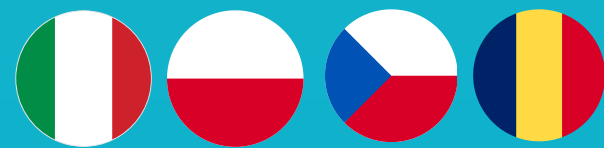


ERASMUS+ KA152-YOU

Courage to Lead

YOUTH EXCHANGE INFOPACK



Courage to Lead is an Erasmus+ Youth Exchange in Poland bringing together 24 young participants from Poland, Czechia, Italy and Romania. Through workshops, teamwork, digital tools, simulations and intercultural activities, we will explore leadership, communication, confidence and active participation. This exchange is a space to learn, connect, create and to discover that leadership starts with courage.



Funded by
the European Union



General Information

Project title: Courage to Lead

Type: Erasmus+ Youth Exchange

Dates: 13-20 September 2026

Location: Klecza Dolna, Poland

Participants: 24 participants from 4 countries

Countries involved: Poland, Czechia, Italy, Romania

Working language: English

Host organisation: Słowem w Twarz

Participants Profile

PARTICIPANT PROFILE

- 16–25 years old,
- residents in the partner countries,
- open-minded, curious, and ready for an international experience,
- interested in leadership, teamwork, communication, and digital tools,
- wanting to build confidence and turn ideas into action,
- excited to meet new people, explore other cultures, and create together,
- inclusive and welcoming also to those who may need extra support to take part (due to their social, economic, geographical, or personal situation).

TEAM LEADER PROFILE

- 18+ years old,
- residents in the partner countries,
- ready to support a group of 5 participants during the exchange,
- interested in youth work, inclusion, and intercultural learning,
- supportive, responsible, and approachable,
- comfortable guiding group dynamics and daily communication,
- ready to encourage participation and help create a safe, positive atmosphere.



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About the Project

Courage to Lead is an Erasmus+ youth exchange project that brings together young people from **Poland, Czechia, Italy** and **Romania**. The project helps participants build confidence, leadership skills and practical competences needed to work with others and take initiative in their communities.

The project aims to:

- develop leadership and teamwork skills,
- improve project management abilities,
- strengthen digital competences,
- increase civic engagement and initiative,
- improve communication in English,
- support intercultural learning and cooperation.

Through workshops, group work and international exchange, participants will gain practical experience, learn how to turn ideas into action, and feel more confident in leading projects and working in diverse teams. At the end of the project, they will receive a **Youthpass certificate** recognising their learning outcomes and the competences developed during the exchange.

Schedule

13.09	14.09	15.09	16.09	17.09	18.09	19.09	20.09
ARRIVAL DAY	BREAKFAST 9:00-10:00	BREAKFAST 9:00-10:00	BREAKFAST 9:00-10:00	BREAKFAST 9:00-10:00	BREAKFAST 9:00-10:00	BREAKFAST 9:00-10:00	BREAKFAST 7:00-10:00
	Group Contract & Safety Framework	Leadership Styles Workshop	Digital Project Management 1	Kayaking on the Lake	Project Development Lab 1	Follow-up Planning	DEPARTURE DAY
	LUNCH 13:00-14:00	LUNCH 13:00-14:00	LUNCH 13:00-14:00	LUNCH 13:00-14:00	LUNCH 13:00-14:00	LUNCH 13:00-14:00	
	Expectations, Fears & Youthpass	Study Visit to Wadowice	Digital Project Management 2	Crisis Simulation Workshop	Project Development Lab 2	Youthpass Ceremony & Final Evaluation	
	DINNER 18:00-20:00	DINNER 18:00-19:00	DINNER 18:00-19:00	DINNER 18:00-19:00	DINNER 18:00-19:00	DINNER 18:00-19:00	
	Welcome Evening	Integration Bonfire & Leadership Block	Intercultural Evening	Evening Evaluation & Free Time	Evening Evaluation & Introduction to Next Task	Evening Evaluation & Free Time	Final Bonfire, Reflection & Celebration

- a valid ID or passport,
- your student's card or an equivalent (if you are qualified for discounts)
- your travel tickets and booking confirmations,
- your European Health Insurance Card and personal insurance documents,
- reusable water bottle,
- comfortable clothes and shoes,
- a warm jacket/hoodie for the evening and some form of rain protection,
- hat and sunscreen for outdoor activities,
- headphones or earphones for the museum audio guide,
- traditional snacks that are easy to transport (for intercultural evening)
- personal hygiene items (towels will be provided),
- personal medication if needed,
- **most importantly, bring positive energy!**

