



Roots of Harmony

Project Booklet · Youth Exchange ·

8-16 June 2026



Funded by
the European Union

Our Journey Begins



"Roots of Harmony" is more than a project title – it's an invitation. An invitation to grow together, to find peace within ourselves, and to carry that peace outward into our communities.

This booklet captures our shared journey: the activities, the reflections, the methods, and the people who made it real. We hope it inspires you to plant your own roots of harmony.

— Project Team

About us

24

Young People

From across Europe

4

Countries

Partner organisations

7

Days

of shared learning

10

Months

Full project cycle

Themes: Positive Youth Development · Peace-building · Outdoor & Experiential Education

Our Aim & Objectives

To empower 24 young people through outdoor education and experiential learning to cultivate inner peace, foster harmonious relationships, and develop the five components of Positive Youth Development – inspiring them to become active ambassadors of peace within their communities.

1

Inner Peace & Nature

Young people explore how nature and outdoor education support personal growth and inner calm.

2

Teamwork & Communication

Participants practise non-formal outdoor methods that strengthen interpersonal peace and group dynamics.

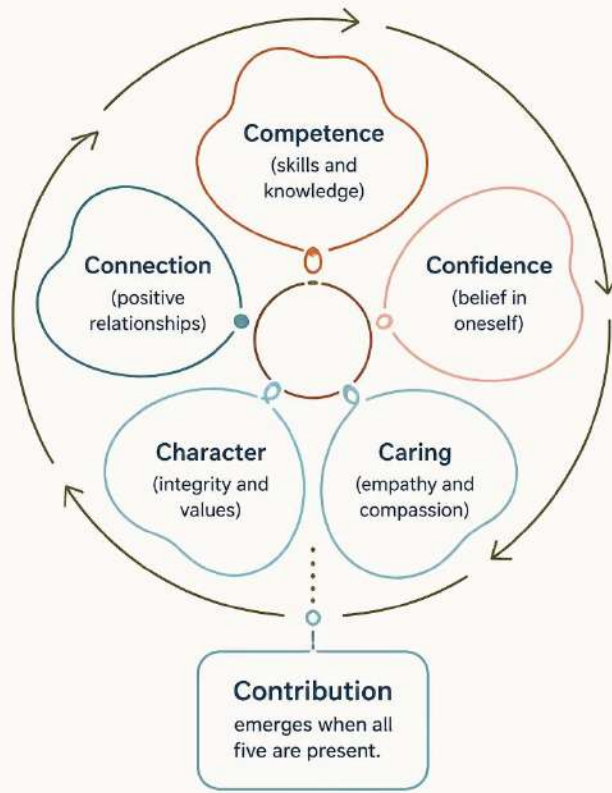
3

Community Action

Over 10 months, young people develop an empathetic, proactive mindset and take action for peace and nature.

What Is Positive Youth Development?

PYD is a strengths-based approach — focusing not on what young people lack, but on what they already carry. When the 5 Cs are nurtured, a 6th — **Contribution** — naturally emerges.



