



SPECIAL OLYMPICS
WORLD GAMES
BERLIN 2023

**SPECIAL OLYMPICS
GLOBAL YOUTH LEADERSHIP SUMMIT**

BERLIN 2023

Pre-Departure Guide

**BERLIN, GERMANY
16-20, JUNE 2023**

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2023 Special Olympics Global Youth Leadership Summit Partners:



LANE GLOBAL YOUTH
LEADERSHIP

KANTAR



Lions Clubs International
FOUNDATION

LETTERS FROM LEADERSHIP

On behalf of Special Olympics International, I am thrilled to welcome you to the 2023 Special Olympics Global Youth Leadership Summit (GYLS) at the Special Olympics World Games in Berlin, Germany! The Global Youth Leadership Summit in Berlin will mark the first global convening of young people with and without intellectual disabilities (ID) since the 2019 GYLS in Abu Dhabi, and the first Summit to ever be led by young people of all abilities, truly making it a Summit for the youth by youth.

You have been chosen to attend this Summit because you have demonstrated commitment at the highest level to inclusion, leadership, and expanding the Unified Generation. You have been selected to represent not only your country and Region, but even greater, you have been chosen to represent youth from all around the world. Your participation in this Summit is a reflection of the tremendous energy and effort you continue to put into building a more inclusive future.

In recent years we have made significant strides towards a more inclusive world, but there is a greater need for this work now more than ever. Having strong leaders – Youth Leaders – to influence, encourage and inspire other young people with and without ID is imperative to the success of Special Olympics' mission. We need your innovation, courage, drive, and diversified skillsets to bring our vision to fruition. At the Global Youth Leadership Summit, you will build on these skillsets, learning crucial project management strategies, leadership skills, and you will be granted the opportunity to return to your home countries and disseminate your learnings. You will also have the opportunity to hear from experts in their fields on how best to accommodate people of all backgrounds and promote inclusion in your everyday life.

We hope that you treasure this opportunity to expand your network on a global scale. You will find here the strongest coalition of young people dedicated to spreading the message of inclusion, and we look forward to witnessing the great innovation and collaboration that stems from the inspiring Summit sessions in Berlin.

We extend our gratitude to the partners who have made this Summit possible, including Ray and Stephanie Lane, KANTAR, and Lions Club International. The extensive support of these partners, paired with a vibrant network of Special Olympics volunteers at the global level, as well as your dedication as both Youth Leaders and agents of change, will yield powerful results in the realm of inclusion globally.

This unique opportunity to congregate and hear from attendees from each Region provides a platform to engage with diverse and global perspectives. One's willingness to understand, accommodate and collaborate is the way forward in the fight for inclusion.

We are so excited to see the connections you make, the networks you form, and the future you create.

Kind regards,

TIM SHRIVER, PHD.

CHAIRMAN, SPECIAL OLYMPICS INTERNATIONAL

DEAR GLOBAL YOUTH LEADERSHIP SUMMIT PARTICIPANTS,

On behalf of the Global Youth Leadership Council, we are honored to be welcoming you to Berlin for the 2023 Global Youth Leadership Summit at the Special Olympics World Games. The Global Youth Leadership Summit brings together young people with and without intellectual disabilities from all over the world to get inspired, design and lead initiatives to support Special Olympics youth work worldwide.

For the past year, the Global Youth Leadership Council has been working tirelessly to plan an inclusive Summit that will bring over 150 people together from around the world to engage in leadership development. The council is comprised of 16 Youth Leaders from the Special Olympics Regions who have committed themselves to serving and supporting the Unified Generation and building a Summit that is for the young people by the young people. We could not be more excited to meet you all in June!

The Special Olympics World Games 2023 marks the first world games after the COVID-19 pandemic put a halt to all in-person events globally. The past two years have been challenging for all of us, but we became stronger in our enthusiasm and dedication to an inclusive future.

At the Summit, we will accomplish great work together in representing the youth voice in the ongoing movement for inclusion, engaging in cross-cultural dialogue, and receiving leadership training. We are so fortunate to be able to hear from experts on topics that will make us stronger Youth Leaders, enabling us to receive the tools and trainings to both engage other youth and activate change in our communities well beyond the conclusion of the Summit. Above all, we are excited to have an opportunity to see each other face to face, share stories and laughs, and embrace one another as individuals united by a common goal: spreading the message of inclusion.

During your time in Berlin, we have prepared many surprises and exciting activities for you. We, the members of the Global Youth Leadership Council, are looking forward to giving you the best experience you could possibly have!

