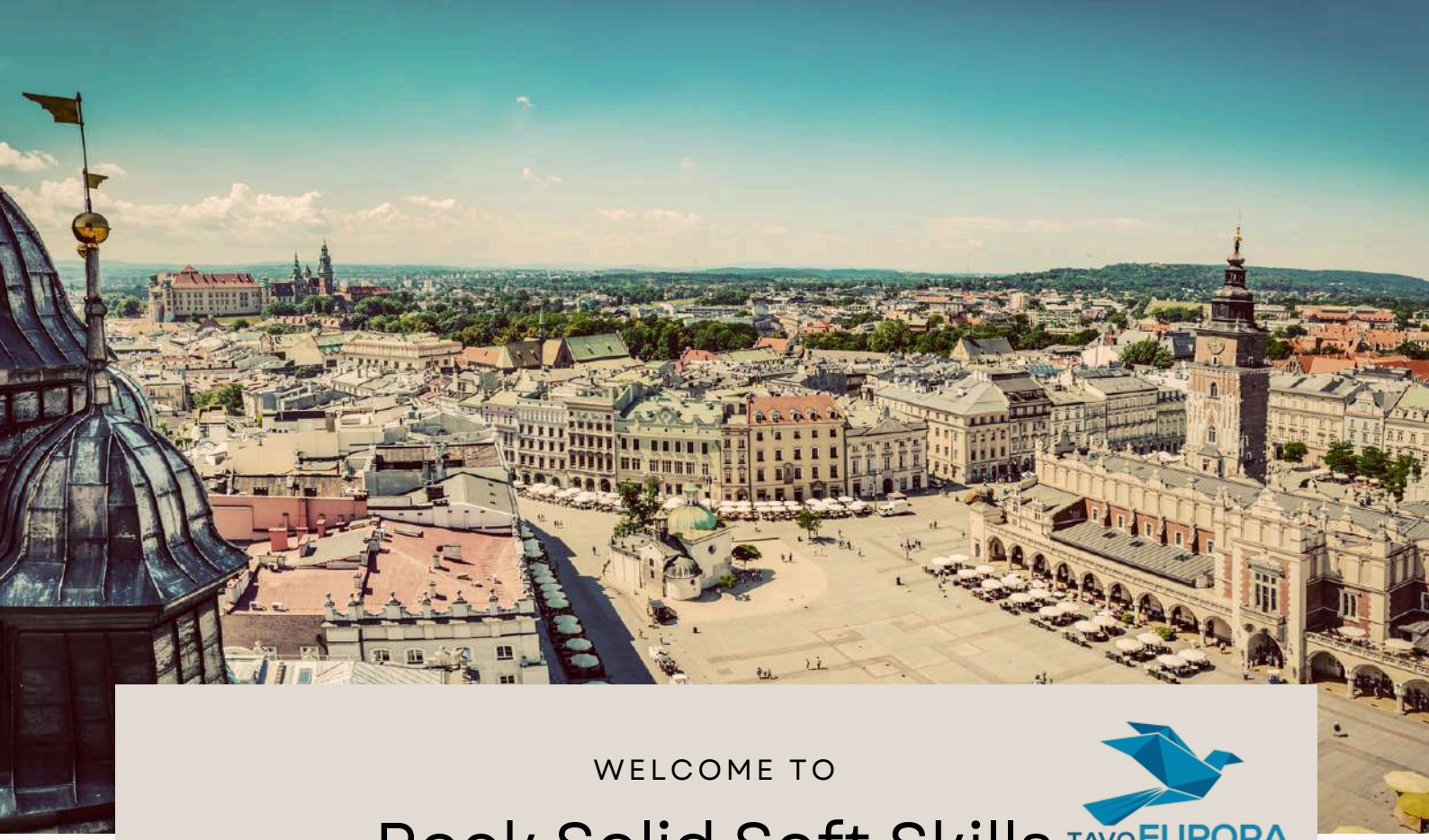


WELCOME TO

Rock Solid Soft Skills

TAVO EUROPA



Dear participants and future friends, here is some practical information about the training course **Rock Solid Soft Skills** in **Kraków, Poland.**

Programme duration:
7 days, including travel
Arrival: 13 December 2026
Departure: 19 December 2026
The number of participants: 28
Each partner will be represented by **3 - 5 delegates**.
Age of participants: 18+

In this infopack you will find:

Training goals, the agenda, accommodation, meals and more. Keep reading! :)



ABOUT TRAINING

Rock Solid Soft Skills is an innovative Erasmus+ training course designed to hone leadership and interpersonal skills through dynamic engagement and experiential learning. Led by experienced trainers well versed in Kolb's experiential learning cycle and non-formal education methods, this course offers a transformative journey.

Participants **dive into real-life scenarios**, embracing the concrete experience phase, where they tackle challenges head-on, fostering teamwork and communication. Reflective observation follows as participants analyse their experiences, identifying strengths and areas for growth.

Facilitators guide discussions, encouraging self-awareness and empathy. Through abstract conceptualisation, participants distil insights into actionable strategies, developing a robust understanding of effective leadership and interpersonal dynamics.