The 5 Cs

Competence — Skills and knowledge

Confidence — Belief in oneself

Connection — Positive relationships

Character — Integrity and values

Caring — Empathy and compassion

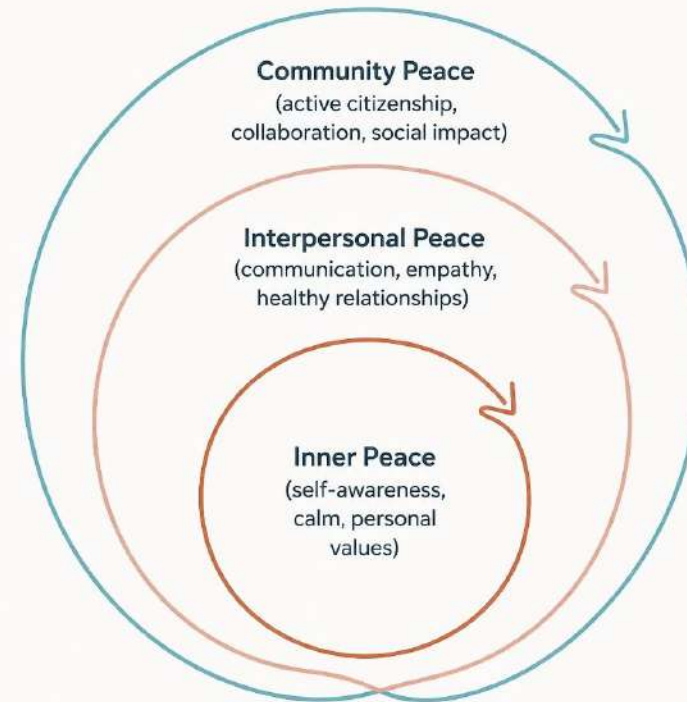
Peace in Three Levels

Peace is not just the absence of conflict — it is something we grow, from the inside out. Our exchange explored three interconnected levels of peace, each building on the one before.

Through outdoor activities, mindful reflection, and group challenges, participants experienced how **inner calm** supports **healthier relationships**, and how those relationships strengthen the **communities** we return to.



Peace education and nature-based learning together create the conditions for all three levels to flourish — not as theory, but as lived experience.



Roots of Harmony day by day

- 1** — **Day 1 Getting to know each other & building trust**
Focus: Creating a safe and welcoming group.
- 2** — **Day 2 Competence**
Focus: Introducing 5 C's of Positive Youth Development, discovering and reflecting on own competences.
- 3** — **Day 3 Connection**
Focus: Communication, empathy and conflict understanding.
- 4** — **Day 4 Caring**
Focus: Testing the Harmony Trail with the aim to help people find peace in nature

Roots of Harmony day by day

5

Day 5 Character

Focus: Discovering values shaping our character, making decisions based on them.

6

Day 6 Confidence

Focus: Building healthier habits that will make us more confident people.

7

Day 7 Future Steps

Focus: Planning the follow-up phase, recap and the next steps

That's what people said...

From the first arrival circle to the final goodbye, each day brought new discoveries, challenges, and connections. Below are a few voices from our group:



"Before this exchange, I felt a bit lost. Now I know how to change some habits to bring more harmony into my life."



"The Harmony Trail hike was my favourite moment. Walking slowly, noticing things... it felt like the world got bigger and quieter at the same time."



"I came for the activities. I left with friendships I didn't expect and a sense of purpose I didn't know I was missing."

