

BY THE LABORATORY FOR
THE CHANGE FOUNDATION

HOW TO SUPPORT YOUTH LEADERS



YOUTH WORKERS MOBILITY

3-9.11.2025 POLAND/ OPOLE



Laboratorium
Zmiany



Co-funded by
the European Union



ABOUT US

Since 2015, The Laboratory For the Change Foundation has been creating a safe and inspiring space where girls and women can discover their inner strength, shape their own life paths, and thrive in relationships, education, and work. Our team has delivered hundreds of hours of workshops, training sessions, and community initiatives designed to empower, support, and inspire.

We believe in learning together, experimenting with new ideas, and providing space for dialogue and growth. Our work combines professional expertise with years of practice, as well as insights gained through specialised training and international projects.

Our mission: to empower girls and women to recognise their potential, challenge gender stereotypes, and resist discrimination—while promoting equality, respect, and social courage.

Who we work with?

We support not only girls and women, but also their communities—teachers, parents, youth workers, activists, institutions, and organisations—helping to create environments that are more equal, inclusive, and supportive.

THE PROJECT

Supporting youth leaders as educators or youth workers means creating spaces where young people feel empowered, encouraged, and equipped with the skills needed to lead effectively.

During our training, we'll explore this together through interactive sessions and proven tools such as Open Space Technology (anti-conference), the "Anchors for the Future" game, and outdoor meetings. These methods are designed to foster an environment where young leaders can grow and contribute meaningfully to their communities.

What's more, we'll visit inspiring local initiatives and spaces in Opole that actively support young leaders in practice—offering real-life insights and motivation for your own work.

Join us in Opole to exchange best practices, share knowledge, and strengthen your ability to support the next generation of changemakers.

PARTICIPANTS PROFILE



We want voices from different backgrounds, stories, and realities — especially from those working directly with youth or communities with youth are involved..

If you're 18+ and fit into one (or more) of these categories, we'd love to meet you:

- Youth workers.
- Active members of youth communities.
- Youth leaders.
- Trainers and facilitators in youth projects.
- Professionals with pedagogical superpowers.
- ESC volunteers with experience in non-formal education.
- People interested in discovering more about youth work.

Bring your curiosity, your care, and your readiness to dive in. We'll take it from there.

THE VENUE



[ul. Księdza Konstantego Damrota 1, 45-064 Opole](#)

Our main place of work and learning will be located just across the road from the dining area. The Centre for Dialogue is a local council building that hosts NGO offices, meeting rooms, and council facilities. It is the heart of the city for implementing and developing local initiatives.

On some days, we will also spend time in different venues connected to youth work, such as youth centres and clubs, to explore and experience more in practice.

TRANSPORT

The closest airports are; **Katowice (KTW)** or **Wrocław (WRO)** – approximately 1 hour from Opole, also you can look for a flight to **Kraków (KRK)** or **Warszawa (WAW)** with are 3-4 hours distance to Opole.

From Airport of your choice we recommend to take a train or bus:

1. **Wrocław** – take the local bus; **106, 129, 206** with departue every 15 – 20 minutes to the main train station (**Dworzec Główny**), from train station you can take or regional train or intercity train to **Opole Główne**. The tickets you can buy in station or online ; www.koleo.pl

2. **Katowice** – take the local bus; **AP** with departue every 15 – 20 minutes to the main train station (**Dworzec Główny Katowice**), from train station you can take or regional train or intercity train to **Opole Główne**. The tickets you can buy in station or online ; www.koleo.pl

3. **Kraków** – take the local bus; **209, 300** with departue every 15 – 20 minutes to the main train station (**Dworzec Główny Katowice**), from train station you can take intercity train to **Opole Główne**. The tickets you can buy in station or online ; www.koleo.pl

4. **Warszawa** – from Chopin Airpot you have an access to train station. You have to take the local train to **Warszawa Zachodnia** and then intercity train to **Opole Główne** – keep in mind that the intercity train need to be booked earlier because they are mostly fully booked from capital.

From all of mentioned cities there is also the option to travel by Flixbus bus.

REIMBURSEMENT

Please Check your distance on the website:

<https://erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator>

Before purchasig your tickets, send your travel route to the organisers and recieve the confirmation, only after that you can buy your tickets

Bring with you : Invoice + Boarding passes/ Train Tickets / Bus Tickets

Fill out the form with you Travel Costs
add the documents to the Google Drive

After sending all your tickets and boarding passes, all the participants will recieve the reimbursement of their travel costs by bank transfer

Travel days are the 3th and 9th, you can arrive one day earlier or leave one day later - the tickets will be reimbursed, but you will have to cover the extra accomodation costs yourself.

