

1st stage: March 22-29, 2026 in Italy
2nd stage: beginning of June 2026 (will be specify soon)



Grow: Coaching for Educators: genesis

International educational project on personal
development and well-being



About the project

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Grow: Coaching for Educators is an international training project designed for youth workers who want to strengthen their personal and professional growth. The program introduces key tools for self-development, empathic communication, and coaching, helping participants build peace-oriented attitudes and transformative skills through reflection and awareness.

The course is divided into two stages: the first focuses on deepening self-awareness and developing cognitive and emotional capacities; the second provides practical coaching, communication, and conflict transformation techniques.

This project promotes sustainable personal growth and equips youth workers to inspire others through mindful, empathetic leadership.

Please note: This project is alcohol-free.

Objectives

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TO PROMOTE

the respect of diversity, intercultural, and interreligious dialogue

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

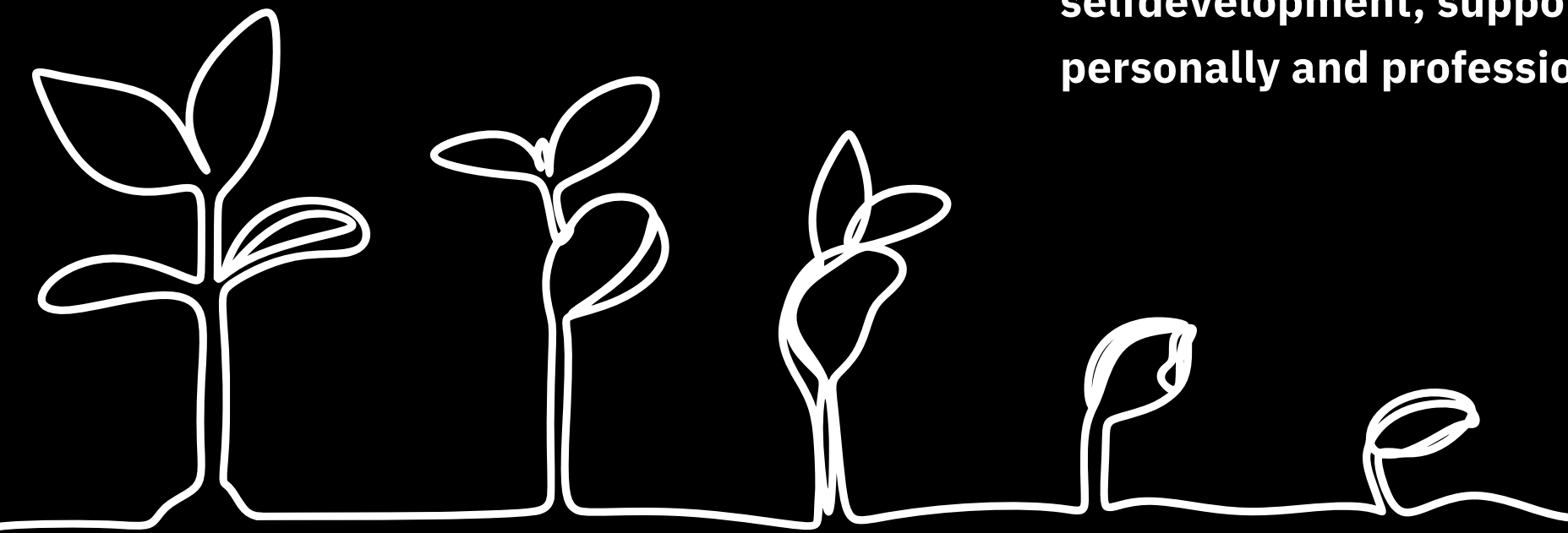
good practices, ideas and experiences

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 three people outdoors, smiling and looking towards the right. A man with glasses and a striped shirt is on the left, a woman with blonde hair in a ponytail is in the center, and a woman with dark hair is on the right. They appear to be in a casual, outdoor 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, tickets, boarding passes so we can reimburse you.

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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: Capranica 01012 Capranica

Travel information

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 :)



