

February 23 - March 2, 2026.
Czech Republic



Beyond Words: genesis

International project on
communication skills



About the project

Infopack: g

Beyond Words is a training course that begins with the most important conversation you'll ever have, the one with yourself.

Imagine feeling like **your own biggest supporter** instead of your biggest obstacle. Would you like to **express your thoughts clearly** and with confidence when talking to others? Would you like to **feel understood and connected** when you share what's on your mind? Would you like to **enhance your communication skills**?

To be able to truly connect with others, we need to understand how we relate to ourselves. This course focuses on building **self-awareness** by exploring how we **think, reflect, and speak internally**. It helps you to become more conscious of your inner dialogue and supports you in developing a more respectful and compassionate way of communicating. **Beyond Words** invites you to develop a deeper and more genuine way of communicating that starts with self-awareness and extends to the way you relate to others.

Objectives

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SELF-CARE

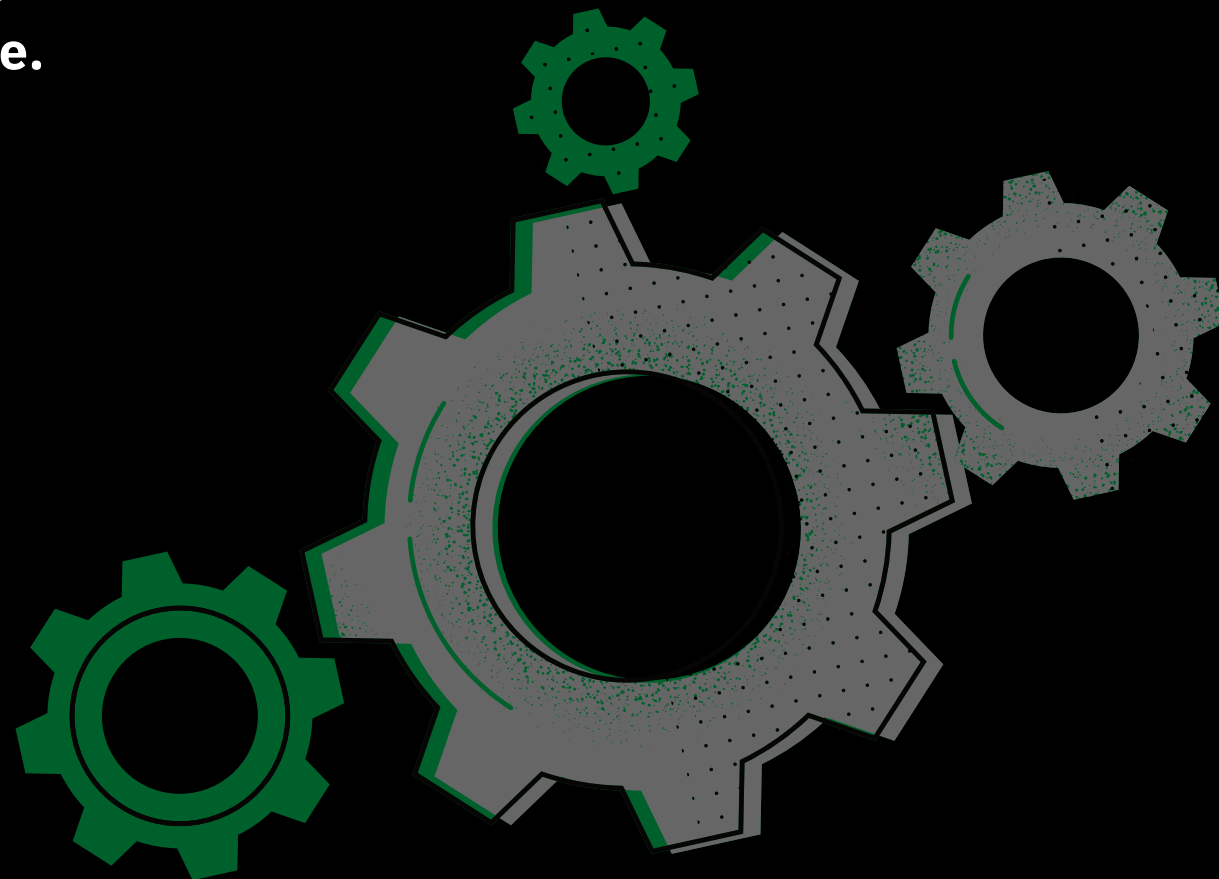
A key objective is to guide you in practicing self-care as a foundation for personal growth. By focusing on self-reflection and self-compassion, you will gain the tools to nurture your emotional well-being and enhance your overall resilience.

