

# Training course “Dreams taste better when you bake them yourself”

15-23. September 2015, Berlin Heiligensee

DREAMS

TASTE BETTER

WHEN YOU BAKE

THEM YOURSELF

*Loesje*

## **“School of Freedom” training**

‘The School of Freedom’ is a method developed in the Loesje network, to organize activities in a group in a way that enables the **exchange of knowledge and skills**. It inspires by the exchange of practices and strengthens the **capabilities and self-confidence** of the participants as well as share responsibilities between them.

**Here everyone is a participant and everyone is a workshop giver! This means that each participant can suggest, as well as wish for workshops, lectures and other activities. As far as ideas go, the sky is the limit - and why even the sky? You don't have to be an expert on a topic to lead a workshop about it, you can try out new things or join others and prepare something you are curious about.**

This is the second training of its kind. The 'School of Freedom' has been used in Loesje summer camps and has developed over the years. This training is an adaptation of the method into a form which will be used in trainings, seminars, youth exchanges and so on.

**You will learn the method by experiencing it and through this, will also help to shape it and later on practice it in your surroundings at home.**

The training is designed for trainers from Loesje groups around the world, from new as well as more experienced groups. It is therefore also a way for the network to get together, exchange thoughts and experiences and get to know each other better. You will learn how to (re)shape/translate your inner capabilities (professional, personal), knowledge and creativity into a workshop, discussion or other activity. You will learn how to plan, present and execute this kind of activity.

## **Youthpass**

At the end of the training you will receive a Youthpass, which acknowledges what you have learned during the project. Please read all information about the Youthpass here: <https://www.youthpass.eu/en/youthpass/>

Please note that you will be asked to fill in information during the training, which will help to create the Youthpass. You will receive an email inviting you to edit your Youthpass, please go over your data there to check that everything is correct, and get acquainted with the key competences of the Youthpass, which you will need to fill in during the project.

## **School of freedom documentation**

You, the participants will during the training produce a daily newspaper, a daily show and a method/workshops handbook as documentation/evaluation.

## **Accommodation, food and travel**

From 15th till 23th of September we will stay in the Seminar House of **Zeltlagerplatz** in Nord-West Berlin, in the wonderful Reinickendorf. The house is directly in front of the Tegeler forest and on 5 minutes walking distance is the Havel swimming area.

The house and its surroundings offer a lot of space and possibilities for different activities. On the first floor is the kitchen and in the other floors are several bedrooms. We will live together, **cook together for the whole group** and share responsibilities for cleaning, program, evening activities and all the rest.

You will have to **bring your own bedlinen** (fitted sheet, duvet cover and pillow case). The house is offering them for rent as well, but for a price of 4€. You should also bring your own **towel. Let us know in advance if you want to rent the sheets and towel instead of bringing them yourself.**

Please note that there is just **emergency Internet connection** in the house.

This is the address of the Seminar House:

Zeltlagerplatz e.V. Berlin-Heiligensee  
Rallenweg 4  
13505 Berlin-Heiligensee (Berlin)  
Website: <http://bit.ly/1lOJdYu>

## **DIRECTIONS FROM THE AIRPORTS / TRAIN STATION to Zeltlagerplatz e.V. Berlin-Heiligensee**

### **An important thing to note about Berlin's public transportation:**

Before using any of the transportation you need to buy your ticket from the following:

- BVG or DB ticket machines usually in every U-bahn/S-bahn station, also in the airport
- Inside the bus, you can buy it from the driver
- From street kiosks "mini shops"

>>Please note that if you don't have a ticket or you don't have the right ticket, you are liable for a fine of **40€**. Remember that you have to hand in your day card or ticket afterwards.

If you arrive with your group we advise you to get a small-group-card (Kleingruppekarte) for the public transport for the **AB zone**, which will cost you **16,90€**. This card is valid on all the public transport of Berlin until 3 o'clock the following night for 5 people.

If you arrive alone, we advise you to get a day card (Tageskarte) for the public transport for the **AB zone**, which will cost you 6,90€. This card is valid on all the public transport of Berlin until 3 o'clock the following night.

#### 1. a) Coming from Schönefeld airport:

\*\* The participants who are arriving at Schönefeld airport will go to the Loesje Office (Karl-Kunger-Str. 55) and from there a member of our team will bring you all together to the training location.\*\*

- At the airport you take the **Bus 171** towards U Hermannplatz then get out in the last stop **Hermannplatz** then cross Sonnenalle street and from the other side of the road take the bus no **194** towards **S Friedrichsfelde Ost** and get out in **Bouchéstr.** Stop.

Or

From the airport, you can take the S-bahn **S9 "Metro"** (**direction S+U Pankow**) and you get out at the station **S Treptower Park**. From there you take the **Bus 194** (direction U **Hermannplatz**) by crossing the big street Treptower Strasse to the other side, and you get out at the stop Bouchéstr. The office is in the front of the bus stop.

#### b) Coming from Tegel airport:

At the airport you take the **Bus 128** (direction **Osloerstr.**) and you get out at the stop **U Kurt-Schumacher-Platz**. From there you take the **U6** U-Bahn (direction **Alt-Tegel**) and you get out at the last stop **U Alt-Tegel**. From there you take the **Bus 222** (direction **Tegelort**) and get out at the stop Falkenplatz. From there you take the **Bus 324** and you get out at the stop **Rallenweg**. From there you walk 5-7 minutes to the seminar house. (Map here: <http://bit.ly/1gz35DV> )

#### c) Coming from Berlin Hauptbahnhof (Berlin's main train station):

Take the Tram **M5**: Direction **Hohenschonhausen, Zinger Str.**, get off at **Invalidenpark**.

Take the **U6 (U-bahn/subway)** Naturkundemuseum: Direction Alt-Tegel, get off at **Alt-Tegel**.

Take **Bus 222**, direction Tegelort, get off at Falkenplatz. Take Bus **324** Direction Alt-Heiligensee, get off at **Rallenweg**. Walk 5-7 minutes to the seminar house. (Map here: <http://bit.ly/1gz35DV> )

Alternatively:

At the station S+U Hauptbahnhof you take the **Bus 245** direction (**S Nordbahnhof**). You get out at the station **U Naturkundemuseum** and from there you take the **U6** U-Bahn (direction **Alt-Tegel**) and you get out at the last stop **U Alt-Tegel**. From there you take the **Bus 222** direction (**Tegelort**) and get out at the stop Falkenplatz. From there you take the **Bus 324** and you get out at the stop **Rallenweg**. From there you walk 5-7 minutes to the seminar house. (Map here: <http://bit.ly/1gz35DV> )

>>You can use: [www.bvg.de](http://www.bvg.de) for directions and time tables that will help you to move around Berlin for all S-bahn, U-bahn, Tram and Buses.

**Please save all the travel tickets and boarding passes** (including from the public transport). You will get your travel costs reimbursed when we receive all the tickets and boarding passes. Please note that 90% participation in the program of the training is required in order to cover your stay and travel.

### **List of things to bring**

- bedlinen (fitted sheet, duvet cover and pillow case)
- towel
- medicines (we are not very near any pharmacy)
- tampons, shampoo, etc other products you might need
- swim wear (Berlin in September can be warm)
- mosquito spray
- workshop material for your workshop(s)
- games, musical instruments, sports equipment...
- music
- something nice from your country/region for intercultural evening
- warm jacket, rain coat etc (Berlin can also be cold and wet)

### **Organizers contact info:**

In case you need to contact us (if your flight is delayed, you have lost your way etc):

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