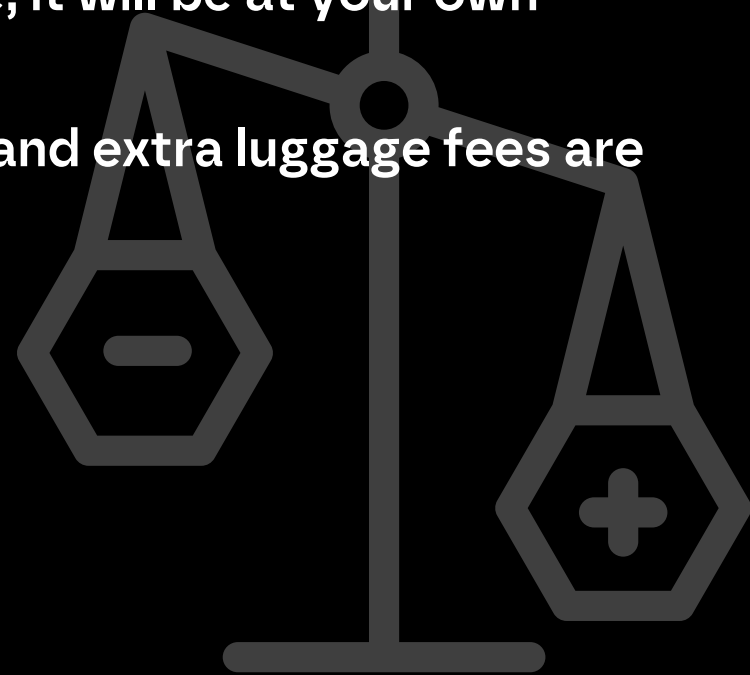
Green Travel

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.



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The project venue is **Casale della Nocerqua** located 60 km from Rome, Italy. A wonderful farmhouse located in Tuscia territory, on the Francigena Road, between Vico Lake and Bracciano lake.

Accommodation



For more info, visit: [Casale della Nocerqua](#)

Address: [Casale della Nocerqua Località Pescatore 1, 01012 Capranica \(VT\)](#)

Weather & What to bring

Make sure to bring:

- Sleeping bag
- Warm, comfortable clothing
- Indoor slippers
- A towel and toiletries
- Reusable water bottle
- Passport and boarding passes/tickets
- Your travel health insurance

Prepare for March in Italy which is mild and transitional, marking the beginning of spring, with average daily temperatures ranging from 8°C to 17°C. We can expect a mix of sunny days and occasional, short rain showers.

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



How to arrive

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From Fiumicino airport:

Option 1 (recommended option)

Take the TRENITALIA train from **Fiumicino aeroporto** to **Roma Trastevere**, where you transfer to a train to **Capranica-Sutri**. (The train line is Roma – Viterbo Porta Fiorentina, remember to get off at “Capranica- Sutri” station!)

Option 2:

Take the TRENITALIA train or TERRAVISION bus from **Fiumicino aeroporto** to **Roma Termini Train station** (main station in Rome), where you transfer to a train to **Roma Trastevere** and then transfer to a train train to **Capranica-Sutri**. (The train line is Roma – Viterbo Porta Fiorentina, remember to get off at “Capranica- Sutri” station!)

Trenitalia website: <http://www.trenitalia.com/>
Terravision website: <http://www.terravision.eu/>

From Ciampino airport:

Option 1 (recommended option)

Take the TERRAVISION bus from **Ciampino aeroporto** to **Roma Termini**, where you take a train from **Roma Termini train station** to **Roma Trastevere**, then you transfer to a train to **Capranica-Sutri**. (The train line is Roma – Viterbo Porta Fiorentina, remember to get off at Capranica- Sutri station!)

Option 2:

Take the TRENITALIA bus called “Ciampino airlink” from **Ciampino aeroporto** to **Ciampino**, where you transfer to TRENITALIA train from **Ciampino** to **Roma Termini train station**, where you transfer to a train to **Roma Trastevere**, and from **Roma Trastevere** to **Capranica-Sutri**. (The train line is Roma – Viterbo Porta Fiorentina, remember to get off at “Capranica- Sutri” station!)

Application

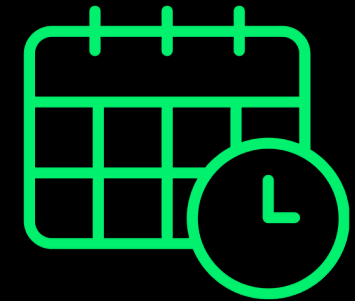
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In order to apply, we kindly ask you to send us a 2 min video where you will answer a question and fill the online form.

- 1 What specific skills or areas of personal coaching are you most interested in working on during this project?

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

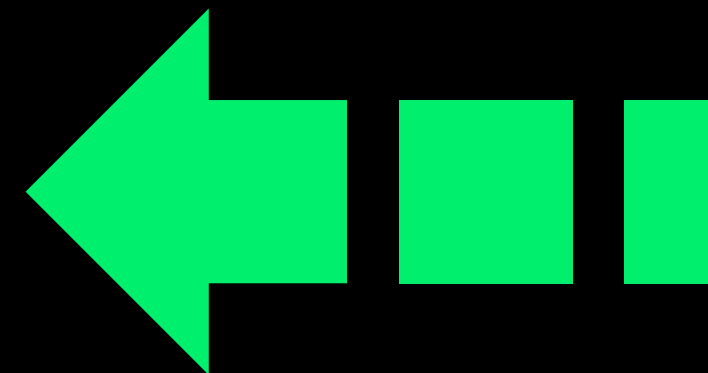
**IMPORTANT
DEADLINES:**



For filling the application form: **15.2.2026**

For purchasing tickets: **1.3.2026**

**Apply
HERE**



■ ■ genesis

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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



