

# ArtCoaching

International mobility  
for Youth Workers

Poland, 14-23.03.2026



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# Objectives

- Development of coaching and training skills of participants (including, among others, active listening, paraphrasing, asking questions, focusing on resources and solutions, managing the group process, designing and implementing workshops, working with feedback).
- Development of emotional intelligence of participants, which will translate directly into working with young people's emotions (including, among others, recognizing and naming emotions, distinguishing the information that each emotion carries, adequately expressing and reacting to one's own and others' emotions, perceiving emotions as signals speaking about our needs).
- Learning art coaching techniques and their application in working with young people (e.g. drawing, collage, singing, theatre, intuitive dance, creative writing, drama).



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Through the implementation of the ArtCoaching project, we want to develop the coaching and trainer skills of youth workers, following specific assumptions and approaches that, on the one hand, are consistent with our values as partner organizations, and on the other hand, have proven effective in our experience of working with youth, including, above all:

- Solution Focused Approach.
- Working with resources.
- Emotional intelligence.
- Nonviolent communication.
- Artcoaching.



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# Participant profile:

The project is designed for 18 youth workers from Poland, Romania, Spain, France, Hungary, Italy, Greece who:

- Work directly with young people and understand their challenges, needs, achievements, and aspirations.
- Have a good command of English, sufficient to take part in an international, multi-day event.
- Are available and committed to participate fully in all stages of the project — including the preparation phase, all workshops during the mobility, and follow-up dissemination activities.



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- Are motivated to learn, grow, and exchange good practices and experiences with other youth workers and organizations.
- Have access to a target group of young people with whom they can share the knowledge and results gained from the project.
- Are open-minded, eager to learn new approaches, and willing to engage in intercultural dialogue, as well as to reflect on and further develop their current practices in youth work.

We welcome participants 18+, there is no upper age limit.



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# Few words about Poland:

Polish currency is zloty (PLN). 1 Euro is about 4,3 zloty.

The official language is Polish. In the cities people usually speak some English, but that's not necessarily true in rural areas.

The weather in Poland in March can be still quite chilly, especially during the evenings, so be prepared with warm and rainproof clothes. We will be staying in the mountains so bring a jacket and sturdy shoes.



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The venue of the training is located in Beskid Wyspowy, approximately 1,5h from Krakow, a large city in southern Poland. It sits in a beautiful mountain scenario, quite isolated from bigger cities or towns. Please, have in mind that the nearest bus stop is around 20 minutes walking and the closest shop around 30 minutes walking.



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# ACCOMMODATION & FOOD

We will be staying at an educational center called "Spokojna Dolina" (Calm Valley). They offer shared rooms for 2, 3 or 4 people as well as shared showers and toilets. Accommodation is simple, yet cosy and prepared with love and care.

We will be served 3 vegetarian meals per day and have 2 energy breaks during the workshops. There is access to the Internet in the venue, although may not be very strong when many people use it.

Please, consider that meat and alcohol are not allowed in the venue.



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# More photos from the training venue



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# TRAVEL REIMBURSEMENT

Real travel costs are covered up to the Erasmus+ distance calculator corresponding amounts, using the cheapest and most convenient transportation methods.

The maximum amounts are:

## GREEN TRAVEL

56 euro for participants from Poland (28 euro in case of regular travel)

285 euro for participants from Hungary (211 euro in case of regular travel)

417 euro for participants from France, Greece, Romania, Italy (309 euro in case of regular travel)

## REGULAR TRAVEL

395 euro for participants from Spain



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**Green Travel** is defined as travel that uses low-emissions means of transport for the main part of the travel, such as bus, train, bike or car-pooling.

**IMPORTANT:** Do not forget to keep all travel tickets, receipts and invoices. They are required for the reimbursement of travel expenses.

Also, please note that your travel costs can be refunded by us only if you take an active part in all the days of the mobility.

If you need any support with planning your travel, don't hesitate to contact us.

**Participants are responsible for buying their own insurance covering the travel and training period.**



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# PARTNER ORGANIZATIONS

- Fundacja Wyobraź sobie (Poland)
- ASOCIACIÓN EUROPA 2020 (Spain)
- Coopérative Oasis (France)
- Puentes (Hungary)
- AUDRA (Italy)
- Dobbano Hangok (Romania)
- Evolving Cycles (Greece)
- YE TOO PONESE (Spain)



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# ORGANIZING TEAM



**Anna Książek** – trainer and psychologist with many years of experience working with NGOs, public institutions and businesses. She specialised in topics connected to changemaking, women empowerment and global education. Full portfolio: [www.annaksiazek.strikingly.com](http://www.annaksiazek.strikingly.com)

**Aneta Rokicka** – President of the Foundation's Management Board and Founder of Fundacja Wyobraź sobie, trainer, coach. She has completed many courses on preventive programs and personal development. Implementer of social projects since 2017. Works with children and adults.



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# ORGANIZING TEAM

**Andrea Pucci** – chemist, researcher and permaculturist. He has collaborated for several years with Fundacja Wyobraź sobie, on topic related to self development and changemaking and he is co-founder of the ExChange the World initiative, which motto is “Create your story; change the world”.



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# APPLICATION FORM:

Interested to join?

Please apply till 18.01.2025 [here](#).

## CONTACT:

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