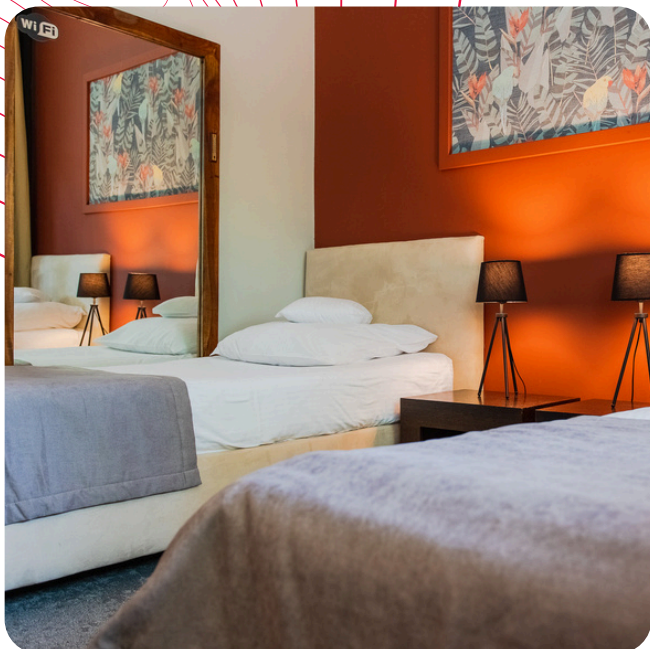
	Green Travel	no Green Travel
10 – 99 km	56 EUR	28 EUR
100 – 499 km	285 EUR	211 EUR
500 – 1999 km	417 EUR	309 EUR
2 000 – 2 999 km:	535 EUR	395 EUR
3 000 – 3 999 km	785 EUR	580 EUR
4000 – 7999 km	1188 EUR	1188 EUR

Please do not Forget to keep all your tickets(bus/train/plane) with you!

ACCOMMODATION

Szara Willa Hotel is located in the city centre, right next to a shopping mall, and just a 15-minute walk from our main venue for activities and meetings. Guests are accommodated in twin rooms, and breakfast is included with the stay.

<https://www.szarawilla.pl>





WHAT WE PROVIDE?


- Accommodation
- Alimentation
- Refund of travel costs based on Erasmus + kilometres tool - refund will be done after providing original documents of travel during the project by bank transfer. We encourage you also to try to travel to us in a Green Travel.
- Program and facilitators/trainers.
- Youthpass certificate

PRACTICAL INFO

In November in Poland, the weather is usually cold, ranging from 0 to 7°C. Evenings can be chilly, so we strongly advise you to bring a warm sweater, a jacket, and a hat or scarf. Expect rain and possibly fog.

We also recommend bringing warm, waterproof shoes. Towels are provided at the accommodation.

As part of the project, the organization provides group insurance, but we ask you to obtain an individual European Health Insurance Card, which allows you to access medical care in the EU.



THE TRAINERS



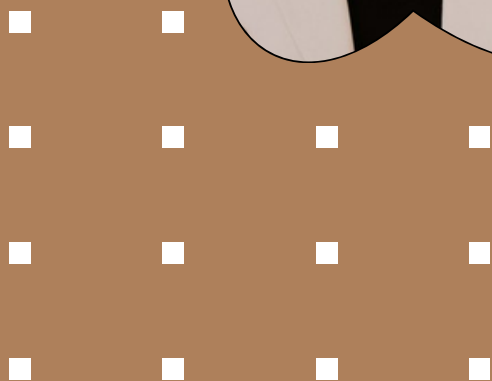
Magdalena Kurowska

President of the Foundation, former Chairwoman of the Women's Council in Opole, youth trainer, graduated from Applied Gender Studies at the University of Opole.



Alicja Wiśniewska

Project coordinator, member of the city council of Opole 2018 - 2024, master in law and currently working at the University of Opole, Member of the board of PROM - polish national youth council, involved in work and collaboration in many NGOs.



ANY QUESTIONS?



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<https://laboratoriumzmiany.org>



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**SO?
WILL YOU
JOIN US?**