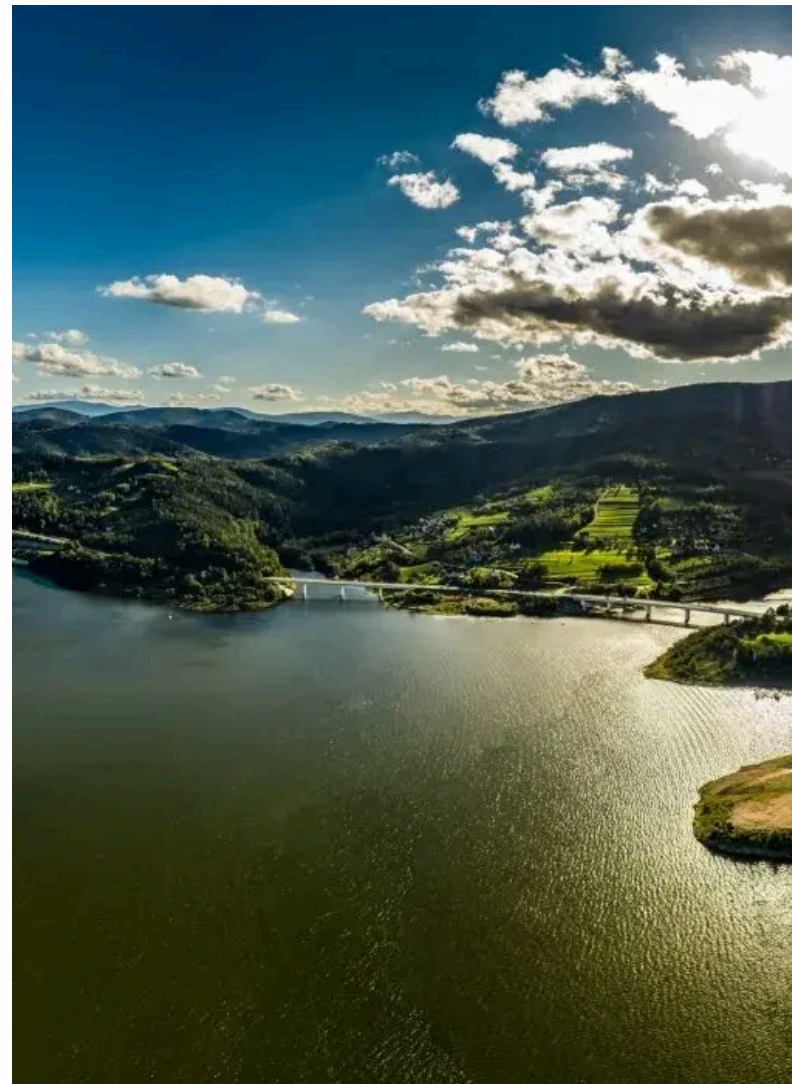


Venue & Accommodation



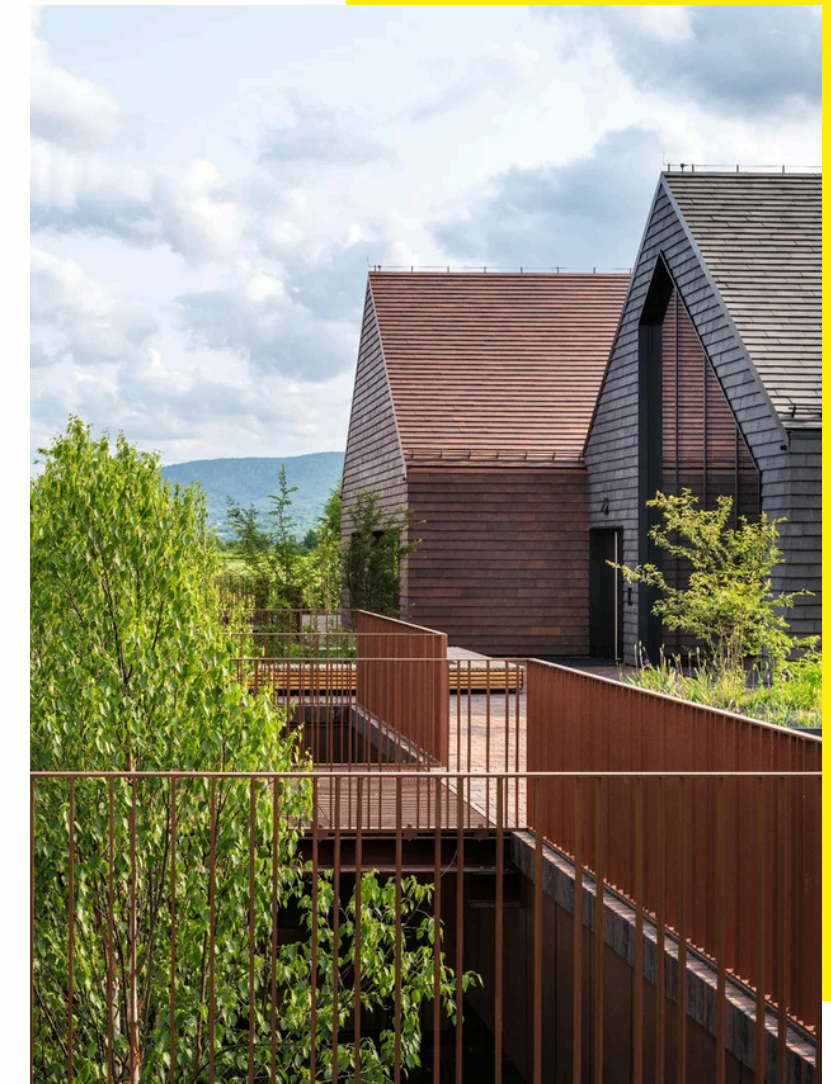
Wadowice area

The youth exchange will take place in the Wadowice area, in the **Małopolska Region** of southern Poland, near Mucharskie Lake. It is a peaceful and scenic area, surrounded by nature.



Campus Bemke

Campus Bemke is a modern and welcoming venue located at Krakowska 4 in **Klecza Dolna**. Surrounded by nature, it offers a peaceful and inspiring environment for learning and group activities.



