

# WALK

TRAINING COURSE



Funded by  
the European Union

# OFFline

LALI KI, POLAND, 16-25 FEBRUARY 2026  
(ARRIVAL AND DEPARTURE INCLUDED)



We Add Wings 

# Introduction

Today's **digital environment** creates significant challenges for people. While technology offers many opportunities, its uncontrolled and unconscious use increasingly contributes to social, emotional, and cognitive difficulties. Youth workers and educators need new skills and tools to address these issues and help young people develop healthier digital habits. **Digital overload, addictive platform design, and constant connectivity** lead to reduced attention span, weakened executive functioning, and difficulty disconnecting. At the same time, youth mental health is worsening, with rising rates of anxiety, depression, loneliness, and stress linked to online comparison, cyberbullying, and the pressure to be constantly available.

Young people are also highly exposed to **misinformation, manipulation, and algorithmic echo chambers**, making critical thinking and information literacy essential. Meanwhile, rapid growth in **Gen AI** raises concerns about privacy, unethical data use, bias, and the **environmental impact of technology**, areas that many young people do not fully understand. These cognitive and ethical challenges are accompanied by a **decline in offline social skills, emotional regulation, and the quality of face-to-face relationships**, as well as increasing burnout among both youth workers and youth. At the same time, the future job market demands new competencies—adaptability, collaboration, digital literacy, and social intelligence.

Given these trends, there is an urgent need for educational initiatives that strengthen digital hygiene, mindfulness, critical reflection, AI ethics, and sustainable technology use. **The “Walk OFFline” training course** responds to these needs by equipping youth workers and educators with practical methods and reflective tools to promote healthier, more conscious, and more resilient digital practices.



# Goal and methods

## Goal of the Project:

To empower youth workers and educators with tools and strategies to critically reflect on technology use, promote digital well-being, and develop sustainable habits for personal and professional life. Developing body awareness through daily body movement sessions, which impacts emotional and psychological integration.

## Methods:

- Interactive Workshops
- Lectures by experts
- Group work and peer learning
- Design Thinking sessions
- Change Management approach using ADKAR methodology
- Digital Hygiene Test
- Guided Self-reflection exercises
  - Interviews with locals for cultural insights
  - Art therapy
  - Mindfulness
  - Relaxation Techniques
  - Guided Meditation



# Key learnings and objectives

## Key Learning Points:

- Critical thinking and social intelligence in the digital era
- Conscious and mindful technology usage
- Practical methods for stress release and unwinding
- Sustainability and ethics of Generative AI and emerging technologies
- Future job market trends and key competencies
- Collaboration and open-mindedness in diverse environments.

## Objectives:

- Raise critical thinking skills and social intelligence
- Increase awareness about technology usage and its impact
- Promote digital hygiene and healthy habits
- Explore stress management techniques
- Discuss AI ethics and sustainability
- Prepare for future job market challenges
  - Foster collaboration and adaptability
  - Development of self awareness
  - Expression through art
  - Personal development
  - Promoting assertiveness
  - Promoting daily physical activities
  - Creating healthy self care practices





# Activities

THIS TRAINING IS DEDICATED TO YOUTH WORKERS, TRAINERS, EDUCATORS, AND LEADERS (18+) FROM PROGRAMME COUNTRIES WHO WANT TO EXPLORE DIGITAL EDUCATION WHILE MAINTAINING A BALANCED, MINDFUL APPROACH. JOIN US AND BE PART OF THE MOVEMENT TO CREATE A MORE CONSCIOUS, ETHICAL, AND SUSTAINABLE DIGITAL FUTURE!



