

A series of white and black icons on a green background. From left to right: a leafy branch, a silhouette of a person holding a spear, a black apple, a white lighthouse, wheat stalks, a white cooking pot with steam, red leaves, and a black fork and knife. A white shovel is positioned at the bottom right, partially overlapping the title box.

Fields of Tomorrow

Rethinking urban agriculture and future-proof food systems

An Erasmus+ Youth Mobility
26.10-08.11.2025
in Berlin, Germany

Participant Infopack



Co-funded by
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Organizers

The Youth Exchange Fields of Tomorrow is organized by three organizations from Germany, Italy and France which already collaborated for a Youth Exchange in autumn 2024 in Italy and want to continue their partnership through this project.

BUNDjugend Berlin (hosting organization)

BUNDjugend Berlin, the youth organisation of Bund für Umwelt und Naturschutz Deutschland im Landesverband Berlin (Friends of the Earth Berlin, Germany), is dedicated to empowering young individuals to take action for environmental and social justice. Through campaigns, seminars, and international trainings, BUNDjugend engages youth on a variety of issues, including climate change, energy, food and agriculture, sustainable consumption, mobility, and climate policy.

Praticare il Futuro

Praticare il futuro is a non-profit organisation born in 2011 to educate kids, teens and adults about social and environmental responsibility and global citizenship. We work in a natural environment and our main objective is to raise awareness, empower people, and motivate them to be active citizens for the well-being of the local and wider communities.

Association de Développement Rural International du Bas-Ségala (ADRIBS)

ADRIBS .is an association based in Tayrac, in the Occitanie region of France, founded in 2018. Its aim is to provide non-formal education opportunities for disadvantaged young people in order to promote their inclusion and encourage active citizenship. The organization has experience and expertise in areas such as international project development, rural development, training, language practice, and networking.

About the Project

What if we could grow food right in the city? How can we eat in a way that's good for people and the planet?

Fields of Tomorrow - Rethinking Urban Agriculture & Future-Proof Food Systems is an international youth exchange for young people who care about climate action, food justice, and sustainability. It will take place from **26. October until 8. November 2025 in Berlin, Germany**

Together with participants from Germany, France, and Italy, you will explore how cities can become greener and more resilient through sustainable food systems.

During the project, you will:

- visit inspiring urban farms and food initiatives in Berlin
- learn about urban agriculture, climate-friendly diets and food waste prevention
- take part in workshops, field trips and creative group activities
- develop your own ideas for a fair and sustainable food future

connect with young changemakers across Europe

Whether you are already active in sustainability or just getting started, this exchange invites you to explore, learn, and take action.

The group will consist of...

- 8 Participants + 1 Group Leader from Germany
- 8 Participants + 1 Group Leader from France
- 8 Participants + 1 Group Leader from Italy



04. ...

The goals of the project

With Fields of Tomorrow, we want to support you in thinking differently about food, farming, and the future. Together, we will:

- better understand how today's food and farming systems affect the environment and climate – locally and globally
- explore inspiring examples of urban agriculture and sustainable consumption
- reflect on our own food choices and how they impact people and the planet
- develop ideas and strategies to live more sustainably – both as individuals and as a group

This exchange is not about being perfect – it's about learning, asking questions, and finding creative ways to make a difference.



05. ...



What will we do?

01. Urban exploration

We'll visit community gardens, urban farms, and other inspiring places in Berlin that show how food can be grown in eco-friendly ways – right in the city. You'll discover concepts like permaculture, paludiculture, and community-supported agriculture.

02. Workshops & talks

You'll meet experts and activists working on sustainable food systems. In interactive sessions, we'll learn about urban food production, food waste prevention, and how local communities are shaping the future of food.

03. Reflection & debates

We'll take time to reflect on how the current food system works – and doesn't work. You'll think about your own food choices and discuss how cities can become more self-sufficient and climate-friendly.



04. Group projects

In small teams, you'll design a fun and educational Actionbound – a digital scavenger hunt through Berlin that teaches others about sustainable food and farming in the city.

05. Advocacy & campaigning

We'll create a public awareness campaign together – this could be a social media challenge, a creative action in the city, or a small event. The goal: make people think about where their food comes from and how we can change the system.

