

December 13-20, 2025.
Czech Republic



Grow: genesis

International educational project on personal
development and well-being



About the project

Infopack: g

Grow is an international training course, where youth workers will be introduced to essential tools for **personal development**, grounded in self-awareness and cognitive growth.

Through a mix of **reflective exercises**, coaching techniques, and **empathic communication practices**, participants will deepen their understanding of their own strengths and thought patterns.

This project builds a strong foundation for **leadership** by enhancing emotional intelligence and fostering peace-building attitudes. The program emphasizes **self-reflection** as the basis for sustainable development and prepares youth workers to guide others effectively.

Please note: This project is alcohol-free.

Objectives

Infopack: [g](#)

TO BUILD AND CONNECT

partnerships and future cooperation

TO INCREASE

employability and participation of youth workers, develop their personal and professional skills

TO GAIN AWARENESS

of new methodologies (coaching, emphatic communication, conflict transformation)

TO SHARE

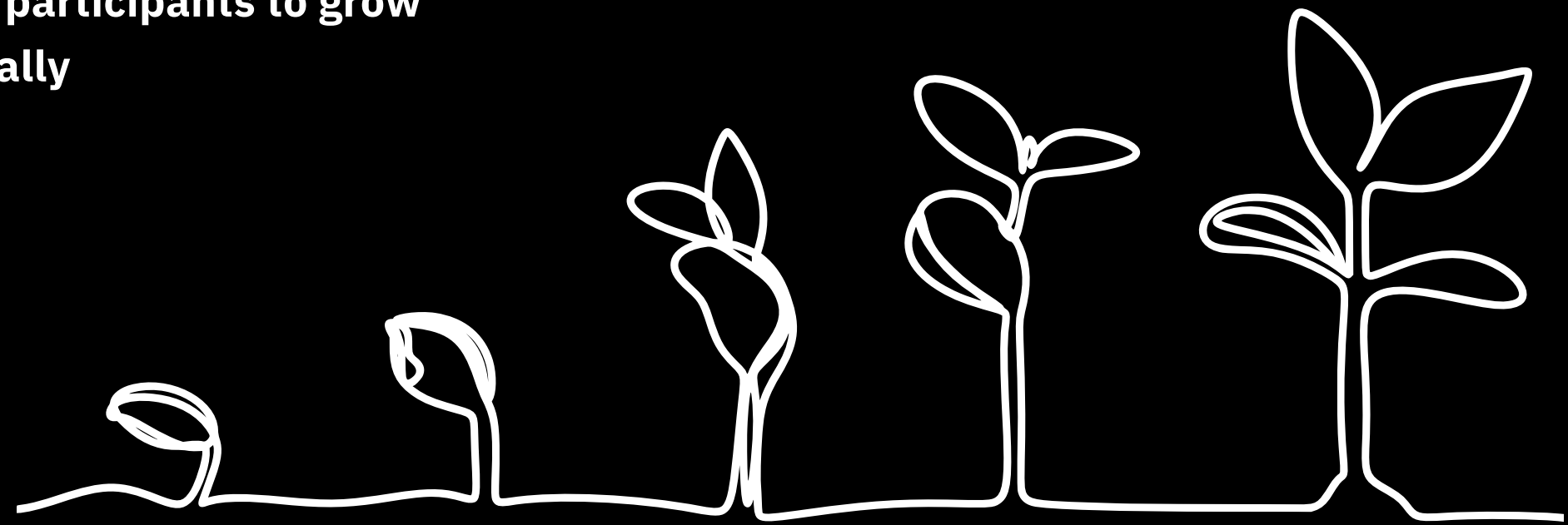
good practices, ideas and experiences

TO ENCOURAGE

selfdevelopment, support participants to grow personally and professionally

TO STIMULATE

the self-development process of the participants



We are looking for:

- : Individuals dedicated to personal growth, passionate about self-improvement and driving innovation.**
- : Motivated individuals, ready to contribute to or start their own projects or initiatives.**
- : Youth workers who are 20 years and older.**
- : Workers with youth such as youth workers, counselors, educators, trainers, but also project coordinators, youth leaders.**
- : People with a good understanding of the local socio-economic reality in which they operate, especially regarding youth (including marginalized and discriminated), their reality and challenges they face.**

A photograph of a man with short dark hair and glasses, wearing a dark blue cable-knit sweater. He is gesturing with his right hand, palm facing forward, while speaking to a group of people. The background is slightly blurred, showing other people and what appears to be an indoor setting with red and white striped elements.

Participant profile

Don't worry about the most essential!

Travel costs will be reimbursed for the most affordable and direct way to get to the project. Check out the travel budget chart for specific amounts.

JUST ONE THING TO KEEP IN MIND: MAKE SURE YOU HAVE TRAVEL HEALTH INSURANCE.

You can take 2 extra days before, or after the project.

Keep all your receipts, invoices and travel documents so we can reimburse you.