## Activities:

### 1. May (A)I Help You?

Human interaction with AI  
Sustainability in AI usage  
Big Tech vs. Human values

### 2. Cybersecurity on Daily Basis

Social engineering awareness

### 3. Digital Hygiene

Practical steps for safe and clean digital life

### 4. Relaxation & Breathing Techniques

### 5. Forest Bathing

Nature as a remedy for digital overload

### 6. Cyber decluttering as a remedy for overload

Practical activities

### 7. Deep Work & Digital Minimalism

Focused, value-driven technology use

### 8. Daily movement and/or art sessions



# Flow of the day

**THE GENERAL WORKING DAY OF THE TRAINING IS THE FOLLOWING BUT WILL BE FLEXIBLE TO THE GROUP DYNAMICS AND WE ARE OPEN TO MAKING SOME CHANGES DURING THE WEEK.**

8:30– 9:30 BREAKFAST

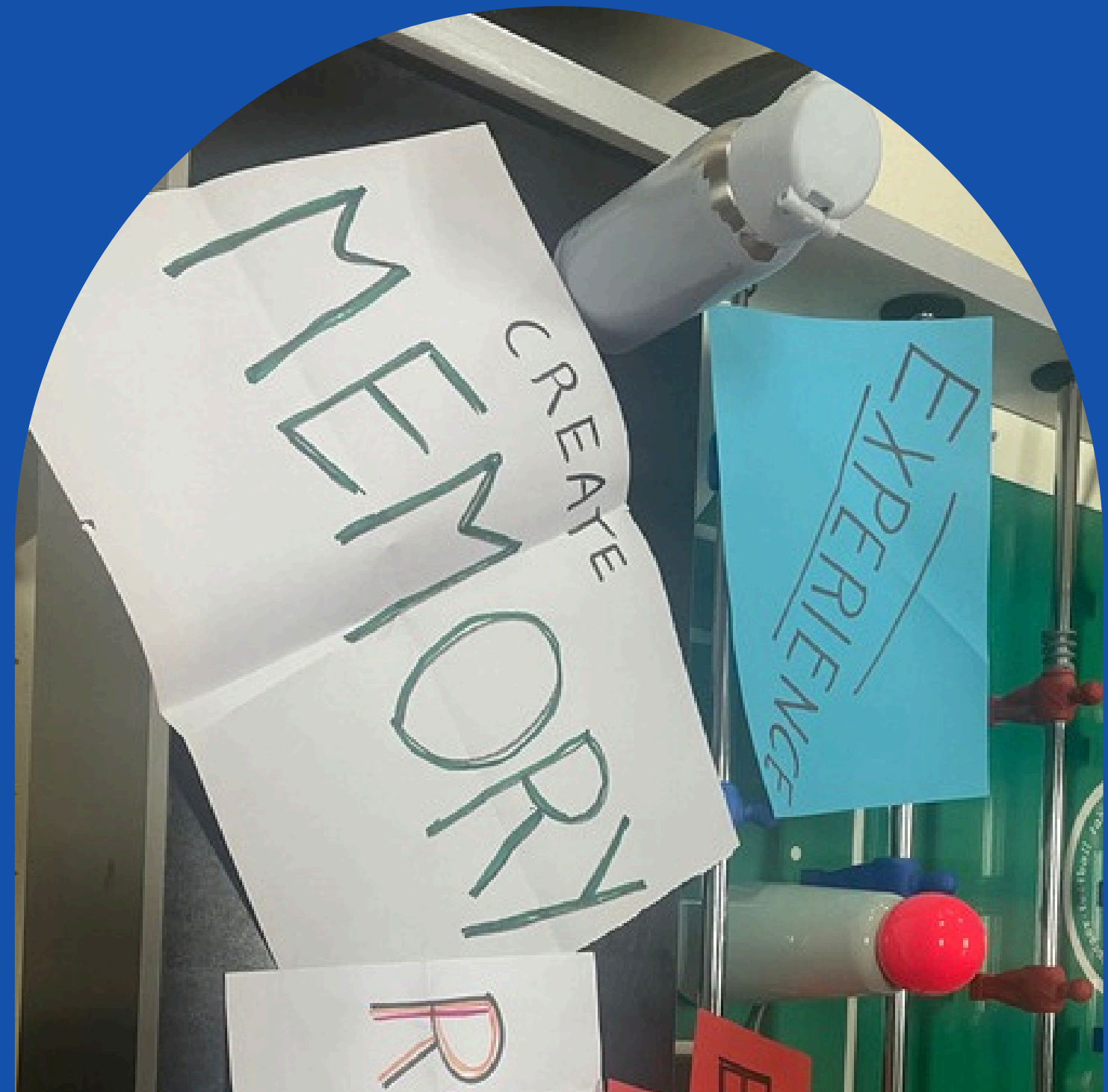
10:00 – 13:30 MORNING SESSIONS (WITH ONE BREAK)

13:30 – 15:30 LUNCH BREAK

15:30 – 19:00 AFTERNOON SESSIONS (BREAK AND REFLECTION TIME INCLUDED)

19:00 DINNER

20:30 FREE TIME OR LED ACTIVITIES



# Event Venue

We will spend our time in Laliki, a small village in southern Poland. The closest towns and cities are Bielsko-Biała approximately 32 km to the north, Katowice about 105 km to the north, and Kraków roughly 113 km to the northeast.