COMMUNICATION

Enhance your ability to express thoughts and feelings clearly and assertively. By learning effective communication techniques, you will be able to engage in meaningful conversations without the fear of being misunderstood.

ACTIVE LISTENING AND FEEDBACK

The course aims to improve your active listening skills, helping you understand others' perspectives and respond empathetically. You will also learn the art of giving and receiving feedback in a constructive way that promotes mutual growth and understanding.



We are looking for:

- : **Individuals** interested in the topic of communication and self-development, active in various areas of civic work, education, and helping people to grow.
- : **Motivated individuals**, ready and fully dedicated to work on their communication skills. Ready to question themselves without judging.
- : **Youth workers** who are 18 years and older.
- : **Workers with youth** such as teachers, youth workers, educators, trainers, future teachers, counselors, social workers.
- : **Individuals** who are ready to learn, work hard, share, explore new horizons, through this support others and be inspiring leaders.
- : **English speakers**, able to communicate and express in English.

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 a workshop or meeting setting.

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

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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: Sudislav nad Orlicí, 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 :)



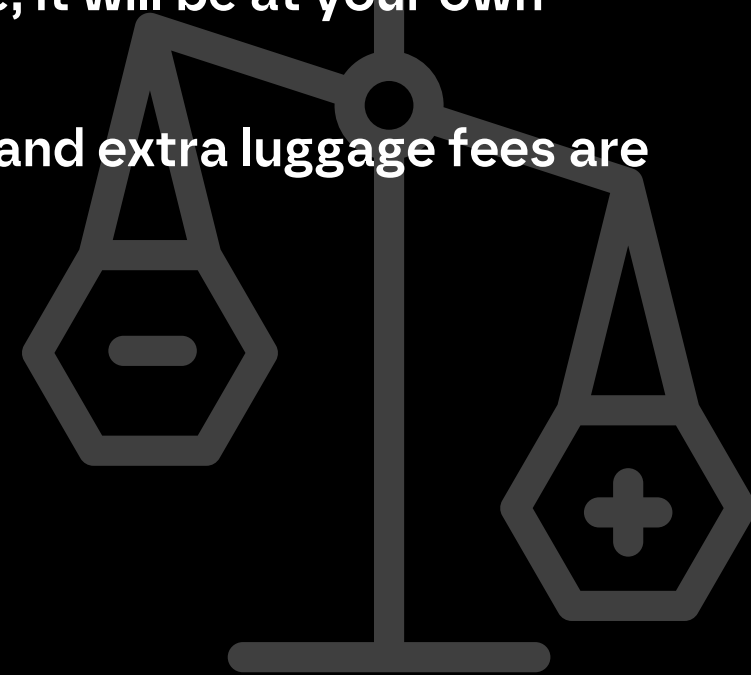
Green Travel

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 is participation fee of **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.



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The project will take place in the Czech Republic in a beautiful venue called Kubasova chalupa.

You will be sleeping in rooms for 3-7 people.

For more info, visit: [Kubasova chalupa](#).

Accommodation

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

During the project, meals will be primarily vegetarian and designed to be balanced and nutritious. To provide variety, there will also be 2 meals with meat included in the program.

Address: Sudislav nad Orlicí 11, 562 01
Sudislav nad Orlicí

Weather & What to bring

Make sure to bring:

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

In February, weather in Czech hills is rather cold, please expect wintry weather with average temperatures ranging from 10°C during the day to -10°C at night. The venue can be quite windy, and snowfall is likely, making it a good time for winter enthusiasts.