We admire your hard work, your determination, and your commitment. Your fight for inclusion is inspiring to all of us! The goal of the 2023 Global Youth Leadership Summit is to bring together passionate, energetic Youth Leaders, and we know that your presence will help us accomplish this goal. We can't wait to get to know all of you, to learn from you and to share this Summit experience with you!

See you in Berlin, where we will be #UnbeatableTogether!

ANCA & MARA OPREA

CO-CHAIRS OF THE GLOBAL YOUTH LEADERSHIP COUNCIL

GLOBAL YOUTH LEADERSHIP SUMMIT

OVERVIEW

The Special Olympics Global Youth Leadership Summit provides a place for young people from all over the world to come together and be trained in inclusive youth leadership skills. It is held every 4 years alongside the Special Olympics World Games. The Summit's legacy of building the Unified Generation has blossomed over the 20+ years of its existence.

This year's Summit will invite 100+ Youth Leaders and adult mentors from over 40 Special Olympics Programs to join us in Berlin, Germany and Activate Together. The Summit will empower youth leaders to call on policy makers in their own community to build policies for inclusion. They will represent the youth voice in the movement for inclusion, connect with youth leaders from other countries and cultures, and receive leadership training. Youth will attend sessions led by experts and key influencers in the space of youth development.

Youth Leaders will be bringing with them a project plan that promotes inclusion. Throughout the Summit, youth will learn, practice, and master the skills needed to implement these projects in their communities upon their return home. Each pair of Youth Leaders will receive funding from Special Olympics to help execute these projects successfully.

This pre-departure guide contains all of the information you will need to know before your journey to Berlin.

Any additional questions can be sent to youthsummit@specialolympics.org.



**100+ YOUTH LEADERS
AND ADULT MENTORS**



**40+ SPECIAL OLYMPICS
PROGRAMS**



**5
DAYS**

WORLDWIDE PARTICIPANTS



- ALGERIA
- ARGENTINA
- BAHRAIN
- BHARAT
- CHILE
- CHINA
- CHINESE TAIPEI
- EGYPT
- EL SALVADOR
- GERMANY
- HELLAS
- HONG KONG
- HUNGARY
- ITALY
- KOREA
- LEBANON
- MACAU
- MADAGASCAR
- MALTA
- MEXICO
- MONGOLIA
- MONTENEGRO
- MOROCCO
- NAMIBIA
- NICARAGUA
- PAKISTAN
- PAPUA NEW GUINEA
- PARAGUAY
- ROMANIA
- SENEGAL
- SERBIA
- SINGAPORE
- SLOVAKIA
- SLOVENIA
- UNITED ARAB EMIRATES
- UNITED STATES
- SOUTH AFRICA
- TANZANIA
- THE GAMBIA
- VENEZUELA
- VIETNAM
- ZIMBABWE



BERLIN

AGENDA

Fri. 16 June 2023 - Day 1

Setting the Stage

- Youth Summit Opening
- Setting the stage for the Inclusion Forum
- Youth Leadership Training
- Cultural Tour

Sat. 17 June 2023 - Day 2

Empowering Youth Voice

- Global Forum for Inclusion
- Sustainable Development Goals Training
- World Games Opening Ceremony

Sun. 18 June 2023 - Day 3

Project Management

- Ken Blanchard Key Note
- Youth Declaration Workshop
- Project Management Workshare & Exhibition
- Regional Breakouts

Mon. 19 June 2023 - Day 4

Building Your Legacy

- Project Management Training
- Inclusive Mindsets Training
- World Games Competition Viewing
- Intercultural Evening

Tues. 20 June 2023 - Day 5

Exercise Leadership

- Special Olympics Experience
- Impact of Special Olympics from GYLC
- Summit Closing Ceremony
- Special Olympics Festival - Youth Day



ACCOMMODATIONS



Lodging

All Youth Summit participants will be staying at a youth hostel, DJH Jugendherberge Berlin Ostkreuz.

Address: Marktstraße 9-12, 10317 Berlin, Germany

If you have questions about accommodations, please
contact youthsummit@specialolympics.org



DJH Jugendherberge Berlin Ostkreuz



Amenities

- Each guest will receive 2 towels for the duration of their stay. If additional towels are needed, they can be rented from the front desk for 1€
- Bedding is provided
- Participants will be responsible for the cost of replacing room keys if they are lost. The fee is 5€.
- Free Wi-Fi is provided throughout the hostel
- A limited number of hairdryers are available to be checked out at the front desk. You are encouraged to bring your own if possible.
- There will be a designated youth lounge at the hostel that all Summit participants will have access to in the evenings.
- Snacks and beverages are available for purchase at the café in the hostel.