The course culminates in active experimentation, where participants **apply newfound knowledge in simulated scenarios and role-playing exercises**. This hands-on approach reinforces learning, empowering individuals to adapt and innovate in diverse contexts.

Combining the Kolb cycle with non-formal education methods like group discussions, case studies, and outdoor activities ensures an engaging and impactful learning experience. **Rock Solid Soft Skills equips participants with the tools and confidence** to excel as leaders and collaborators in today's dynamic world.

Funded by the European Union

POLITES

RSSS·POLITES



Training goals



Goals:

1. Enhancing social skills among young people.
2. Developing the ability to collaborate in groups.
3. Improving interpersonal communication.
4. Enhancing conflict resolution skills.
5. Strengthening the ability to plan work and develop a shared vision.

Benefits:

1. Improving development and employment prospects for young people.
2. Strengthening the capacity of civil society organisations.
3. Supporting youth leaders.
4. Helping participants navigate online environments.
5. Improving the quality of social interactions.

Training method

The **Kolb experiential learning cycle**, developed by educational theorist David A. Kolb, outlines a four-stage process of experiential learning. In the first stage, learners engage in a hands-on experience. Then they reflect on what they observed and felt. Next, they analyse their reflections to form concepts and theories. Finally, they apply these concepts through active experimentation, which leads to new concrete experiences and continues the cycle.



Training agenda

	13/12/ 2026	14/12/ 2026	15/12/ 2026	16/12/ 2026	17/12/ 2026	18/12/ 2026	19/12/ 2026
Session 1 10:00 - 11:30	Arrivals	Introduction to the training, its methods and programme	Group dynamics and stages of group development	Effective communication	von Thun model	Conflict management exercises	Farewell party and departures
Break 11:30 - 11:45							
Session 2 11:45 - 13:30	Arrivals	Active learning and team collaboration	How do you lead an effective team?	Active listening	von Thun model	Conflict management practice	Farewell party and departures
Lunch 13:30 - 15:00							
Session 3 15:00 - 16:30	Meet in the training room at 16:00 Getting to know each other	What does it take to be a good leader?	Group roles	City game	Handling difficult conversations	SPORT model	Departures
Break 16:30 - 16:45							
Session 4 16:45 - 18:00	Getting to know each other	Leadership skills exercises	Intercultural evening	City game	Handling difficult conversations	Wheel of conflict	Departures
Dinner 18:00 - 19:00	Catering 19:00 - 21:30	Catering	Intercultural evening	Catering	Catering	Catering	

Accommodation

We sleep here:
WOW Hostel
Westerplatte 8/2, 30-033 Kraków

https://krakow-wowhomes.pl/

You can **check in after 14:00**.

Remember that you will be sharing a room with other participants :)

If you arrive before check-in or depart after check-out, you can **leave your luggage** at reception. The hostel reception is open 24 hours a day.

From the railway station to the hostel
Kraków Główny → WOW Hostel · approx. 10 minutes on foot

1. Follow the signs to the exit towards the Old Town (Stare Miasto) and the square in front of the historic station building.
2. Walk to the Basztowa / Lubicz junction at the edge of Planty Park.
3. Continue straight onto Westerplatte Street, with the park on your right.
4. WOW Hostel is at Westerplatte 8/2, before the Poczta Główna tram stop.





