

Rooted & Rising: An international training for youth activists about Solidarity, Activism & Climate Justice

Darmstadt Forest / Germany 20.08. - 27.08.2026

Age: 18+ / Language: English

Storms and floods around the world, flooding entire cities and regions. Drought, heatwaves and wildfires on every continent. Authoritarian regimes attacking civil society and migrants - The world as we knew it is changing – and many of us can sense it, even if we struggle to put it into words.





But everywhere catastrophe strikes, something else also emerges: people showing up for each other. Neighbors organizing. Activists refusing to give up. Communities that care. – Many people are organising quiet, determined resistance.



This seminar asks: How do we build these solidary structures — not just for good times, but for times like these?

Our seminar follows three interwoven steps: building understanding of what is happening in our world, creating space to feel it together — grief, anger, hope — and then channelling that into concrete action and solidarity. 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!

What we will explore together

-  Understand the bigger picture — ecological and social systems under pressure, and how local and global crises connect
-  Learn about vulnerability in the changing climate and explore climate justice movements
-  Food justice — learn about food sovereignty through an interactive workshop with an activist and a hands-on excursion to a local urban-gardening initiative in Frankfurt
-  Dive into different forms of activism — and find out how queer-feminist and anti-racist movements center marginalized perspectives for a more inclusive, and resilient society

- ✚ Grief work — in a workshop with [Koala Kollektiv](#) from Frankfurt: learn how to make space for loss, and find collective strength in the shared feelings
- ✚ Mediation & conflict skills — learn real tools from a mediator to better navigate and moderate heated moments in your life and activism
- ✚ Activism in practice — start finding your own community and plan your next steps towards a more connected and activist life
- ✚ Emotional resilience — find grounding and mutual support in the face of difficult realities by practicing psychological grounding techniques
- ✚ The Power of Relaxation: spend your free-time in Darmstadt and Frankfurt with your new friends
- ✚ **Is this seminar for you?**
 - Would you like to meet international activists and movements working for climate justice?
 - ✚ Would you like to spend a week in the middle of a beautiful forest, reconnecting with nature?
 - ✚ Would you like to share the challenges you face in your context — and learn from others facing theirs?
 - ✚ Would you like to discuss openly about your thoughts and feelings, while also being able to step back to listen to other challenging perspectives?
 - ✚ 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?
 - ✚ Do you want to build solidarity that goes beyond this one week?
 - ✚ Would you like to receive official recognition (Youthpass) for your participation in this learning experience?

Around 22 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. Let's make the world a stage for everyone!

About the trainers

Lynn Calm is a political scientist, queer-educator and moderator who has mostly worked in anti-discrimination trainings. She brings experience from various work backgrounds in NGOs and international contexts, ranging from healthcare, minority work to dog training. Her most recent international endeavor was on a sea rescue sailing boat on the Mediterranean Sea.



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

Lilian Chamai Bose is a mediator, moderator and peace researcher who has been working in intercultural exchange and trainings for ten 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.

How to apply to this training?

You need to be placed by a partner, who is working in your country of residence and you should live in one of this regions: EU- Europe, Eastern Europe, Caucasus, Mediterian regions. Please contact us and we will try to find a partner in your country. Your contact at ICJA: [youthexchange\(at\)icja.de](mailto:youthexchange(at)icja.de)

Conditions for participation according to Erasmus + regulations

- + Date of arrival: 20.08.26 – in the afternoon
- + Date of departure: 27.08.26 – in the morning
- + 1-3 participants per organization, from following regions: EU-Europe, Eastern Europe, Caucasus, Mediterranean regions
- + Age: 18+ (no upper limit)
- + Working language: English; a good command of English is required
- + 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](#)" An ideal venue for intensive seminars in the heart of the forest. Accommodation in bunk beds.
- + [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.**

Reimbursement of travel expensens will be according the lump sums mentioned below



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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

Contact for questions:

Nikolaus Ell & Aya

youthexchange@icja.de

Youth Exchange , ICJA e.V.



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