05. Digital storytelling

You'll work with others to produce videos, posts, and short reports to share your ideas and experiences. Whether you love filming, writing, or designing – there's space to get creative and inspire others.

Our Program

26.10.

Travel Day: participants travel to Berlin

27.10. –
31.10.

Mornings: workshops, field trips, discussion rounds

Afternoons: group projects, reflection rounds

Evenings: free time, group projects, cultural nights

01.11.

Unstructured time for self-guided activities: Skill share, exploration of Berlin, ...

02.11. –
04.11.

Mornings: Workshops, field trips, preparation of the public advocacy campaign

Afternoons: group projects, facilitation of the public advocacy campaign, reflection rounds

Evenings: free time, group projects

05.11.

Unstructured time for self-guided activities: Skill share, exploration of Berlin, ...

06.11.

Preparation of a community evening, group work

07.11.

Feedback, community evening

08.11.

Travel Day: all participants leave



Cultural nights

During our youth exchange, we will host Cultural Nights – evenings where each national group gets the chance to share something special from their cultural background. This can include food, music, dances, stories, games, or anything else that represents where you or your families come from.

You don't have to limit yourself to the official country you're representing! Feel free to include traditions, recipes, or music from your roots or any culture that is meaningful to you.

So please feel invited to bring some specialties (food, drinks...) you want the other participants to know about and share your story about it.

In advance you can even coordinate with the other participants from your countries group. Maybe you can do something together?

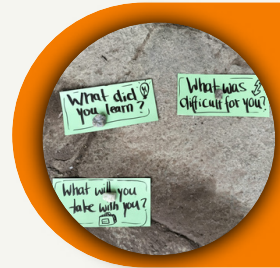
Let's celebrate the diversity in our group and learn from each other in a fun, creative way!



08. ...

This project is for you if...

- you are between 18 and 27 years old
- you are a resident of either Germany, Italy or France
- you are interested to learn about sustainability, agriculture in urban areas and healthy and sustainable food systems
- you are motivated to be part of an international group and open about intercultural exchange
- you are willing to contribute actively to the success of the project
- you speak and understand English at a conversational level



Participants with disabilities or other needs

If you have specific access needs or face barriers to participation, please let us know – we will do our best to provide support and create an inclusive environment.



Some requirements if you want to join...



Daily tasks

You will be asked to contribute to daily tasks such as cooking, cleaning, doing the dishes.



Self organization

You have to be open to be actively involved in group projects which we want to realise during the youth exchange, such as a public advocacy campaign, community evening, the development of a digital city tour.



Dissimination

We want to make our project known publicly. So the dissimination will be a very important part. You will be expected to participate actively during and after the youth exchange.



Formal requirements

You have to take care of the reimbursement process for travel expenses within two weeks after the mobility. Health and travel insurance are required for this project. You must attend local preparation meetings.

Accommodation and Food

01. Where we stay



Our group will sleep in shared rooms at a youth center in Berlin designed for educational programs. There we will also have a room for our group sessions. The exact location and travel advice will be shared as soon as we receive the final booking confirmation.

Please let us know in the application form if there's anything we should consider regarding the accommodation to make sure you feel comfortable and safe.

02. Food

The meals provided by the Youth Exchange will be vegetarian and vegan. Our goal is to minimize our carbon footprint and make environmentally friendly choices by using organically and seasonally produced products. We will probably even use saved products like fruits and vegetables from local stores.

Each night a group of participants will cook a healthy and nutritious dinner for the whole group. **Please feel free to make suggestions for recepies.**

In addition we will have water, coffee, tea and herbal infusions available at all times.



Allergies and food intollerances can be indicated in the application form

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Costs and Travel



Your **travel costs, accommodation, and meals** during the Youth Exchange **will be fully covered**.

Please note that you will need to purchase your travel tickets in advance. After the Youth Exchange, **we will reimburse the travel costs according to the Erasmus+ funding rules**.

If this process is a barrier for you, don't hesitate to reach out – we're here to support you. If you cannot pay for the tickets in advance, please contact the group leader or organizer from your country.