Sleeping Arrangements

- Rooms will sleep 2-4 people of the same gender
- Each bedroom includes a private bathroom and shower. No toiletries will be provided, so participants must bring their own.
- There is no air con throughout the hostel or in the bedrooms.
- Participants will only be allowed to enter the room they are assigned. Socializing can happen in the designated Summit lounge spaces in the hostel.



DJH Jugendherberge Berlin Ostkreuz

WHAT TO BRING



Summit Dress Code

- The first 4 days of The Summit will be business casual
- A shirt will be provided for each of the 5 days of the Summit
- You will need to bring dress pants, chinos, or khakis to wear with the shirts. Please do not wear blue jeans.
- The last day of The Summit you are welcome to wear jeans or sporting attire



Electronics

- Computer
- Phone (optional)
- Camera (optional)
- Power adapter*



*The power plugs and sockets are type F. The voltage is 230 V and frequency is 50 Hz.



Health/Hygiene

- Toiletries (toiletries, including shampoo, conditioner, and soap will not be provided by the hostel)
- Personal medications
- Sunscreen



Clothing

- 4 dress pants (to be worn with provided shirts)
- 1 athletic outfit for Special Olympics Experience
- 1 traditional outfit for cultural night (optional)
- 1 casual outfit for cultural tour
- 1 comfortable outfit for traveling home
- Comfortable/casual clothing to wear during casual time
- Pajamas/sleepwear (keep in mind the youth hostel does not have air conditioning)
- Undergarments and socks
- Comfortable shoes to wear during the Summit
- Athletic shoes
- Sunglasses
- Raincoat (optional)

Other

- Copy of your project proposal (Youth Leaders only)
- Passport
- Travel visa if needed (we recommend you bring an extra copy)
- Snacks (optional)
- Portable fan (optional)
- 15-20 small gifts to exchange with the members of your home group (optional)
 - For example handmade bookmark, keychain, or a pin.

KEY CONTACTS

PRE-DEPARTURE QUESTIONS?

Email us at youthsummit@specialolympics.org

KEY CONTACTS

Kaitlyn Hamrick and Sky Riley are the primary contacts for Summit participants. Kaitlyn and Sky are available to answer questions leading up to and during the event. During the Summit, these individuals can be reached 24/7. Their contact information can be shared with friends or family who might need to reach you in case of an emergency.



Special Olympics International HQ
Director, Youth Development

khamrick@specialolympics.org
+1 919-819-8744



Special Olympics International HQ
Manager, Global Youth Development

asriley@specialolympics.org
+1 949-351-940

ARRIVING IN BERLIN



TRAVEL

Visas:

Check if you need a visa to travel to Germany [here](#). If you need a VISA your passport must be valid for at least three months from the planned date of departure from Germany (e.g. the passport expiry date must be NO EARLIER THAN 26 September 2023)

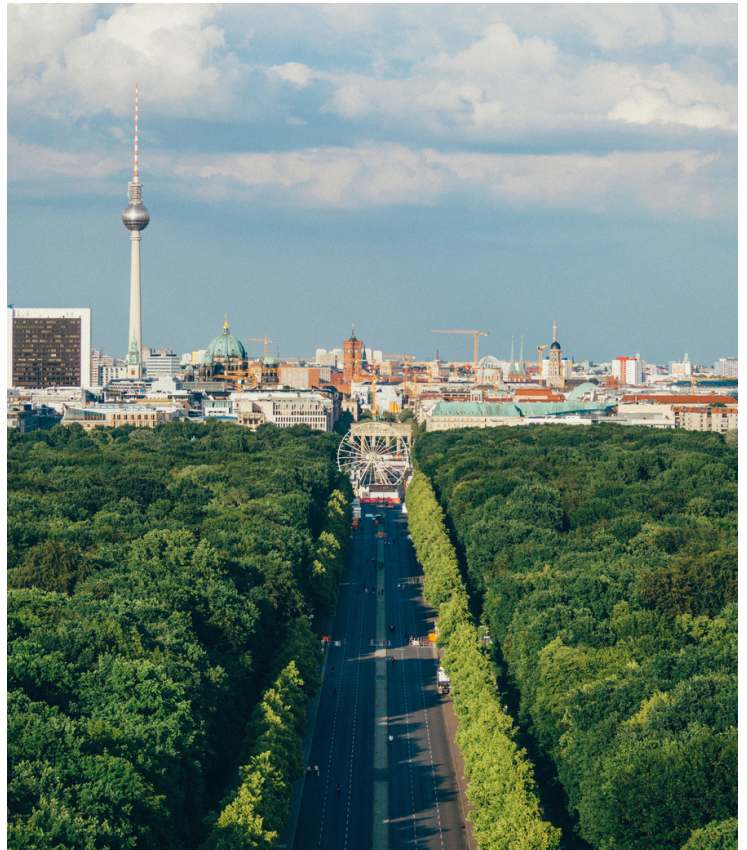
Summit organizers will prepare letters for participants to apply for a VISA. More information will be shared soon.