We will be staying at Laliki Guesthouse, a serene accommodation nestled in the Polish mountains, offering cozy rooms, homemade, and a welcoming atmosphere. Located in the scenic Beskid region, the center is ideal for relaxation, training events, youth camps, and green school programs. The facility is fully accessible and certified for eco-friendly tourism. By staying here, guests support a meaningful social mission.



<https://www.laliki.com.pl>  
LALIKI 365, 34-373 LALIKI

# HOW TO TRAVEL TO LALIKI?



IF YOU COME BY FLIGHT YOU NEED TO FLY TO KATOWICE AIRPORT WHICH IS THE CLOSEST AIRPORT.

FROM THE AIRPORT, THERE IS BUS TRANSFER - AP BUS (DIRECTION KATOWICE SĄDOWA)

WHICH WILL TAKE YOU TO KATOWICE BUS/TRAIN STATION KATOWICE DWORZEC.

\*HERE IS THE TIMETABLE: [HTTPS://RJ.METROPOLIAZTM.PL/ROZKLADY/1-AP/?LANG=EN](https://RJ.METROPOLIAZTM.PL/ROZKLADY/1-AP/?LANG=EN)

YOU CAN BUY THE TICKET AT THE MACHINE OUTSIDE THE AIRPORT, OR AT THE DRIVER'S (ONLY CASH THERE). IT COSTS 6.60 ZŁ (AROUND 1,5 EUROS). IT TAKES MAX. 45 MINUTES TO REACH KATOWICE DWORZEC;

FROM KATOWICE RAILWAY STATION (KATOWICE DWORZEC) YOU HAVE A DIRECT TRAIN TO ZWARDOŃ. YOU CAN CHECK THE TIMETABLE, PRICES AND BUY THE TICKETS HERE: [HTTPS://KOLEO.PL](https://KOLEO.PL)

YOU CAN ALSO BUY THE TICKETS AT THE STATION. IN THE TRAIN THE PRICE OF THE TICKETS WILL BE MORE EXPENSIVE, SO MAKE SURE TO BUY BEFORE.

ONCE YOU LET US KNOW ABOUT YOUR ARRIVAL, WE WILL PICK YOU UP FROM THE TRAIN STATION IN ZWARDOŃ.

\*ANOTHER NEARBY AIRPORT IS IN KRAKOW, WHICH AROUND ONE HOUR FROM KATOWICE. YOU NEED TO GO TO KRAKOW GŁÓWNY IN ORDER TO CATCH A TRAIN TO KATOWICE (AROUND 1.5 HOURS) AND FROM THERE TO CONTINUE TO ZWARDOŃ. CHECK THE FOLLOWING WEBSITE:

[HTTPS://WWW.KRAKOWAIRPORT.PL/EN/PASSENGER/TRANSPORT-EN/DIRECTIONS/FROM-TO-KRAKOW-AIRPORT/PUBLIC-BUSES-EN](https://WWW.KRAKOWAIRPORT.PL/EN/PASSENGER/TRANSPORT-EN/DIRECTIONS/FROM-TO-KRAKOW-AIRPORT/PUBLIC-BUSES-EN)



# DO YOU WANT TO TAKE PART IN THIS LEARNING OPPORTUNITY? THIS IS WHAT WE ARE LOOKING FOR:

- Members or close collaborators of active Youth Organization (staff or active member, paid or not). The organization should have a valid OID number (we will sign partnership agreements with the sending organization).
- Willingness and motivation to be involved in the partner organization for at least one more year after the project.
- Enthusiastic youth workers who are motivated towards taking a strong lead in designing and/or facilitating meaningful learning experiences for young people on the topic of our training.
- Good command of the English language;
- People older than 18 years and with a legal residence (proven by valid documents) in the country they are currently residing in.