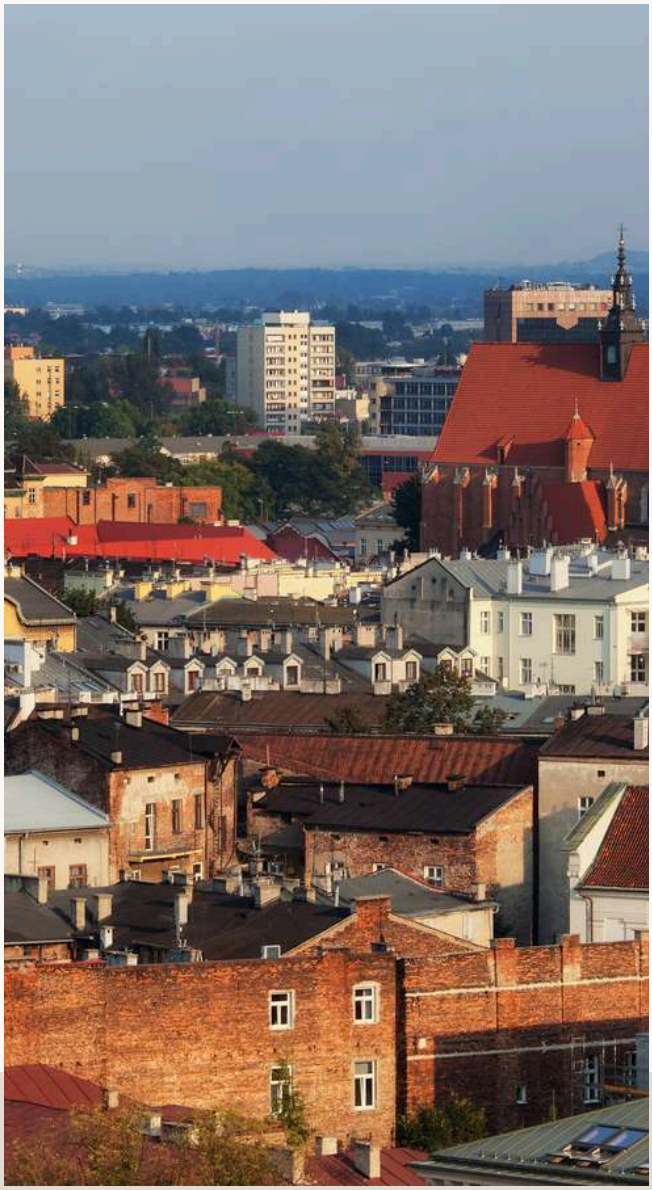


Practical information

The currency in Poland is the **Polish złoty (PLN)**. You can exchange money at the airport or railway station.

Accommodation and meals during the training course are covered. You will need to cover your personal expenses.





IF YOU ARE COMING EARLIER OR LEAVING LATER, YOU WILL HAVE TO PAY FOR YOUR FOOD AND ACCOMMODATION.



Insurance

Travel and accident insurance is the **responsibility of the participants.**

You are advised to buy travel and accident insurance that covers your journey and entire stay in Poland.

Please arrange travel insurance, including liability cover for damage to others. The organisers do not provide health insurance. Participants who are eligible for the **European Health Insurance Card** are strongly advised to bring it with them.

Meals

Breakfast will be served at the hostel or in the training room.

For lunch, you can choose a vegan or meat option at a local bistro. Dinner will be catered.

If you have dietary restrictions, choose an option that suits your needs.

Dinner will be offered on the arrival day.

IMPORTANT NOTE: On arrival day, dinner is served from 19:00 to 21:30. If you arrive after 21:30, dinner will not be available and it may be difficult to find food nearby. Consider buying a snack at the airport or bringing something with you.





Airport

We recommend arriving at Kraków Airport.

If you want to spend more time in Poland, the Polish National Agency for Erasmus+ allows participants to stay for **2 extra days**, either before or after the training course.

The hostel is about 45 minutes from Kraków Airport. We recommend taking the **train to Kraków Główny, the main railway station.**

Check the timetable for your travel date, as schedules may vary.

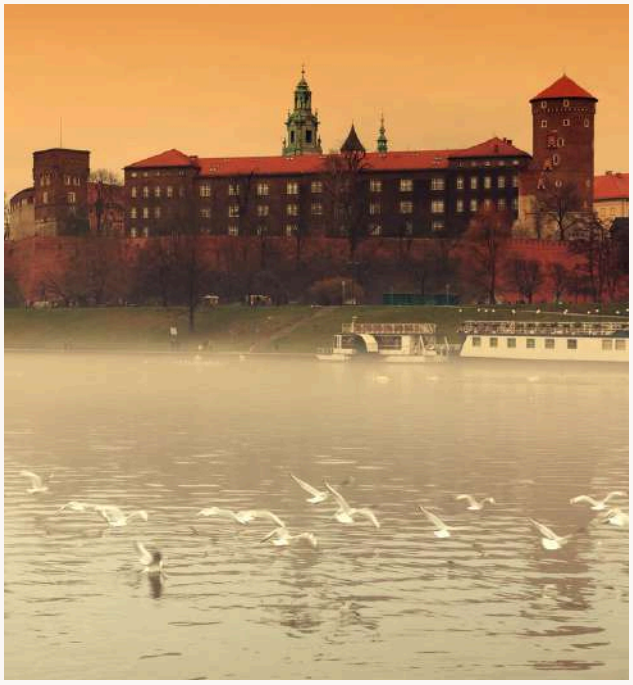
Taxi costs are generally not covered. They will be covered if you arrive or depart in the middle of the night.

What to bring?

Information about your country, organisation and culture. Bring a video or presentation about your organisation and country. Posters, brochures and other promotional materials are welcome.

A reusable water bottle, cup or thermos to help reduce plastic waste. Drinks in the training room must be in a thermos or a bottle. Let's be environmentally friendly :)

Medication. Don't forget to bring any medication you might need during your stay.





Visibility

During the activity, we will take photos and videos for the partners' websites, social media and other promotional materials.

Please tell the organisers if you prefer not to appear in published photos or videos. Your experiences can help others learn about the project.

If you share a photo or post, feel free to tag the project!



Ready to join?

Bring your ideas and curiosity. Practise listening, leading and working as a team, then take those skills back to your group.

See you in Kraków!

Join with Tavo Europa !

The Educator Pass 2026 - 2027!

You are welcome to join our new educational programme for 2026 - 2027!

Dive into non-formal learning exploration for a 75 € fee that will unlock your potential to join all training courses in Lithuania and abroad for one year from purchase date, and also support us to find new exciting and exclusive opportunities for community 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 the 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



Contact Us!

Project Coordinator in Lithuania

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