

InfoPack

“Leader Lab”

06-14.10.2025



What is it about

Leader Lab is an immersive Erasmus+ Training Course designed to ignite the leadership potential within youth workers, professionals, and young people with fewer opportunities. Grounded in **experiential learning**, the program introduces participants to essential competencies that shape authentic and effective leadership in today's world.

Through a dynamic blend of personal development, group collaboration, and societal engagement, Leader Lab empowers individuals to lead with clarity, compassion, and purpose.

Participants will explore leadership across three interconnected levels:

- **Individual** – Cultivating self-awareness, emotional intelligence, and personal well-being as the inner compass for conscious leadership.
- **Organisational** – Strengthening communication, team dynamics, and a shared sense of responsibility within group settings.
- **Societal** – Inspiring action for social inclusion, environmental sustainability, and active participation in community life.

This will be more than a training, a space for reflection, experimentation, and transformation.

What we will do

Leader Lab is rooted in non-formal education, using experiential and participatory methods to create meaningful learning experiences. Throughout the program, participants will engage in interactive workshops, group challenges, simulations, and reflection spaces that encourage both individual insight and collective growth. The training is designed to move from theory to practice, placing participants in real-life inspired situations where leadership is not only discussed—but lived.

You will work closely with others to experiment, reflect, and co-create, learning by doing in a safe but challenging environment. Expect to move beyond your comfort zone through activities such as team cooking, no-phone time, outdoor crisis simulations, and creative expression; including storytelling and theatre. These experiences will push you to explore how you respond to stress, how you communicate under pressure, and how you step into leadership roles when it matters most.

Key Learning Outcomes:

- Strengthen your leadership identity and explore your unique style
- Build capacity to manage stress and lead with calm in high-pressure situations
- Cultivate self-responsibility, adaptability, and a proactive mindset
- Improve collaboration, group facilitation, and clear communication
- Develop ideas for projects with social and environmental impact

Objectives of the youth exchange

- Foster self-awareness and emotional intelligence as the basis for authentic leadership
- Empower participants to take personal and collective responsibility in group settings

- Enhance skills in communication, conflict resolution, and collaboration
- Stimulate active citizenship and environmental awareness through applied learning
- Create space for reflection, experimentation, and initiative-taking in real-time challenges

Empowerment (Individual):

The training course

“Leader Lab” places strong emphasis on personal empowerment by guiding participants through a process of deep self-exploration. Through experiential activities, participants will enhance their self-awareness and emotional intelligence, gaining a clearer understanding of their values, strengths, and motivations. This self-knowledge becomes the foundation for making conscious choices, setting healthy boundaries, and embracing authentic leadership in both personal and professional life.

Empowerment (To youth):

Our approach is grounded in the belief that every young person holds the potential to be a changemaker. By creating an inclusive and participatory environment, we aim to empower youth to actively engage in group processes, take initiative, and contribute meaningfully to collective goals. The program nurtures confidence, ownership, and agency, helping young people realize their capacity to influence their communities and shape a more just and sustainable world.

Rising awareness for our individual needs:

Understanding and honoring our personal needs is key to emotional balance and healthy relationships. Throughout the training, participants will engage in reflective practices that foster awareness of their physical, emotional, and psychological needs. This increased clarity supports better self-care, more effective communication, and the ability to navigate challenges with greater resilience and empathy.

Sense of responsibility:

The training fosters a shift from passive participation to active responsibility—both individually and collectively. Through group tasks, co-creation processes, and real-life challenges, participants are invited to take ownership of their roles within the community, becoming accountable not only for their actions but also for the group’s well-being and shared outcomes.

Leadership skills:

Participants will develop core leadership competencies such as active listening, constructive feedback, conflict resolution, and collaborative decision-making. Rather than promoting leadership as a position of authority, this training encourages a model of shared, inclusive leadership rooted in authenticity, empathy, and service to others.

Action-oriented education:

Learning in this training is not confined to theory—it is brought to life through practice, creativity, and direct application. Participants will be challenged to put their ideas into action, solve problems, and test their leadership in real-time scenarios. This experiential, hands-on approach cultivates courage, innovation, and the skills needed to initiate change in their own environments.

Participants profile

In our Training Course we would like to spend 9 days rich in new experiences with an international group of likeminded people!

- Youth workers, professionals, and community leaders
- Young adults with fewer opportunities who are active in social impact, volunteering, or youth participation
- Participants motivated to explore and strengthen their leadership identity while working in diverse, intercultural teams

To get the best out of this training you need to be:

- Able to understand & speak simple English
- Motivated to improve your personal abilities
- Ready to meet, cooperate and share your knowledge and experience with the others
- Aware that you will be taking part in various outdoor programs
- Flexible and open to try and to experience new things and experiences

All the participants will receive a youthpass certificate!