# IMPORTANT TO HAVE IN MIND BEFORE DECIDING TO APPLY:

- If you do not provide an OID number your application will be considered ineligible.
- Your organization should be based in the same country as you are currently residing in. If your situation is different you might not be eligible to participate in the course.
- Double-check the eligible countries from which we can accept participants. Do not apply if you do not currently reside in one of them.
- To support a positive group atmosphere and effective learning, we ask that participants refrain from consuming alcohol during the project.





# EXPENSES

The board and lodging for the training course are fully covered by the local organizers during the period mentioned in shared rooms and no exceptions will be made (2 to 3 people in one room). Food will be served as a buffet (except lunch) and it will accommodate allergies, medical conditions and committed life-style decisions BUT NOT personal preferences or things you are flexible with.

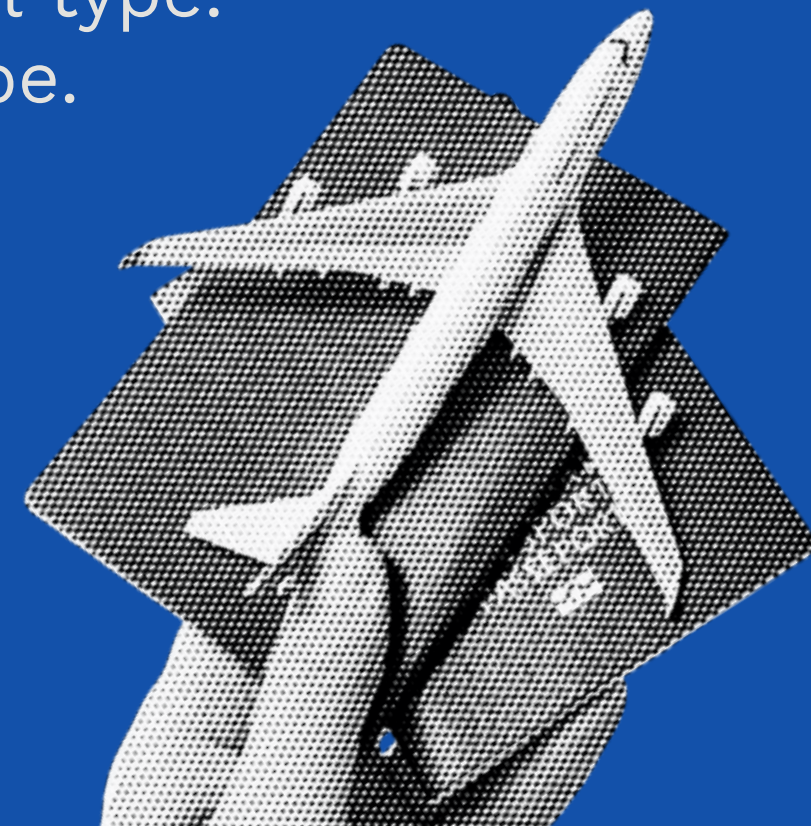
Each participant is free to choose the preferred way of travelling. Due to the organizers' policies, we strongly encourage the use of green travel, especially from the neighbouring countries to Poland. If flights are used for more than 50% of the total travel distance (roundway) the maximum budget allocated available will be from the Non-Green travel category!

Use this website (<https://erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator> ) to find out your distance. This is the official (and only) website to be used in order to determine the distance. Write at the START, your location, from where you will start your travel and at the END, Laliki, Poland. You will get a km number as a result which will correspond to financial support which you may get for your travel costs.



# THE INDIVIDUAL MAXIMUM BUDGET FOR TRAVEL, PER PERSON, IS THE FOLLOWING:

- For distances between 10–99 km: up to 56 EUR for green travel or 28 EUR for non-green travel.
- For distances between 100–499 km: up to 285 EUR (green) or 211 EUR (non-green).
- For distances between 500–1999 km: up to 417 EUR (green) or 309 EUR (non-green).
- For distances between 2000–2999 km: up to 535 EUR (green) or 395 EUR (non-green).
- For distances between 3000–3999 km: up to 785 EUR (green) or 580 EUR (non-green).
- For distances between 4000–7999 km: up to 1188 EUR, regardless of the travel type.
- For distances of 8000 km or more: up to 1735 EUR, regardless of the travel type.