Travel information

Infopack: [g](#)

Distance	Travel budget	Green travel
10 - 99 km	28 €	28 €
100 - 499 km	180 €	255 €
500 - 1999 km	280 €	390 €
2000 - 2999 km	365 €	505 €
3000 - 3999 km	550 €	755 €
4000 - 7999 km	1150 €	1160 €
8000 km and more	1705 €	1705 €

[Check your distance on this website.](#)

Start: your city

End: Hrádek, Ústí nad Orlicí region

We will be **leaving the venue between 8am and 10am on the last day** to the same place as you arrive the first day.

Want to travel green and save some money?

Green Travel Support is offered for those who use eco-friendly transportation like:

- : carpooling,
- : BlaBlaCar,
- : buses,
- : or trains.

If you take these **sustainable** options for **at least half of your trip**, you'll have up to 4 extra travel days and a **Green travel budget**, please see the green travel budget.

BE ECO. SAVE MONEY AND SAVE THE PLANET :)



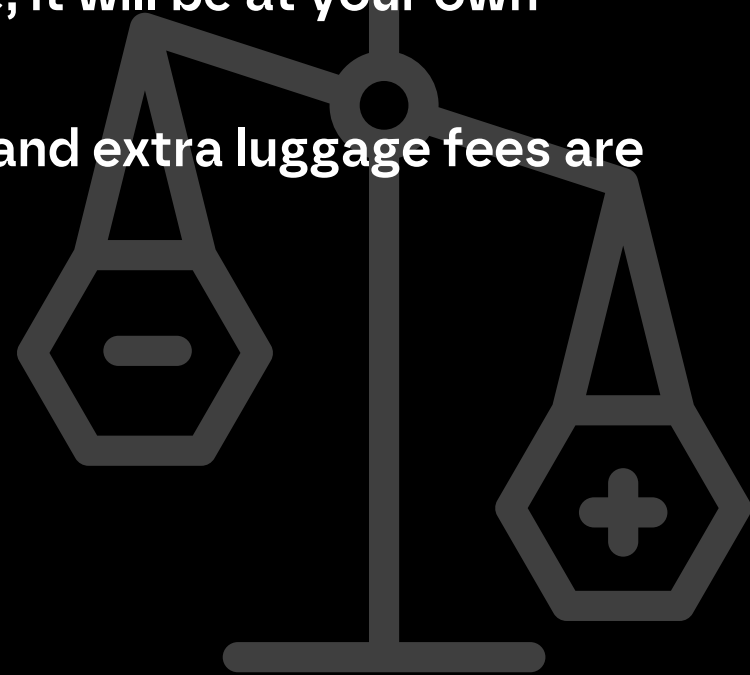
Green Travel

Travel Light: Tips & Important Rules

When planning your trip, please keep in mind the following **travel guidelines** set by the Czech National Agency, which **must be followed** by the organizing team.

Stick to the Essentials

- : The National Agency supports the most economical and sustainable way of travel, which is why extra services are not reimbursable.
- : If you need a larger check-in luggage, it will be at your own expense.
- : Priority boarding, seat reservations, and extra luggage fees are not covered by the travel budget.



Travel Days & Accommodation

- : The National Agency allows up to 2 extra travel days (before, or after the project). If you choose to stay longer or arrive earlier, any additional travel costs will be at your own expense.
- : Accommodation during extra travel days outside the project dates is not reimbursable, just like travel insurance costs.

Plan wisely, pack light, and travel smart!

Financial Contribution

All the expenses are covered by the organizer for the selected participants. Including travel, accommodation, food and program. We've got you covered!

The only financial contribution of selected participants is **50 EUR / 1 200 CZK for the stage**. It will be paid on the stage **in cash** (EUR/CZK).

If you are not selected, you can purchase the course for the full price according the price list of the organizer, we will still assist you with travel and accommodation.



Infopack: g

The project venue is Kubasův Mlýn, located near the mountains in the Czech Republic.

You will be staying in shared rooms with 3-5 people.

Accommodation

All meals and accommodation during the project dates are covered by the project for the selected participants.

Project is mostly vegetarian.

For more info, visit: Kubasův Mlýn.

Address: Hrádek 23, 562 01 Hrádek

Weather & What to bring

Make sure to bring:

- Warm, comfortable clothing
- Indoor slippers
- A towel and toiletries
- Any medications you may need
- Reusable water bottle
- Passport and boarding passes/tickets
- Your travel health insurance

Prepare for December in the Czech Republic, temperatures generally peak at 1°C, but after sunset, they often decrease to around -1°C. Weather includes low temperatures and moderate rainfall or snowfall.

Everyone is welcomed to bring food and drinks typical for their countries to share with others!



Meeting point & time

The meeting point will be in front of the **main train station in Ústí nad Orlicí**, by the entrance into the building on **December 13 between 4pm and 6pm**.