Travel & Arrival

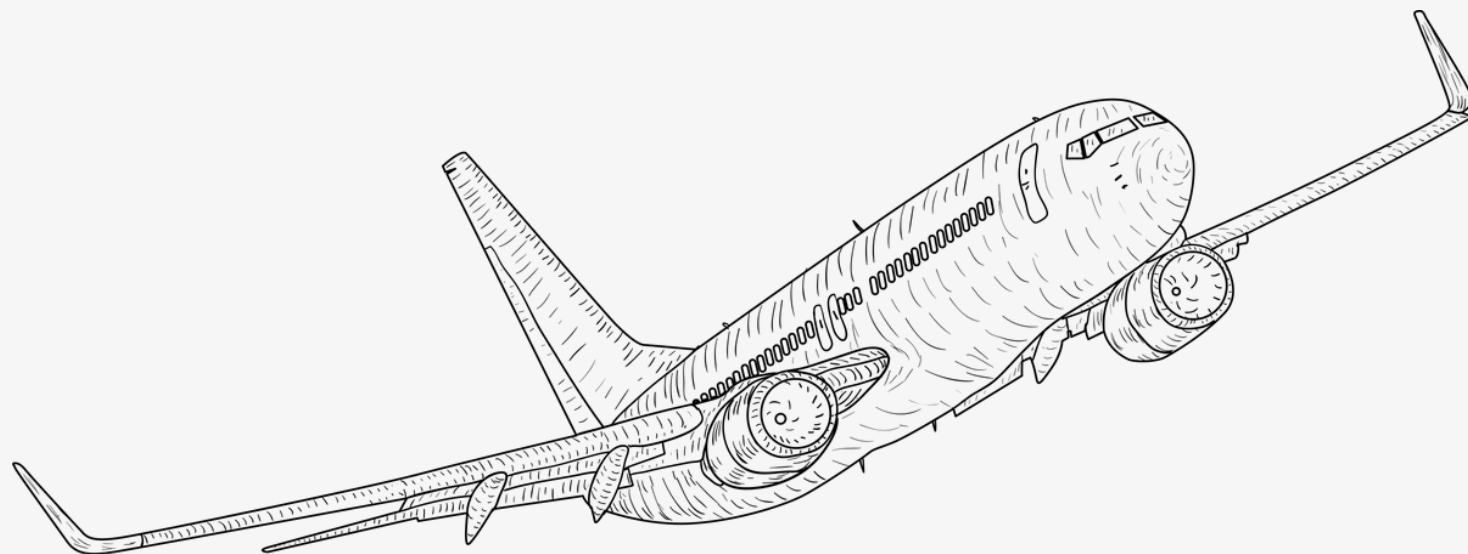
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If you are taking a train to Kraków

At Kraków Główny, change to a **POLREGIO train** to **Klecza Dolna**. You can buy this ticket online (koleo.pl), in the POLREGIO app, at a ticket office, at a ticket machine, or from the conductor. You will arrive in Klecza Dolna after roughly 1 hour 10 minutes to 1 hour 30 minutes.

