



WELCOME TO

Rock Solid Soft Skills Training



Dear participants and future friends, here you can find practical information about the training course **Rock Solid Soft Skills**, which will take place in **Krakow, Poland**.

Duration of the training course: 7 days

Arrival: Saturday 27, April 2024

Departure: Friday 03 May 2024

The number of participants: 26

Each partner will be represented by **3 delegates**.

Age of participants: 18+

In this folder you will find:

Training goals and agenda, accomodation, dinning 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 exceptional trainers well-versed in the David Kolb 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 analyze their experiences, acknowledging strengths and areas for growth.

Facilitators guide discussions, encouraging self-awareness and empathy. Through abstract conceptualization, participants distill 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.

Erasmus+
Enriching lives, opening minds.





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 capacity for planning work and creating visions

Benefits:

1. Increasing the chances of development for young people, including in the job market.
2. Strengthening the potential of civil society organizations.
3. Support and assistance for youth leaders.
4. Enabling smooth functioning in the online world.
5. Increasing the effectiveness of social interactions.



Training method

The **David Kolb 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 that experience in the second stage, considering what they observed and felt. Next, in the third stage, learners analyze their reflections to form abstract concepts and theories. Finally, in the fourth stage, they apply these concepts through active experimentation, which leads back to new concrete experiences, thus continuing the learning cycle.



Training agenda

	27/04/2024	28/04/2024	29/04/2024	30/04/2024	01/05/2024	02/05/2024	03/05/2024
Breakfast 9:00 - 10:00							
Session 1 10:00 - 11:30	Arrivals, taking rooms in hostel	Intro of the training and its methodology Intro of the programme	Group dynamics - stages of group forming	Efficient communication	Conflict management	Handling difficult conversations	Workshops for a future cooperation - Open Space methodology
Break 11:30 - 12:00							
Session 2 12:00 - 13:00	Arrivals, taking rooms in hostel	Active learning, team collaboration	Group roles	SPORT Model	Conflict management - exercisers	Handling difficult conversations - exercisers	Goodbye party/ departures
Lunch 13:00 - 14:00		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Session 3 14:00 - 15:30	Meeting in training room at 15:00 Getting to know each other Ice braking	What it means to be a good leader?	Leadership skills - exercisers	Active listening	How to lead effective teams?	Action learning session	Departures
Break 15:30 - 16:00							
Session 4 16:00 - 18:00	Getting to know each other	Leadership skills - exercisers	City game	Intercultural evening	Effective teams - exercisers	Action learning session	
Dinner 18:00 - 19:00	Dinner in the city centre	Dinner in the city centre	Dinner in the city centre	Intercultural evening	Dinner in the city centre	Dinner in the city centre	

Accommodation

We sleep here:

Bagel Residence Old Town

Józefa Dietla 5, Kraków

<https://cracow.travel.pl/en/apartments/bagel-residence-old-town-2/>

We can **get our rooms after 14:00**. The residence offer 3 or 4 people apartments with private bathroom, kitchenette, air conditioning. The hostel is close to the Old Town centre and the Wawel Castle.

Remember you will be sharing a room with more people :)

If you arrive earlier or depart later than these times, you can **leave your luggage** at the hotel, but not in the room. The hotel reception works 24 hours.

Example distances from Bagel Residence

Main Train Station – 1500m

Main Market Square – 1100m

Wawel Castle – 600m

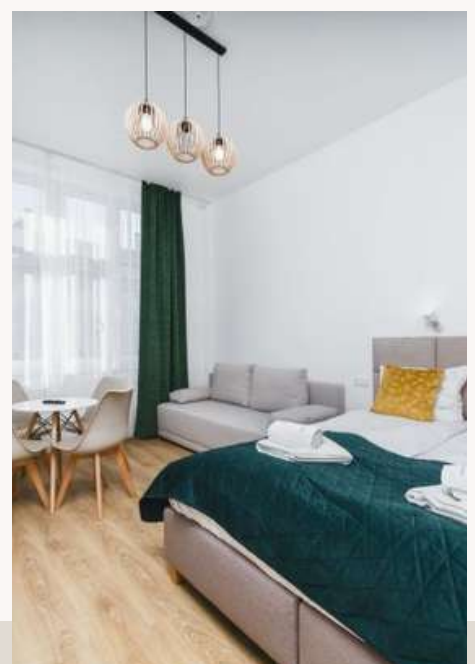
New Square (Kazimierz) – 400m

Szeroka Street (Kazimierz) – 350m

Balice Airport – 12km

How to get there?