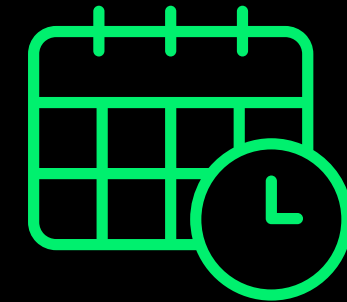
www.ngogenesis.com

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International Training Course
March 22-29, 2026 Italy

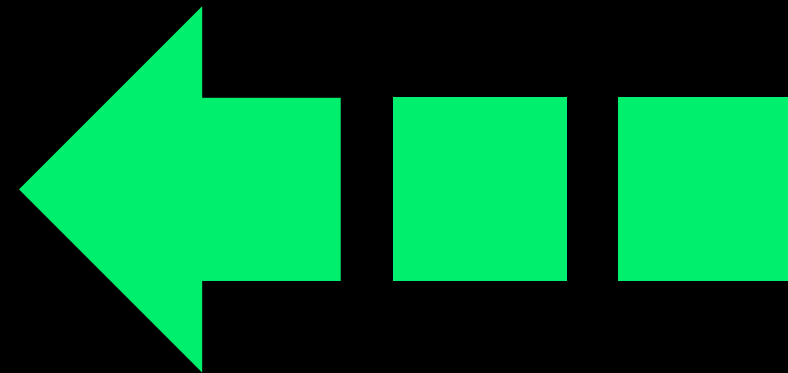
DEADLINES:



For filling the application form: 15.2.2026

For purchasing tickets: 1.3.2026

**Apply.
HERE**



<https://forms.gle/av8s65eqaeFYGtvd6>

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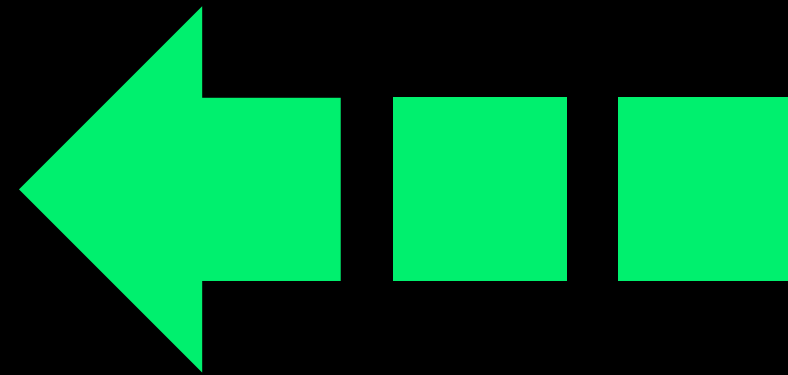
International Training Course

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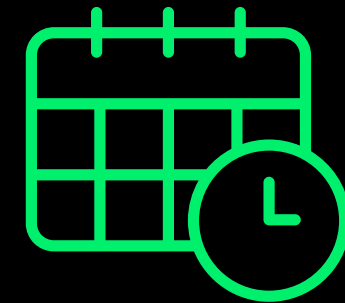
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Apply.
HERE

<https://forms.gle/tWCkgvS7jo5jNTGw7>



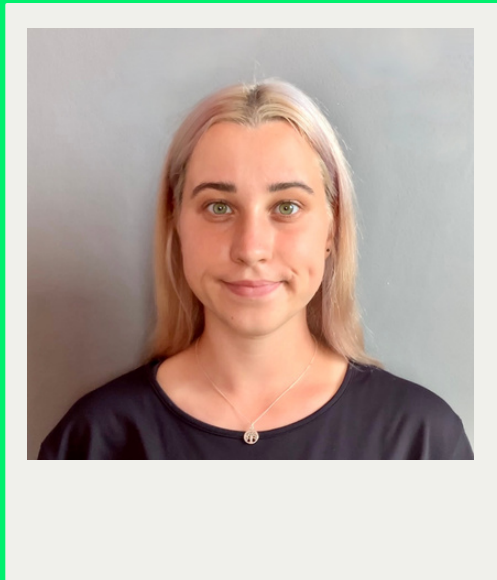
DEADLINES:



For filling the application form: **30.1.2026**

For purchasing tickets: **13.2.2026**

Contact: g



Lydia Petera

Project Coordinator

grow@ngogenesis.com

www.ngogenesis.com

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