Application

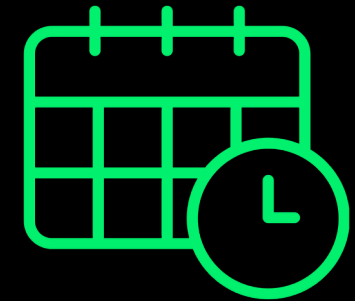
Infopack: [g](#)

In order to apply, we kindly ask you to send us a 2 min video where you will answer 2 questions and fill the online form.

- 1 How has personal development influenced your work as a youth worker?
- 2 What specific skills or areas of personal development are you most interested in working on during this project?

•• Make sure to keep your video NO longer than 2 minutes!••

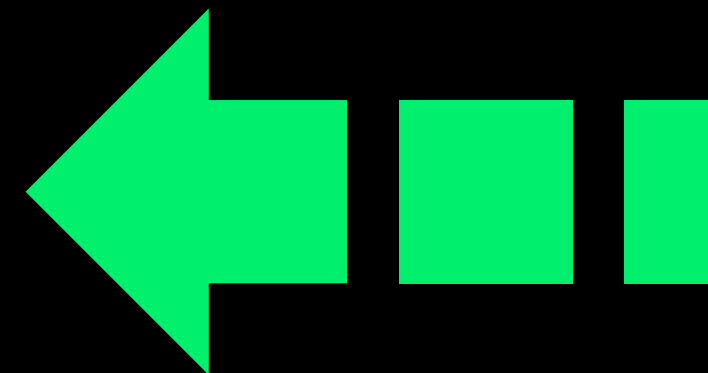
**IMPORTANT
DEADLINES:**



For filling the application form: **10.10.2025**

For purchasing tickets: **10.11.2025**

**Apply
HERE**



■ ■ genesis

Infopack: **g**

Genesis is a Czech non-governmental organization with a long tradition and simple philosophy.

Genesis provides individual and group trainings. At Genesis, we support all efforts to learn because the more we experience, the better off we all become.

Our goal is to help individuals and companies to receive training that is not only great but also socially responsible. We believe that innovation in education helps employees, employers, and society as a whole to sustainably grow and develop.

TO KNOW IS TO GROW.



info@ngogenesis.com



@genesis_ngo



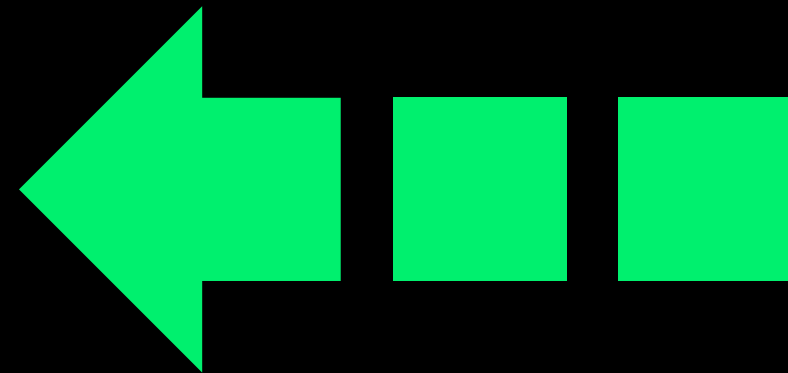
www.ngogenesis.com

Grow: genesis

Infopack: g

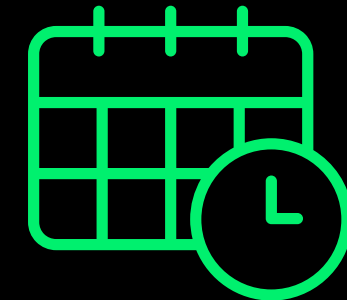
International Training Course
December 13, 2025, Czech Republic

**Apply.
HERE**



<https://forms.gle/EWM6PRn7hGBWV6457>

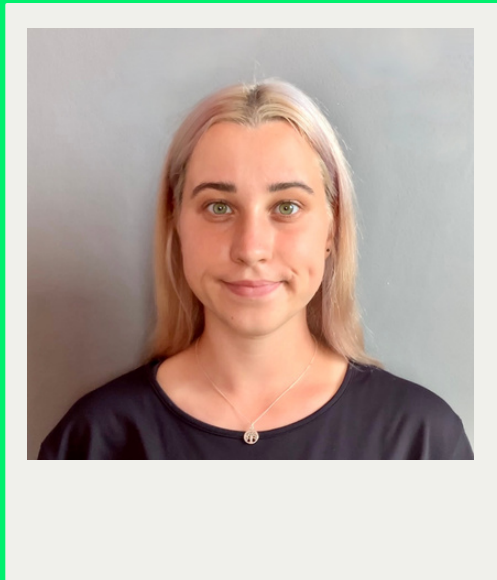
DEADLINES:



For filling the application form: **10.10.2025**

For purchasing tickets: **10.11.2025**

Contact: g



Lydia Petera

Project Coordinator

grow@ngogenesis.com

www.ngogenesis.com

: genesis