Passports:

EU nationals do not need passports, but valid ID cards, to travel to Germany. However, if you do not live in the EU you are required to have a valid passport at the time of travel.

Transportation to the hostel:

Transportation from the airport to the hostel will be provided for all Summit participants. Summit organizers will provide more information on the transportation arrangements as we get closer to the Summit.



BERLIN

OVERVIEW

GEOGRAPHY

- Berlin is the capital of Germany
- The Spree River runs through Berlin
- The land in Berlin is low-land, marshy woodlands



TIME ZONE



- In June, Berlin will be in the Central European Summer Time Zone
- The Central European Summer Time Zone is 1 hour ahead of UTC

FUN FACTS

- Berlin is 9 times the size of Paris
- About 40% of Berlin is underground consisting of railways, bunkers, and tunnels
- 70 million Currywurst, a curried sausage popular in Berlin, are eaten every year
- Berlin is home to the largest department store in continental Europe. It has 8 floors!



Maifeld in Olympiapark

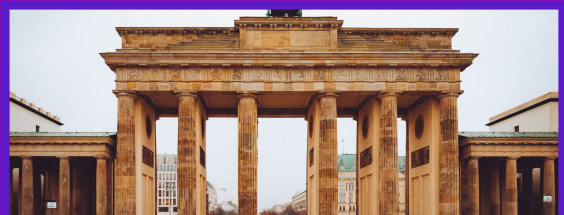


The Berliner Fernsehturm

LANGUAGE

Most common languages are...

- German
- English



Brandenburg Gate

CULTURE & ENVIRONMENT



Multicultural

Berlin's population consists of 3.8 million people representing over 170 nationalities. Berlin's citizens have cultural, religious and linguistic diversity but still live harmoniously.

Religion

Christianity is the most practiced religion in Germany followed by Islam. There are over 250 religions practiced in Berlin.

Tipping Customs

- Rounding up to the nearest Euro is standard for most tips in Germany.
- Tip 10-15% for excellent service

German Greetings

The common way to greet someone in Germany is with a handshake and saying:

- "Guten Morgen" if it is before noon
- "Guten Tag" if it is between noon and 6pm
- "Guten Abend" if it is after 6pm

Learn German Phrases

- Goodbye - "Auf Wiedersehen"
- Yes - "Ja"
- No - "Nein"
- Thank you - "Danke"
- Excuse me - "Entschuldigung"
- Can you take me to... - "Kannst du mich zur... bringen?"
- How much will it be? - "Wie viel wird das kosten?"

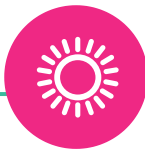
WEATHER & CURRENCY

BERLIN WEATHER JUNE

- There is no AC in the youth hostel
- It can get chilly and drop down to 12°C/54°F at night
- June is the rainiest month of the year in Berlin
- Rain gear, light jackets, and sunblock are recommended when traveling to Berlin in June



Average Low
12°C/54°F



Average High
22°C/72°F



There is rain
about half of
the days in June

CURRENCY

Alert your bank that you will be traveling internationally to avoid any holds!

Currency

1€ = \$1.02 USD

1€ = 138¥

1€ = \$1.35 CAD

1€ = 0.86£

1€ = \$1.54 AUD

Credit & Debit Cards

- Most stores in Berlin will accept credit cards.
- Stores might charge a small transaction fee if you use credit cards.

ATMS

- You can get Euros from German ATMs called Geldautomaten in Berlin.
- Traveling Tip: withdraw money in smaller bills.

SPECIAL OLYMPICS

GLOBAL YOUTH LEADERSHIP COUNCIL

The Special Olympics Global Youth Leadership Council (GYLC) was established to evolve Special Olympics youth work from being for the youth to by the youth. The Council will position young leaders to play an active role in the execution of Special Olympics programming at the Global, Regional, National, and local levels.