Refund of travel costs

To be eligible for refunds, your country of departure has to be your country of residence. **The refundable costs highlighted are for green travel only!** The travel expenses **can only be refunded**, if you were present at the Youth Exchange at all days. If its not possible for you to avoid flying, please contact us prior to booking.

Travel Budget	
Germany	if you need support, please contact us
France	417,00 €
Italy	417,00 €

Green Travel

To keep the carbon footprint of our Youth Exchange as low as possible, we kindly ask all participants to avoid flying. Instead, please choose more sustainable options like trains, buses, carpooling, or shared rides.

If you need help organizing your journey, feel free to contact us – we're happy to assist!

Health and Insurance



It is mandatory to **bring your European Health Insurance Card (EHIC)** with you. We also recommend taking out private travel health insurance for the duration of the Youth Exchange.

Please note that **personal belongings and luggage are not insured** during the project. Participants are responsible for their own property.

In the event of damage to property or injury caused by negligence, the **person responsible will need to cover the costs**.

We therefore also recommend having private liability insurance to cover any unforeseen situations.

If you have any questions or concerns about insurance or your personal situation, feel free to contact us in advance – we're happy to support you.

Youthpass

Throughout the Youth Exchange, we will take time for daily reflection sessions to help you become more aware of what you are learning – both individually and as a group. These reflections will support you in identifying your strengths, tracking your development, and making your learning visible.

At the end of the project, each participant will receive a Youthpass certificate, a tool of the European Union that officially recognises your participation in non-formal learning. It allows you to describe and reflect on the **eight key competences for lifelong learning**, including:

- Multilingual competence
- Literacy competence (communication in your mother tongue and other languages)
- Personal, social and learning to learn competence
- Citizenship competence
- Entrepreneurship competence
- Cultural awareness and expression
- Digital competence
- Mathematical competence and competence in science, technology and engineering

Your Youthpass can be a valuable addition to your CV or job and university applications. It helps you articulate what you have learned and show your engagement in European youth work, sustainability, and intercultural cooperation.



14. ●●●

Packing List

This list will help you bring everything you need for the youth exchange. Feel always free to add whatever you might need for your comfort or add to the group experience

- European Health Insurance Card (EHIC) or Health travel insurance and its invoice
- Passport or ID Card
- Comfortable waterproof shoes (we will probably walk and travel a lot through Berlin)
- Clothes for mild to cold fall weather (should be water proof)
- Comfortable clothes
- Slippers or warm socks (no shoes in the Youth center!)
- Towel, toiletries and medicine you might need
- Water bottle and lunch box
- Ear plugs and sleeping mask
- Games
- Music Instrument
- Writing Materials
- if possible: Smart Phone, camera and/or a laptop (to create the digital city tour and for dissemination)
- you might need to bring your own sheets. We will inform you when we have confirmation on our accommodation



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15. ...

How to apply



You want to participate in our Youth Exchange?

That's fantastic! Each partner organization will choose the participants and group leaders for their national group.

Please apply through one of the following application forms:

Germany & Italy

Please register over the Website: <https://www.bundjugend-berlin.de/call-for-participants-youth-exchange-in-berlin/>

France

Please register over the following form: <https://forms.gle/zZdBs5pmohvryXqY9>

**Please apply before
20.09.2025**

Next Steps

After you have been informed that you will participate in the Youth Exchange, please start immediately to plan your travel. **Before booking**, inform your sending organisation about the means and cost of travel. The sending organisation has to approve the chosen costs and route.

You will be invited to join either national preparatory meetings or one for the whole group. Please try to make it possible to attend.

Cancelation Policy

Participation in this Youth Exchange is a commitment – to the project, the group, and the partners involved. Once you are selected and confirm your participation, we count on you to take part in the full program.

If, for any reason, you need to cancel your participation after being accepted, please inform us as early as possible so we can offer your spot to someone else.

Late cancellations without a valid reason (e.g. medical, family emergency) may affect your opportunity to take part in future projects.

Please note:

- Travel tickets that have already been purchased may not be refunded in case of cancellation.
- If you cancel shortly before the start of the project without a justified reason, we may ask you to cover any non-refundable costs already incurred for your participation (e.g. accommodation, meals).

We understand that unexpected things can happen – please communicate openly with us, and we will do our best to find a fair solution together.



17. ...



Contact Information



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