Individual cost

There is a participation fee of € 50,--

We will keep this money from the travel reimbursement!

Accommodation

The project will take place in Raches, Central Greece. We will be accommodated in NISI Glamping, a Glamping site located in Raches beach, with direct access to the sea and immersed in the Greek Nature. We will be staying in sustainable Bell Tents equipped with bed linens and towels. Meals and activities will be held in the Glamping. Participants will share tents of 3-4 people with same-gender participants.



You can see more info about NISI here : www.nisi.com.gr

Sustainability

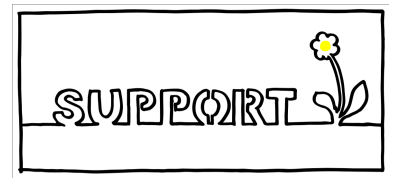
Taking responsibility for our environment we try to run our activities in a sustainable way. For us this means to try to consider this approach in every part of our activities.

For example:

- to buy most of the food in the shops nearby or from local farmers.
- to avoid trash
- to avoid waste of food
- to act responsible with our resources like energy and water,.....
- to use public transport if possible
- to support the local community and so on!



Erasmus+



What to bring with you

Our project will be taking place in October. Normally the weather is hot in the day and a bit cold at night. We expect no rain, but you never know! Our camping place is next to the sea, so expect some humidity. Please don't forget to bring:

- Summer clothing
- Warm Clothing for cold night or rainy days
- Swimsuit, Beach towel
- Hiking/walking shoes
- Water bottle
- Sportswear, comfortable clothing for the activities
- Personal medication (if needed)
- Traditional snacks from you Country for the Intercultural night

There is a part of the training taking place outdoors, so it's good to be prepared properly for the project.

Travel Reimbursement

You have to check the European distance calculator:

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

The reimbursement depends to the distance, you can find the right amount in the following chart:

Travel	Contribution to the travel costs of participants, including trainers, accompanying persons and facilitators, from their place of origin to the venue of the activity and return. Financing mechanism: contribution to unit costs. Rule of allocation: based on the travel distance and number of persons. The applicant must indicate the distance between the place of origin and the venue of the activity ¹¹³ by using the distance calculator supported by the European Commission ¹¹⁴ . For itinerant activities, the applicant should add up the distances between individual venues and choose the distance band corresponding to the total. ¹¹⁵	Travel distance	Green travel	Non-Green travel
		10 – 99 km	56 EUR	28 EUR
		100 – 499 km	285 EUR	211 EUR
		500 – 1999 km	417 EUR	309 EUR
		2000 – 2999 km	535 EUR	395 EUR
		3000 – 3999 km	785 EUR	580 EUR
		4000 – 7999 km	1188 EUR	1188 EUR
		8000 km or more	1735 EUR	1735 EUR

IMPORTANT: you will be picked up by bus in Athens center or at the airport of Athens. The bus will also bring you back to Athens after the project. Please keep in mind to stay minimum of 50 euros under the travel budget to save it for the bus. That means that with the participant fee we will keep 100,-€ of the travel reimbursement (from the actual travel expenses) to cover the costs for the bus and the sport activities!!

IMPORTANT for the flight times

Please send us the detailed flight **BEFORE** you book them! We will give you the final GO to book! If not, we cannot ensure to reimburse the money.

Keep the following informations in mind while searching for flights:

Arrival 06.10.2025

Pick up in Athens center: 5pm from Athens center

Pick up at the airport on Athens: and 6pm from Athens airport.

Departure 14.10.2025

Departure time for flights: not earlier than 2 pm

Best practice

During the activity we want to learn from each other and therefore every participant is invited to share best practice examples. **Please get prepared to run a little presentation/activity to share your experiences, special approaches, challenges,....**

Let us know what you need for that so that we can help you to prepare everything.

Intercultural exchange

We want you to present your country and culture with the project group. So please be prepared to share and to do this in the way you prefer (Musik, cooking, singing, dancing,.....). We will support you as best as possible, you just have to tell us what you need. We will help you to get in contact with participants from your country.

Planned agenda

Will be announced latest in the beginning of the project.

Public relations

For us, and we think for all our partner organizations, it is necessary to be visible. To support this we ask you to send us the logos, address, instagram name, facebook and contact information of your organization so that we can add them to our reports, postings etc!

Application

→ **[APPLICATION FORM](#)**

The Application is open until the 23th of July.

The selected participants will be informed not later than the 28th of July.