

Application Form Impulse Boost Camp 2026

👋 Hey there,

We're excited that you're interested in joining **Impulse Boost Camp 2026**! We can't wait to read your application. Please make sure to submit it latest by **December 31, 2025**. 📅

! A few important things before you start:

- You should apply only if you're **actively involved in a voluntary project** and **identify as a social change maker**.
- Also, you'll need to have at least a **B2 level of English**. You can find more details about the requirements on our website:

📄 About the application:

- The application includes four main open questions along with a few shorter ones.
- At the end, you'll be asked to **upload your CV** in PDF format as well as a **short (1-minute) video introducing yourself** and sharing why you'd like to join our seminar. We've noticed that written answers—especially when influenced by AI—can lose some of the human touch, so the video helps us get a more genuine sense of who you are.
- We want to meet *you*, not ChatGPT 😊 **Please answer the questions in your own words**. We value real, personal and imperfect answers.

? If you have any questions, feel free to check out our website or reach out to us directly at **ibc@ifzw-impulsstiftung.de**.

Ready to go? Let's get started! 😊

1. E-Mail-Adresse *

2. Data Policy *

I understand that my data will only be used for the application and preparation for the above mentioned training and will not be shared with third parties. My data will be kept for ten years and is used in order to prepare my participation at one of our trainings and as a contact for alumni activities. If you would like us to delete all your data, you can contact us anytime at info@ifzw-impulsstiftung.de.

☐ I consent

Basics first!**3. First Name (as in passport)**

4. First Name (how you would like to be called in the programme) *

5. Last Name *

6. Gender *

☐ female

☐ male

☐ non-binary

☐ Sonstiges:

7. Pronouns *

Why do we ask for your pronouns?

Pronouns (like "she/her," "he/him," "they/them" or "no pronouns") help us address and refer to you respectfully. By sharing your pronouns, you're letting us know how you prefer to be identified, which fosters an inclusive and welcoming environment for everyone.

☐ she/her

☐ he/him

☐ they/them

☐ she/they

☐ he/they

☐ no pronouns/my name

☐ : _____

8. Birth Date *

9. Country of Citizenship *

10. Country of Residence *

11. Do you need a visa in order to travel to Germany? *

☐ Yes

☐ No

12. Honestly speaking, how well do you master English? *

☐ A1

☐ A2

☐ B1

☐ B2

☐ C1

☐ C2

13. In approximately how many trainings or seminars (outside of university or work) have you participated before? *

14. How did you find out about IBC? *

15. Did you already apply for Impulse Boost Camp in the past? *

☐ Yes

☐ No

16. It would be great if you could share your **phone number** so we can reach out to you directly.

*We'll use a **WhatsApp group** to stay connected before and during the seminar. We're aware that WhatsApp has some privacy and security limitations, and we completely understand if you'd rather not use it. For now, it's simply the most practical option given the international context of our seminar. If you prefer a different option, please send us an email, and we'll do our best to find a good alternative together.*

Now we move on to the open questions.

17. Q1. In what way are you socially active in society? How do you identify yourself as a social change maker?

750 - 1500 characters

18. Q2. What do you hope to learn at Impulse Boost Camp? Please state your motivation for your participation in the Camp.

750 - 1500 characters

19. Q3. IBC is shaped by the active contribution of our participants. There will be workshop slots to share the best practices of your work, to present a case for a collective conflict-resolution session, to offer free-time activities, to share your favorite method or to host a conversation about a topic that is of great interest to you. Also, there are different tasks to be taken over by participants in order to maintain the well-being of the group and our space. How do you see yourself contributing to the seminar? *

500 - 1000 characters

20. Q4. How and where do you want to implement your freshly gained knowledge after the program? Which people or projects would profit from your participation? *

500 - 1500 characters

21. Please name 3 adjectives that describe your personality. *

22. How are you positioned socially?

We invite you to take a moment to reflect on your position in society — the experiences, opportunities, and barriers that have shaped how you see and relate to the world. This might include where you've experienced privilege or disadvantage, and how aspects such as gender, ethnicity, class, education, or ability have influenced your journey.

*Through this seminar, we aim to build a **safer space** where people from marginalized communities are respected and their voices genuinely heard — and at the same time a **braver space** where all participants can question, learn, make mistakes, and engage with perspectives and realities different from their own.*

There's no right way to answer; we're interested in your honest perspective and the awareness you bring into this shared space.

200 - 800 characters

23. Please name the topics you work on or consider yourself to have an expertise on. *

24. Please share links to website or social media channels of your projects and activities, if possible.

25. Anything else we need to know?

As the final step please **attach**

- A **short video (max. 1 minute)** introducing yourself and explaining why you'd like to join the seminar.

Your **CV** summarizing your background and experiences.

These materials help us see the person behind the application and understand your path and motivation to join IBC.

Please send your application via email to ibc@ifzw-impulsstiftung.de

Thank you for taking the time to apply for Impulse Boost Camp 2026.

We appreciate your effort and reflection and we are excited to get to know you!

We will get back to you **by the end of January** to let you know if you are invited to a **video call** – the second phase of the application. You can expect the **final results by mid-February**, leaving enough time for any visa or travel arrangements.

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