The best option is to take tram 3,17 or from Main Train Station to Starowiślna stop.



Training room

The training room is here:

Krakowski Coworking

Rynek Główny 34/15, 31-010 Kraków

Training room is located at the Main Market Square.



Practical information

The currency in Poland is **Polish Zloty (PLN)**. You can exchange your currency to polish in Airport or Railway station.

All costs regarding the training will be covered (hotel and food). 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 during your travel and your whole stay in Poland.

Please do not forget to arrange your travel insurance, including the responsibility insurance (in case of causing third-party damage). Health insurance is not provided by the organizers; the citizens of the European Union are entitled to the **European Health Insurance Card.** All the participants are strongly advised to bring the European Health Insurance Card with them.

Lunch & dinner

Breakfast will be served in hostel.

For lunch you will be able to choose from a buffet all the meals at the

Chimera Restaurant:

Świętej Anny 3, 31-008 Kraków

For dinners we will pick different restaurants close to Main Square.

If you have dietary restrictions, it is up to you to choose what is suitable for you to eat.

Dinner will be offered on the arrival day.

IMPORTANT NOTE: The dinner time is 19:00- 21:30. If you arrive later, dinner will not be served to you and it might be difficult to find something nearby. Please take this into consideration. You may want to buy a snack at the airport or bring something with you.





Airport

You are strongly advised to arrive at KRAKOW AIRPORT.

If you want to spend more time in Poland you should keep in mind that the Polish National Agency for Erasmus+ accepts the participants to stay for **2 extra days**, either before OR after the training course.

Krakow airport is about 45 minutes from the hotel. The best option is to take **train from Airport to the Main Railway Station**.

Make sure you are checking the timetable for the correct day (Saturday) as the schedule might differ.

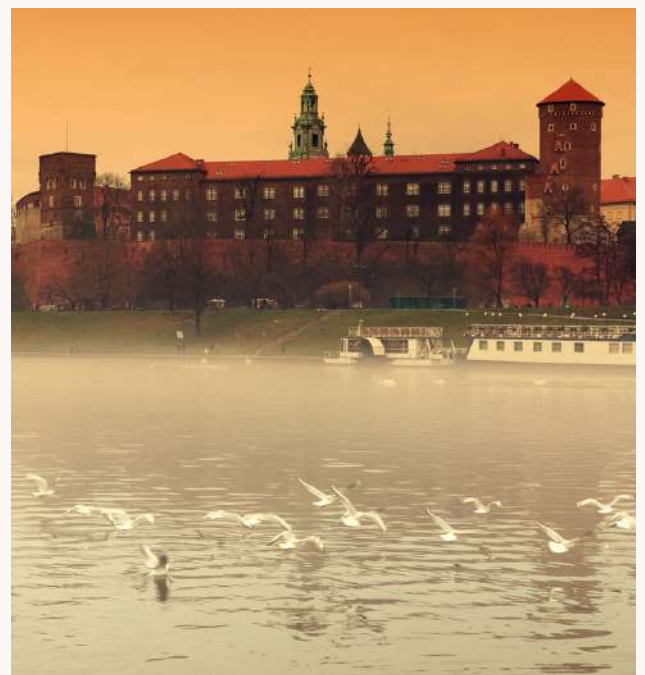
The taxi cost is generally not covered, but we will cover the cost if you arrive/depart in the middle of the night.

What to bring?

Information material about your country, your organisation, and your culture. Video or a presentation of your organisation and your country. It would be great if you could bring posters, brochures, promotional material.

Personal reusable water bottle, cup or thermos so as to create as little plastic cups garbage as possible. Moreover, drinks are not allowed in the seminar room unless in a thermos or a bottle. Let's be environmentally friendly :)

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



Visibility

During the activity, we will take photos and videos to be published on the partners' media, such as websites, social media or other visibility and promotional material.

If you do not wish to be part of these publications, you have to contact the organisers. As you understand, you are going to have an important role in the publicity of the project in the media and social media.

Let others know more about the project by tagging it!



Questions?

Don't hesitate to ask!

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