Over the past year, the council has been diligently leading and driving the preparations of the Global Youth Leadership Summit from session content, partners engagement, and participant experience. As the leaders of this global event, the council has been collaborating with Regions, Programs, and external partners to ensure the success and the enjoyment of all. The council is excited to welcome you to Berlin and encourages you to take this unique opportunity to build connections, develop your leadership skills, and commit yourself to being a part of the Unified Generation. Meet the council members below and learn why they are leaders of the Unified Generation.



MARA OPREA (CO-CHAIR)
SO EUROPE EURASIA

Mara believes diversity is part of all of our lives and we should all embrace it.



ANCA OPREA (CO-CHAIR)
SO EUROPE EURASIA

Anca believes that with the proper help and by working together, everyone can reach their full potential.



ISHATOU SANYANG
SO AFRICA

Ishatou believes that support from society is necessary to achieve inclusion.



GODSPOWER I. UDOKANG
SO AFRICA

Godspower believes that the more inclusive a society is, the more progressive every member of the society will become.

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GLOBAL YOUTH LEADERSHIP COUNCIL



WEI HANG LAI (RAY)
SO EAST ASIA

Ray believes that he could become the bridge between youth with and without intellectual disability and lead his generation to build a more inclusive world.



WING CHUN YUNG (KELVIN)
SO EAST ASIA

Kelvin tries to do his best to make this world a better place—more inclusive and more unified.



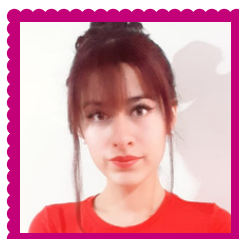
LUKA BRENK
SO EUROPE EURASIA

Luka thinks that differences are not a reason for division but bring more qualities to a community.



GIAN-LUCA CASTELBERG
SO EUROPE EURASIA

Gian-Luca believes there is no limit for listening to, knowing and understanding people from all over the world.



DANIELA LUNA GARCÍA
SO LATIN AMERICA

Daniela trusts in the leadership of every young person, in their commitment, dedication, and values.



MILDRED ITALIA BENÍTEZ SANABRIA
SO LATIN AMERICA

Mildred believes that young people are creators of change.

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GLOBAL YOUTH LEADERSHIP COUNCIL



TALI NASSER EL HUSSEINI
SO MIDDLE EAST/NORTH AFRICA

Tali believes in Special Olympics initiatives that bring people together, break down barriers and combat stereotyping spread among her generation.



ROUGINA EL SAYEGH
SO MIDDLE EAST/NORTH AFRICA

Rougina believes in decency, inclusion, and respect for all, no matter what.



JOEY DRWAL
SO NORTH AMERICA

Joey loves to spread the message that everyone deserves to feel included and have their voice heard.



SOPHIE HILL
SO NORTH AMERICA

Sophie believes everyone deserves to be a part of a community where they are heard, valued, and loved.



SALIHIN BIN NAWI
SO ASIA PACIFIC

Salihin believes that youth with and without disability have the powers innovation and driver to make meaningful impact in the world.



SIMRAN SAHNI
SO ASIA PACIFIC

Simran strongly believes that the world will be a better place if all people are kind, accepting, and respectful.

SHARE YOUR STORY

BERLIN BEAR SOCIAL MEDIA CHALLENGE

Click [HERE](#) to download the Berlin Bear. Participants can take a photo for social media. Be sure to hashtag #WhereIsTheBear your chance to be highlighted on the next Summit Scoop Newsletter

KEY MESSAGES

Participants can share their experience and excitement leading up to the Global Youth Leadership Summit and during the event.

Here are some examples of posts you can use on (WhatsApp, Twitter, Instagram, or Facebook)

- *I am getting ready to head to Berlin, Germany to join youth leaders from 45+ countries for the @SpecialOlympics Global Youth Leadership Summit! Learn how I plan to use this gathering to help make inclusion a reality in my community (or insert country):*
- *At this month's @SpecialOlympics Global Youth Leadership Summit, adult and youth leaders are uniting to gain the tools to make this inclusion a reality:
#ActivatingTogether #Berlin2023 #SpecialOlympics*
- *By bringing together people from around the world, we learn to embrace new ideas & gain a different perspective. At the upcoming @SpecialOlympics Global Youth Leadership Summit, I will be doing just that! Continue to check my social media to follow my journey! #ActivatingTogether #Berlin2023 #SpecialOlympics*

SOCIAL MEDIA



@SpecialOlympics
@SOWG_Berlin2023



@SpecialOlympics



@SpecialOlympics
@SOWG_Berlin2023

