



Elisson gUG / An Intercultural North-South Connection
Email: info@elisson.org
<https://elisson.org/>
Berlin, Germany

Infopack

Erasmus+ Youth Exchange

"Who taught us to feel? Feminism, Psychology and Social Change"

17.-24.10.2026 in Berlin, Germany



Co-funded by
the European Union



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Topic:

The Youth Exchange explores the connections between feminism, psychology, emotions and society, examining how social structures such as patriarchy, societal norms and inequalities influence the way we think, feel, communicate and interact with others. Through experiential, art-based and playful workshops, participants will explore emotions not only as individual experiences, but also as social and cultural phenomena shaped by relationships, power dynamics and the environments in which we live. Drawing on systemic psychology, intersectional feminist theory and Sara Ahmed's work on the social and cultural nature of emotions, the programme invites participants to question how gender, social position and broader systemic conditions shape emotional experiences and relational patterns.

The programme combines emotional literacy, embodied learning and non-violent communication with creative methods such as visual arts, Image Theatre (Theater of the Oppressed) and interactive games. These methods create opportunities to explore complex or "difficult" emotions without pathologising them, while encouraging participants to encounter different perspectives and lived realities. Through reflective dialogue and collaborative exploration, participants will develop empathy, critical thinking, conflict-navigation and communication skills, strengthening their capacity to participate in meaningful democratic dialogue, challenge social assumptions and contribute to collective well-being and social change.

Applicant organization: Elisson gUG Berlin

Partners:

- Filoxenia, Intercultural-Environmental Organisation (Greece)
- Ayuntamiento de Murcia (Spain)
- ESTYES (Estonia)

Participants: 5 each country / **Ages:** 18-25 years old



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Technical information:

1.) Project venue and accomodation

Youth Center Wildwuchs

Götelstr. 64, 13595 Berlin

<https://wildwuchs-spandau.de/>

The participants will be accommodated in 4-bed to 8-bed rooms in the venue of the Youth Center.



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2.) How to get there? Directions:

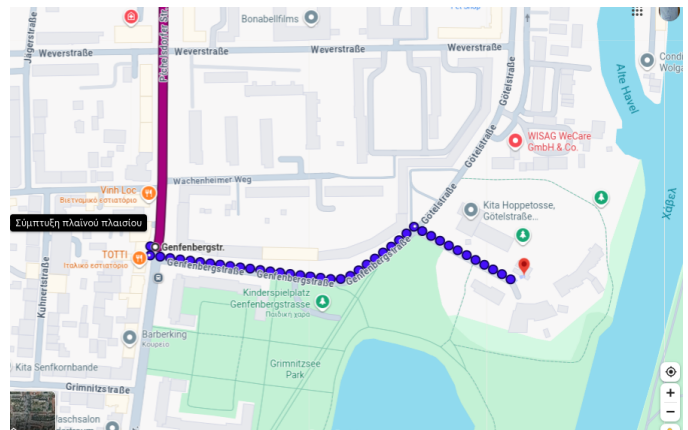
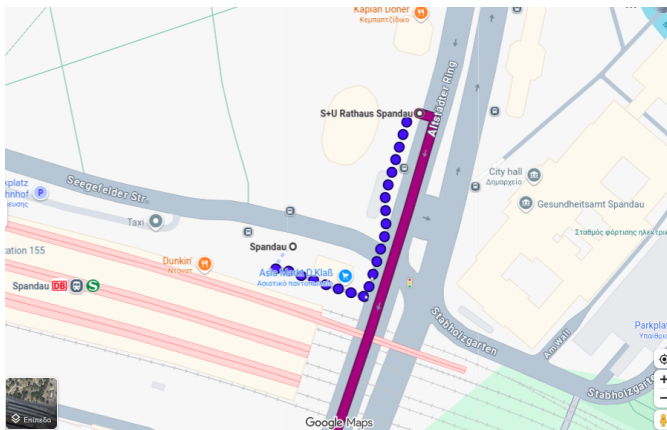
Airport:

The closest airport is BER Airport

Train:

From the BER Airport there are multiple options to get to the Youth Center Wildwuchs, where you are accommodated and where the Youth Exchange takes place. The most convenient one is:

Take the metro **S9** to *Berlin-Spandau (S)* and get out at the stop Spandau (the last). From there you take the bus **M36** to *Wilhelmstadt, Am Omnibushof* (check the first picture to find out where to get the bus from) and you go out at the stop *Genfenbergstr.* From there you walk 5 minutes to the Youth Center (check the second picture to find out how to walk). You follow the same route on the way back.



You can book your ticket online here:

<https://www.bvg.de/de/abos-und-tickets/alle-tickets>

From the airport you need a ticket for the fare zone ABC, which costs 5€, and is for one journey in one direction. Keep the ticket receipts so we can reimburse them at the end of the project, if you haven't reached the budget limit (for all the participating countries except Germany: 309€). **The same applies to all the other travel documents (for example boarding passes, train tickets etc.).**



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4.) Arrival and Departure

Date of arrival: 17.10.2026 before 18:00 p.m.

Date of departure: 24.10.2026 after 9:00 a.m.

5.) Checklist:

- Writing materials (paper, pens)
- Valid identity card (passport if applicable)
- European Health Insurance Card (EHIC)
- Typical things from your home country/region (sweets, small food, recipe, songs, photos, videos etc.)
- Fill out the Declaration of Participation:
<https://elisson.org/en/youth-exchange-application/>

6.) Contact:

Contact person in case of further information: Andromachi Poulou, info@elisson.org



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