

EUROPEAN YOUTH EDUCATION „THINK EUROPE“

PROGRAM & INVITATION

Politics & Emotions

Seminar no.: 385

17. Oct – 24. Oct 2026, Europahaus Marienberg

Expected participants:

10 young people age 17+ from Germany and 2 accompanying persons

10 young people age 17+ from Greece and 2 accompanying persons

10 young people age 17+ from Poland and 2 accompanying persons

Program coordination:

Wiebke Rahlf, Bildungsreferent*in, EHM

Team:

Anna Mauersberger, Ontological Coach, Founder of HeartWire

Tim Allan Schäufelin, Ontological Coach

Working language: English

Gefördert vom:



Bundesministerium
für Bildung, Familie, Senioren,
Frauen und Jugend

Im Rahmen des:



Kinder- und
Jugendplan
des Bundes

STÄRKEN, WAS DIE ZUKUNFT TRÄGT.



Rheinland-Pfalz

MINISTERIUM FÜR FAMILIE,
FRAUEN, JUGEND, INTEGRATION
UND VERBRAUCHERSCHUTZ

Öffentliche Stiftung bürgerlichen Rechts

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Version 02 July 2024
www.europahaus-marienberg.eu

EUROPAHAUS
MARIENBERG

Content & educational aims of the project

Healthy emotions bring us into action to empower us and to enable us to form and live and experience community. They contribute to opening or to closing our inner worlds and how they collide and interact. Therefore, emotions and how our bodies experience them have a huge (even though largely overlooked) political and societal impact. The more aware we become of our emotions, both in individual and collective contexts, the more we will be capable to actively create our own lives and those in our communities to resiliently live and move forward in a world in crisis.

This project offers a carefully curated 6-day-journey that will have the participants travel both inside and outside in order to move out of apathy into action. Designed as a step-by-step-program by two Ontological Coaches, it aims at playfully increasing the emotional intelligence and embodied awareness of the participants while at the same time “bringing the world into the classroom” via relevant topics that touch and move the participants.

Each of the six project days focuses on a central theme, explored through a variety of methods: cognition, language, emotions, and embodied practice. At the end of each session, participants reflect on their experiences; both verbally and in writing; to deepen learning as a dialogue between body and mind. The approaches draw from fields such as political education, ontological coaching, somatic experiencing, wilderness pedagogy, and artistic expression.

At the heart of the program is a safe and inspiring space that sparks curiosity about oneself, others, and the world. Participants leave the seminar equipped with practical tools for everyday life, fresh ideas, and often new friendships for the future.

Feedback & Evaluation

There will be constant sharings and feedback rounds in order to hear about individual feelings, the group atmosphere, wishes and concerns, and the status of the agreed aims of the project. An evaluation form will be filled out at the end of the seminar.

Social Media

Seminar results, experiences and impressions will be disseminated after the gathering via social media to present it to a broader public. Networking, transparent education and multiplication are crucial aims. Photos and movies will facilitate only overall impressions. Portrayal of individuals will only be published if approved beforehand.

Methods

Non formal learning methods. All methods are designed to activate the participants. The methodical repertoire is orientated on the target group and shall support the engagement with the topic. The aim is that participants will do many things by themselves and that they try things out. It is important to have a high variation of methods to keep the programme interesting and exciting and to cover the different needs of all participants:
Ice-Breaking, presentations, Outdoor adventures incl. team building and self-development, sharing triads and sharing circles, embodiment exercises, phantasy journeys, political modeling games such as the Game of Life, meditation, dragon dreaming, work in small int. groups, Kapla stones, Vision-Boarding, Drawing, Dancing, Moving, Journaling, Presenting, etc.

Equipment / what to bring to the seminar

No devices needed! Instead please bring comfy indoor clothing, thick socks or slippers and a water or tea bottle for the seminar room as well as weather proof outdoor clothing (especially waterproof walking shoes, a warm jacket and trousers – please check weather report beforehand to make sure that you are well equipped!). Also make sure that you have received the general information sheet from Europahaus Marienberg summarizing all important information.

Questions concerning program and organization

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Conditions of participation

Participants pay a seminar fee of 100,- EUR for accommodation, full board and seminar program.
Accompanying adults receive free places for taking over responsibility for their delegation.

Please bring your own towels and bed linen!

Note

The seminar is open to everybody and published on the Europahaus Marienberg website:
<https://www.europahaus-marienberg.eu/>

PROGRAM

Saturday 17 Oct 2026: ARRIVAL DAY

before 05.00 pm	Arrival and Check-in
06.00 pm	Dinner
07.30 pm	Welcome & Intro What to expect, house rules, outlook
08.30 pm	Playful Hang Out Options Table tennis & Werewolf

Sunday 18 Oct 2026: Playground Learning

08.00 – 09.00 am	Breakfast
09.00 am	Getting to know each other Intercultural icebreaking
10.45 am	Break
11.15 am	Comfort Zone, Stretching Zone, Panic Zone: Learning safely. And with fun!
12.30 pm	Lunch
02.30 pm	Playground: Learning to Learn. And why it matters.
04.30 pm	Introspection & Sharing Closing ritual
06.00 pm	Dinner
08.00 pm	Country Market: Bring food and drinks from your country to share. And introduce it to us through a dance, a song (instrumental or sung), a play, a poem – you name it! Make it fun. No PowerPoint, no Kahoot!

Monday 19 Oct 2026: The Power of Language

08.00 am	Breakfast
09.00 am	The Power of Language I: Assessments, Assertions, Assumptions & Beliefs
12.30 pm	Lunch
02.30 pm	The Power of Language II: Fundamental Declarations
04.30 pm	Introspection & Sharing Closing ritual
06.00 pm	Dinner

Tuesday 20 Oct 2026: The Power of Emotions

08.00 am	Breakfast
09.00 am	The Power of Emotions I: Basic Emotions (and their political dimension)
12.30 pm	Lunch
02.30 pm	The Power of Emotions II: On Shapings, Shame and Moodiness
04.00 pm	Break
04.30 pm	Introspection & Sharing Closing ritual
06.00 pm	Dinner

Wednesday 21 Oct 2026: The Power of the Body

08.00 am	Breakfast
09.00 am	Theory & Playground: Why The Body?
12.30 pm	Lunch
02.30 pm	Game Of Life
03.30 pm	Break
04.00 pm	Artistic Expression
04.30 pm	Sharing & Journaling Closing ritual
06.00 pm	Dinner

Thursday 22 Oct 2026: Excursion Day

08.00 am	Breakfast
09.00 am	Excursion tbd
06.00 pm	Dinner at Europahaus

Friday 23 Oct 2026: Embodying Possible Futures

08.00 am	Breakfast
09.00 am	Drawing from the Future As it Emerges: Vision Boarding
12.30 pm	Lunch
02.30 pm	Phantasy Journey
04.00 pm	Break
04.30 pm	Closing Ceremony
06.00 pm	Dinner

Saturday 24 Oct 2026: DEAPRTURE DAY

08.00 am	Breakfast
09.00 am	Returning Home