Campus Bemke (Krakowska 4, Klecza Dolna) can be reached on foot from the station.

For groups arriving together, we can also collect your luggage from the station to make your arrival easier and more comfortable :)



If you are landing in Kraków

At the airport, follow the signs to **the railway station** connected to the terminal by a covered footbridge. First take the **SKA1 train** to **Kraków Główny**. The ride from the airport to Kraków Główny takes about 17–20 minutes. Tickets can be bought at the ticket machine in the terminal on level 0, at the sales point, or from the conductor.

At Kraków Główny, change to a **POLREGIO train** to **Klecza Dolna**. You can buy this ticket online (koleo.pl), in the POLREGIO app, at a ticket office, at a ticket machine, or from the conductor. You will arrive in Klecza Dolna after roughly 1 hour 10 minutes to 1 hour 30 minutes.

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For groups arriving together, we can also collect your luggage from the station to make your arrival easier and more comfortable :)

Travel Budget

Poland: 10–99 km distance band, green travel, **€56** per person,

Czechia: 100–499 km distance band, green travel, **€285** per person,

Romania: 500–1,999 km distance band, standard travel, **€309** per person,

Italy: 500–1,999 km distance band, standard travel, **€309** per person.

Travel distances	Green travel – Amount per participant	Non-green travel – Amount per participant
10 – 99 km	56 EUR	28 EUR
100 – 499 km	285 EUR	211 EUR
500 – 1999 km	417 EUR	309 EUR
2000 – 2999 km	535 EUR	395 EUR
3000 – 3999 km	785 EUR	580 EUR
4000 – 7999 km	1188 EUR	1188 EUR
8000 km or more:	1735 EUR	1735 EUR

The travel distance represents a single way distance from the place of origin to the venue, whereas the amount covers the contribution to the return travel to and from the venue. For itinerant activities, the applicant should add up the distances between individual venues and choose the distance band corresponding to the total.

Participants from **Green Travel** countries are expected to travel by **train, bus, car-sharing** or other lower-emission means of transport whenever possible.

Reimbursement

Travel costs can be reimbursed only if all required supporting documents are submitted. In addition, participants are expected to take part in the full programme and to respect the group contract. Reimbursement may be reduced or not provided in cases of missing documentation, incomplete participation, or serious violation of the agreed group rules. During the activity, we will collect all the receipts and tickets, sign the reimbursement contract and send you the transfer back within around 2 weeks after the activity. Please make sure to **follow these rules carefully**.



Travel Approval

Before purchasing any long-distance tickets such as flights or international train or bus tickets, please send them to us for approval in advance. This helps us make sure that the costs are eligible and can be reimbursed.

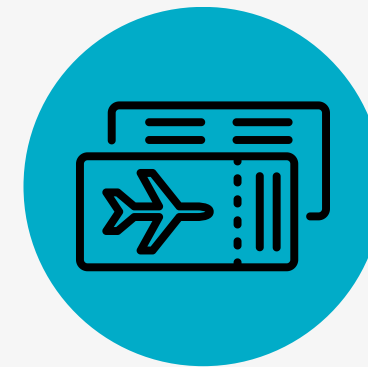


Participation

In order to receive reimbursement, participants are expected to attend all sessions and fully take part in the programme.

Travel Documents

Please remember to keep all travel documents, including tickets, boarding passes, invoices, booking confirmations and proof of payment, as they will be needed later for reimbursement.



Group Contract

At the beginning of the exchange, we will create a group contract together. All participants are expected to respect its rules and agreements.



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JOIN OUR WHATSAPP GROUP

Join our WhatsApp group to stay in the loop! We'll share all important updates, reminders and practical information there before and during the exchange.



Courage to Lead | YE Team

Grupa WhatsApp



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See you soon!

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

Contact Information:

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the European Union**