

INFOPACK

Social Skills Academy

YOUTH EXCHANGE



OVERVIEW



GOAL

The project aims to develop **social skills** among young people from Poland, Lithuania, and Hungary. Through this international exchange, participants will enhance their social competences, including **effective verbal and non-verbal communication**. Young people will **build self-confidence**, **recognize their strengths**, and become **more aware of their feelings and emotions**. They will practice **active listening and assertiveness**, which will help them better understand themselves and others, as well as develop **teamwork, cooperation, and language skills**. Throughout the activities, participants will also strengthen attitudes of **tolerance, empathy, and understanding**, promoting respectful and inclusive interactions among peers from different cultures.

OBJECTIVES

- Develop Social Skills
- Build Self-Confidence
- Strengthen Teamwork and Cooperation
- Foster Tolerance, Empathy, and Understanding
- Improve Language and Intercultural Competence



SCHEDULE

ARRIVAL DAY: 15.03.2026

DATES OF THE YOUTH EXCHANGE: 16.03.2026 - 24.03.2026

DEPARTURE DAY: 25.03.2026

PARTICIPATING COUNTRIES

POLAND (9 participants and a group leader)

HUNGARY (9 participants and a group leader)

LITHUANIA (9 participants and a group leader)

The age of participants should be from 16 to 23

OTHER PRACTICALITIES

During the training course, we will organize a **Cultural Workshop**.

Please prepare a short **presentation** and bring traditional **snacks** and **drinks** to the project.

In the hotel there is **Wi-Fi Internet** connection so you can bring your computer.

During the project you will be provided with **3 meals** (**breakfast, lunch, and dinner**)

WHAT TO BRING?

- Passport or **ID card**/ student cards
- **Documents for participation** (GDPR form and Guardian's consent form)
- One **laptop** per team
- Personal **hygiene items**



SCHEDULE

SCHEDULE									
	20 MON	21 TUE	22 WED	23 THU	24 FRI	25 SAT	26 SUN	27 MON	28 TUE
07.30									
8.00									
8.30									
9.00	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
9.30	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
10.00									
10.30									
11.00	INTEGRATION WORKSHOP	CULTURAL WORKSHOP	KATOWICE SIGHTSEEING	DECODE AND MANAGE YOUR EMOTIONS WORKSHOP	COOPERATION AND TEAMWORK WORKSHOP	10 RULES FOR EFFECTIVE INTERPERSONAL COMMUNICATION – MULTIMEDIA PRESENTATION	EMPATHY & TOLERANCE WORKSHOP: SOCIAL MEDIA VIDEO CREATION	FINAL PRESENTATION PREPARATION	CERTIFICATES CEREMONY
11.30									
12.00									
12.30									
13.00									
13.30	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	
14.00									
14.30									
15.00	INTEGRATION WORKSHOP	POSITIVE SELF-IMAGE WORKSHOP: DISCOVERING YOUR STRENGTHS	VISIT TO THE SILESIA MUSEUM	INTERPERSONAL COMMUNICATION WORKSHOP	READING BETWEEN THE LINES: THE BODY LANGUAGE WORKSHOP	CONFLICT RESOLUTION WORKSHOP	ASSERTIVENESS WORKSHOP	PROJECT SUMMARY AND EVALUATION	
15.30									
16.00									
16.30									
16.30									
17.00									
17.30									
18.00		DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	
18.30	DINNER								
19.00									
19.30									

* Schedule may be changed.



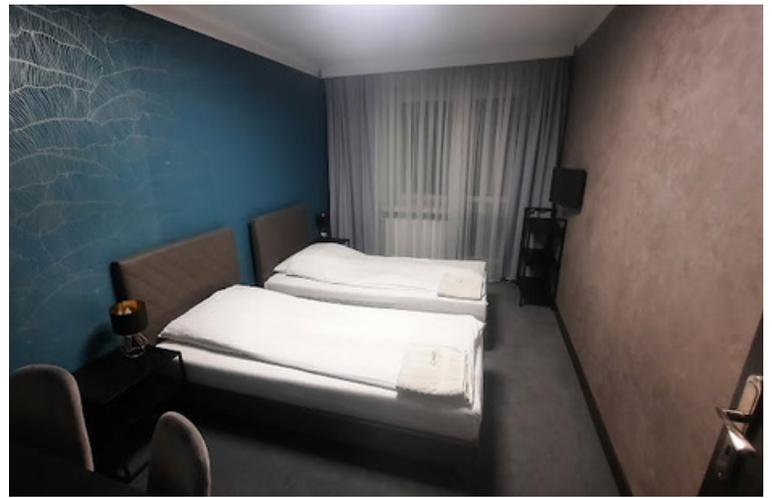
ACCOMMODATION

Żarki Letnisko (Poraj municipal, Myszkowski District)

Nadrzeczna 35 Street, post code: 42-311

- **All costs related to accommodation and meals are covered by the organizer.**
- There are 4, 3 and 2-bedrooms for participants
- Each room has its own bathroom.
- There will be conference room available for participants during the mobility where they will be able to implement activities.
- **There is an open area belonging to the Hotel where participants will be able to implement some activities depending on the weather.**
- Free Wi-Fi.
- The participants will have meals at the Hotel's restaurant - 3 meals per day (breakfast, lunch, dinner)
- The meals will be adjusted to the participants' food preferences (for example: allergy, vegetarianism) related to the information that will give us through the filling participants' list - attachment).
- There will be a mentor from our organization that will be accommodated with the groups and will lead the workshops







CONTACT

If you have any **questions**, don't hesitate to ask!

Yuliia Stefiuk
stefiuk@cil.org.pl

**The participation in this project is free.
Our organization will provide you with accommodation,
food, cultural program. Each participant will be insured
against the consequences of dangerous accidents and will
receive a Youthpass certificate.**



FUNDUSZ
INICJATYW
LOKALNYCH



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