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 **February 23 between 4pm and 6pm**.



Application

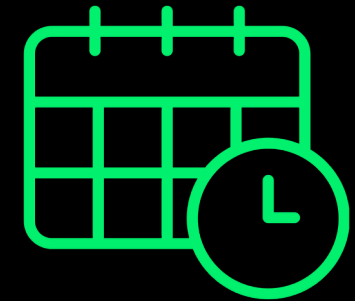
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In order to apply, we kindly ask you to send us a 2 min video where you will answer a question and fill the online form.

- 1 How do I see the connection between self-care and communication?

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

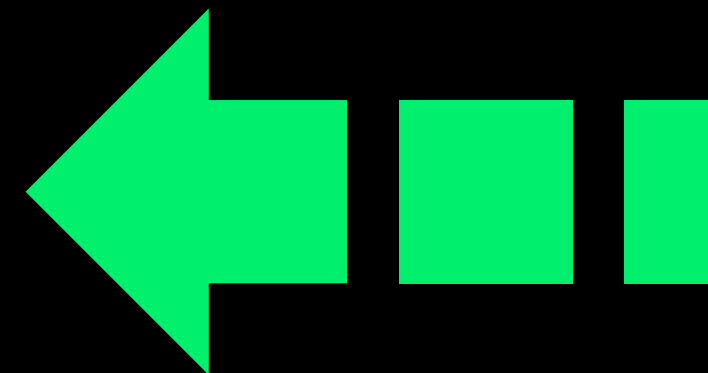
**IMPORTANT
DEADLINES:**



For filling the application form: **14.11.2025**

For purchasing tickets: **1.12.2025**

**Apply
HERE**



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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



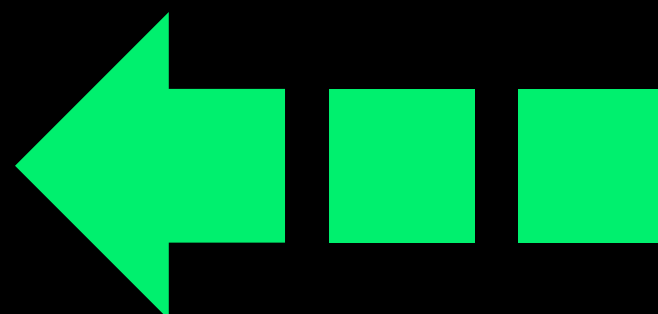
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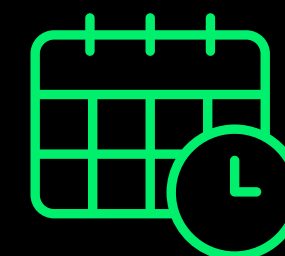
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**Apply.
HERE**



<https://forms.gle/UmKKXYRLqtQeZvqX8>

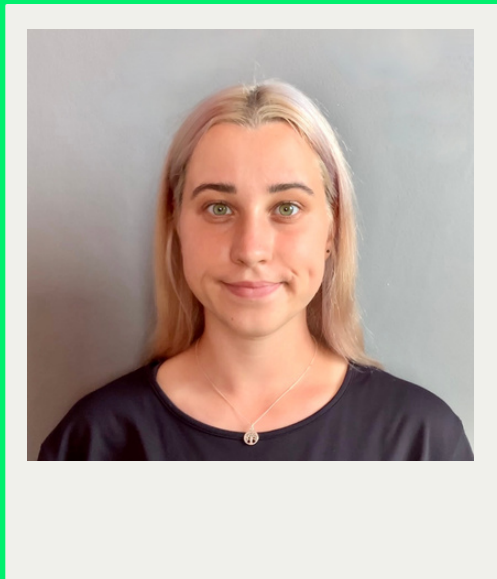
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Lydia Petera

Project Coordinator

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www.ngogenesis.com

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