# HOSTING ORGANIZATION

Uskrzydłamy/We add Wings is non-governmental, non-profit organization which was founded in 2007. Since that time we organized a lot of national and international projects on the topics of bridge building, active citizenship, entrepreneurship, inclusion, intercultural dialogue, theater, music, democracy, street campaigning and change making.

Our mission is bringing positive change to the community and especially youth; tolerant, open-minded society, inclusion of vulnerable groups, social activism, gender equality, development of skills and competences of young people and youth workers, development of entrepreneurial education, recognition of non-formal learning, promoting volunteering and intercultural cooperation and solidarity, contribution to the strengthening of youth to become active in their own community, promotion of non-violent culture /culture of peace, sustainability and ecology. Since 2023 we hold Erasmus+ Youth accreditation.



# TEAM

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**BASIA ZACHNIK - MALOK** - A TRAINER, FACILITATOR, AND EDUCATOR WITH A STRONG BACKGROUND IN IT PROJECT MANAGEMENT IN INTERNATIONAL COOPERATION. FOR OVER A DECADE, SHE HAS WORKED IN CORPORATE IT ENVIRONMENTS, LEADING COMPLEX PROJECTS, COORDINATING MULTICULTURAL TEAMS, AND DEVELOPING DIGITAL SOLUTIONS. CURRENTLY WORKING AS A CHANGE MANAGER FOR DIGITAL ADOPTION PROJECTS. ALONGSIDE HER CORPORATE CAREER, SHE HAS SPENT MANY YEARS WORKING WITH NGOS AND YOUTH ORGANIZATIONS, SUPPORTING YOUNG ADULTS THROUGH TRAINING, MENTORING, AND SKILLS-DEVELOPMENT INITIATIVES. YOGA, NATURE, PLANT BASED DIET, BOOK AND CYBERSECURITY LOVER :)

**JULIANNA GRACZYK** - A PSYCHOLOGIST, SEXOLOGIST, AND PSYCHOTHERAPIST CURRENTLY IN TRAINING AT THE INSTITUTE OF DANCE MOVEMENT THERAPY (DMT) IN WARSAW. IN HER WORK SHE COMBINES A SCIENTIFIC APPROACH WITH EMPATHY AND OPENNESS, BELIEVING THAT A SAFE SPACE FOR DIALOGUE FOSTERS MOTIVATION FOR CHANGE AND DEEP REFLECTION ON ONE'S LIFE. IN THE CONTEXT OF GROUP SESSIONS FOCUSED ON BODY AWARENESS, SHE UTILIZES TOOLS THAT CONNECT BODY AND EMOTIONS. THROUGH MOVEMENT AND EXPRESSION, PARTICIPANTS HAVE THE OPPORTUNITY TO GAIN DEEPER SELF-UNDERSTANDING AND DEVELOP INTERPERSONAL SKILLS IN AN ATMOSPHERE OF ACCEPTANCE AND UNDERSTANDING.

**AGNIESZKA ZAWIŚLAK** - VICE PRESIDENT OF THE ORGANISATION, PROJECT COORDINATOR (ERASMUS+ AND EUROPEAN SOLIDARITY CORPS), TRAINER, FACILITATOR AND COACH, AUTHOR OF EDUCATIONAL GUIDES AND METHODS, GROUP LEADER, YOUTH WORKER.





# Application



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**If you want to take part in the project  
Apply here:**

[https://docs.google.com/forms/d/e/1FAIpQLSdfBWWcZeR\\_mAT78nqOMp6R8xWWCoVI4zju2L3GxSqkivAA-A/viewform?usp=publish-editor](https://docs.google.com/forms/d/e/1FAIpQLSdfBWWcZeR_mAT78nqOMp6R8xWWCoVI4zju2L3GxSqkivAA-A/viewform?usp=publish-editor)

**You can also contact us here:**

uskrzydlamyngo@gamil.com  
or send a message on WhatsApp: +48667637321

**INSTAGRAM**

**FACEBOOK**

We Add Wings 