well as extra unnecessary stops and layovers, unless needed to reach the destination. We don't cover seat reservation fees, leisure plus tickets, flexible tariff tickets, extra travel insurances, boarding fees, local bus baggage, handwritten tickets or bianco nota bills.
2. Extra hand luggage can be covered if within budget (make sure you send a plan before purchasing, as some extra fees might be applied by some airlines).
3. We can't cover travel agencies' fees. Travel agencies invoices for the tickets won't be accepted for reimbursement.
4. We can't reimburse taxi; only public transport and carpooling will be covered.
5. You can arrive maximum 1 day before the activity or depart maximum 1 day after if you want to spend more time in Berlin on your own. In that case, travel expenses must stay within the agreed budget, while accommodation on the extra days is not covered. For green travels, participants can have up to 4 additional travel days, which are meant to be used to reach the destination. Extra days must be approved by the Team.



CONTACTS

Veronica Braccacini
project17@yp-de.org

Logistic coordinator

Project E-mail

For planning your travel you are directed to contact the project team by using the mail address.

Veronica Braccacini is the person in charge of logistics of the project.

In case of any problem during your travel or if you need any further information please don't hesitate to contact us!



YOUTH POWER AUSTRIA



EYCB- European Youth Centre
Břeclav



TAVO EUROPA



EURO YOUTH - APS



SEMPRE A FRENTE

PARTNERS