

*Youth Exchange*

**Building self-  
management skills for  
young leaders**

**10-18 April**  
*Budy Głogowskie,  
Poland*

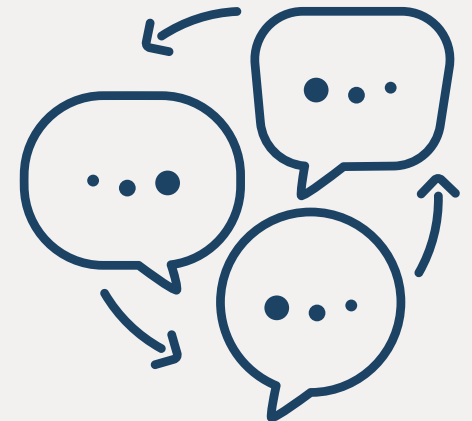


Co-funded by  
the European Union

## About the youth exchange:

The youth exchange "Building Self-Management Skills for Young Leaders" provides participants with a dynamic environment to explore and develop essential self-management competencies. Through interactive workshops, group discussions, and practical exercises, participants will enhance their ability to set goals, manage time effectively, and develop resilience in leadership roles.

The program integrates real-life scenarios and peer learning to help young leaders strengthen their decision-making and problem-solving skills. By fostering self-awareness and adaptability, the exchange empowers participants to take initiative, manage responsibilities, and navigate challenges in both personal and professional settings.



# Participant Profile

**Age: 16+**

- youth activists, youth leaders
- representatives of youth councils

**Commitment:**

Active engagement in all sessions is mandatory, fostering dynamic learning environment.

**Respect for All:**

Valuing nature, fellow participants, organizers, and partner organizations as integral to the exchange experience



# What key skills will be acquired by the participants of the training

**Goal-Setting and Decision-Making:** Through hands-on activities, participants will refine their ability to set realistic goals and make informed decisions under pressure.

**Emotional Resilience and Stress Management:** The program includes techniques for handling stress, staying motivated, and maintaining a healthy work-life balance.

**Adaptability and Problem-Solving:** Participants will engage in exercises to enhance their ability to think critically and adjust to changing circumstances.

**Self-Discipline and Responsibility:** By practicing self-reflection and accountability, young leaders will strengthen their ability to stay focused and committed to their goals.

# Location

**Zakład Aktywności Zawodowej -  
Centrum Natura "CARITAS"**

**Address:** Budy Głogowskie 836 A

From Katowice to Rzeszów Główny by train

- Trains are going from 4:58 to 22:00
- Train is going around 3 hours
- (Be careful as on some trains you will need to travel with switches, it depends on the time.)

From Kraków to Rzeszów by train

- Trains are going from 05:30 to 21:04
- train is going around 1,5 hour

From Rzeszów Główny to Budy Głogowskie by train

- Trains are going from 5:00 to 21:20 around every hour



## About the venue

The youth exchange will take place in a peaceful retreat surrounded by three hectares of forest, creating a perfect setting for learning and relaxation.

Participants will have access to **two training rooms** and plenty of **outdoor space** to unwind. The venue offers delicious **homemade food** with fresh, local ingredients.

If the weather allows, we'll gather around a **bonfire** for informal discussions, music, and bonding. This unique location ensures both productivity and **connection with nature**.

Participants will stay in comfortable rooms designed for **2-3 people**, ensuring a cozy and restful environment. The venue is fully accessible for people with disabilities, providing a welcoming space for everyone.





# Important Information

- Participants under the age of 18 must have parental consent to participate in the youth exchange.
- Bring personal hygiene products.
- The program also includes an intercultural evening. You can bring traditional snacks, sweets and beverages from your country that can be shared during the Intercultural evening or coffe breaks.
- Throughout the project, each participant will have a secret friend. Try to think of and prepare a gift for your secret friend. It can be a small sweet or handmade surprise (candy, origami, note or card, key chain, etc.).
- 10.04 and 18.04 are travel days, so please try your best to plan your trip accordingly
- **Please do not buy your ticket before you get our confirmation by email.**
- Travel reimbursement maximum 275 euro

# Explorer Pass 2025

You are welcome to join our new educational programme for 2025! Dive into non-formal learning exploration for a 75 euro fee that will unlock your potential to join all youth exchanges, study visits, events in Lithuania and abroad until the end of the year! This membership fee helps to support us and assures more resources on looking for exclusive opportunities for members. Please do not pay any fee until you receive a confirmation letter to join the programme. If you want to join the project, please fill the application form, whether you have already participated or not. Bear in mind that Tavo Europa keeps the right to send most suitable and motivated participants to all of our projects

For more projects: Explore the world and learn together with the help of Tavo Europa. Join the group with more opportunities: <https://www.facebook.com/groups/186132221744993>

## Join now!