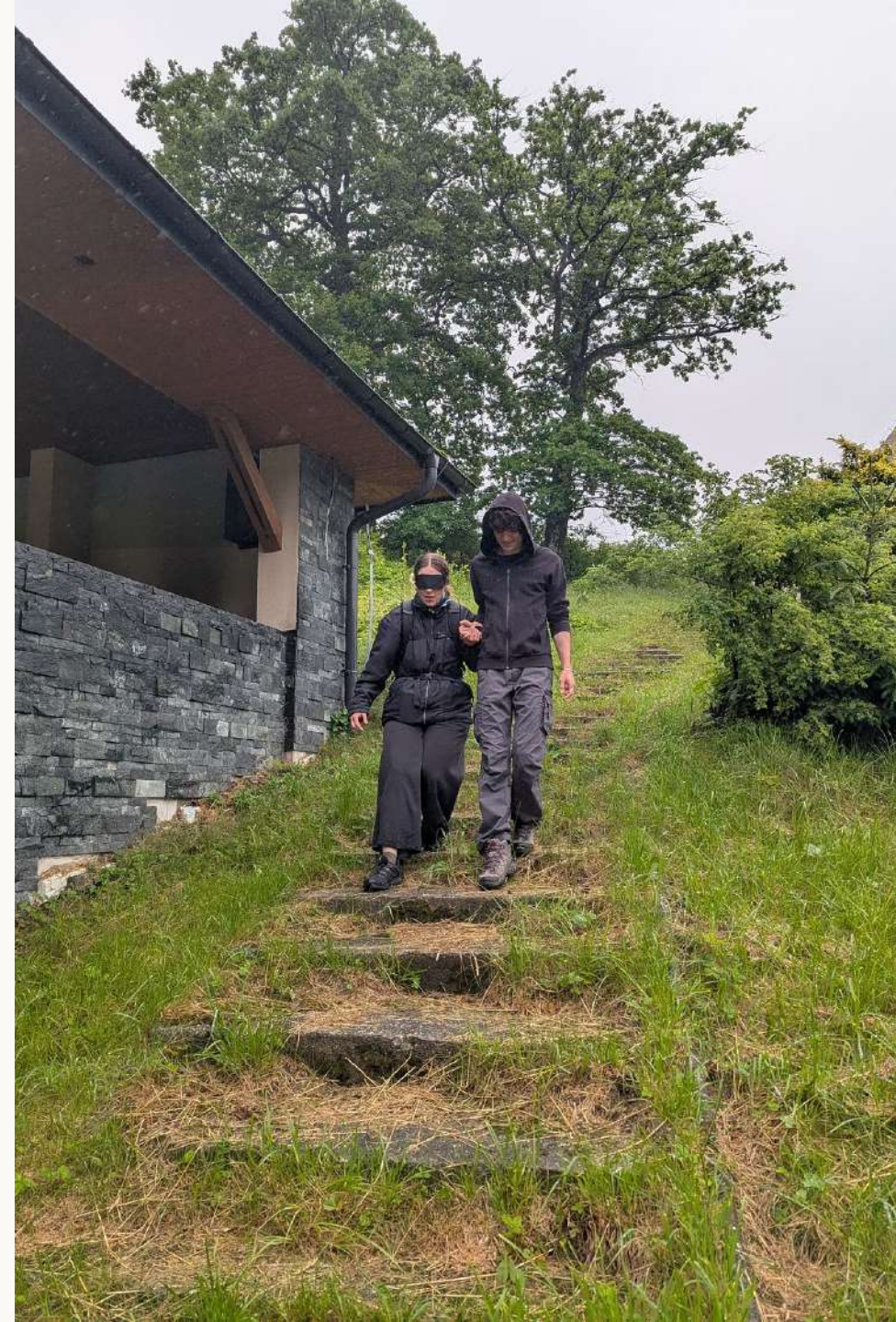


Our Favourite Tools

Blind Trail Walk

Group: Pairs · **Time:** 20 min · **Space:** Outdoor

One person guides a blindfolded partner along a natural trail. Builds **trust**, **communication** and **connection**.





Our Favourite Tools

Tower of Power

Group: 12-24 people · **Time:** 30-45 min · **Space:** Outdoor

Teams use strings and blocks to collaboratively build the tallest stable tower within a set time limit.

The activity focuses on communication, planning, and problem-solving under pressure.

Our Favourite Tools

Pipe Race

Group: 12-24 people · **Time:** 30-45 min · **Space:** Outdoor

Teams design and connect pipes to guide a marble through a course from start to finish.

The activity develops teamwork, coordination, and creative problem-solving under time pressure.





Group: 2-30 people · **Time:** 30-90 min · **Space:** Outdoor

The activity builds trust, self-awareness, and deeper group connection through guided conversation.

Memories



Check out this activity
Harmony Trail - Korbielów -
Pilsko



↔ 5.47 km ↗ 750 m

Our result

Harmony Trail

All together we designed a Harmony Trail leading from Korbielów to Pilsko. It includes dedicated path marked on the map with 6 mindfulness stations marked along the way.

You don't need to hike to enjoy some of our exercises.

Check it out and take a break from the noise and reconnect with what really matters.

Harmony Trail Gallery



Keep Growing:

Where to Learn More

- **The Five Cs Model** — Lerner et al. — Foundational PYD framework. <https://www.icanaz.org/the-5cs-of-positive-youth-development/>
- **8 Key Competences for Lifelong Learning** — <https://op.europa.eu/s/Aiqw>
- **How to rest better?** —> The Relaxation Paradox <https://www.scotthyoung.com/blog/2026/02/17/relaxation-paradox/>

Erasmus+ Opportunities

- **Youth Exchanges** — Short-term group mobility for ages 13–30.
- **Training Courses** — Skill-building for youth workers and educators.
- **European Solidarity Corps** — Volunteering and solidarity projects.



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Plant the Roots. Grow the Harmony.



This booklet is just the beginning.

👉 Contact us!

Young Wave

IG: <https://www.instagram.com/youngwave.ngo/>

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Project No. 2025-1-PL01-KA152-YOU-000301751