



Training Course

EU and Me: Youth Empowerment and Leadership in Action

08.04-16.04.2025

travel days 08.04 and 16.04



Co-funded by
the European Union

HOSTING ORGANIZATION

FUNDACJA CAT

Our NGO started its journey on 30th December 2008. We're based in Leszno, Poland. The foundation responded to the necessity of making a difference in the local environment. We work with younger and older volunteers and for people of all ages.

Our aim is to stimulate the local community and promote the idea of volunteering. We're not afraid of new challenges and we believe that nothing is impossible.

We host up to 80 candidates a year. We are certified LEAD ORGANIZATION.

We coordinate ESC & Erasmus+ projects. Since 2024, we are Accredited in KA1 Projects.



Wiki

Facilitator
&Coordinator



Check our social media:

[WEBSITE](#)

[INSTAGRAM](#)

[FACEBOOK](#)



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WHAT IS IT ABOUT?

EU AND ME

How can young people shape the future of Europe? How can youth leaders and workers make a real impact in their communities? The “EU and Me: Youth Empowerment and Leadership in Action” training is designed to answer these questions by equipping participants with essential tools, knowledge, and skills to drive meaningful change.

Throughout this dynamic program, participants will dive into the opportunities offered by the EU, including Erasmus+, the European Solidarity Corps, and the Youthpass certificate. They will explore how the EU Youth Goals can be transformed from policy into action, creating impactful local projects with a focus on solidarity and inclusion. Leadership is at the heart of this training. Through interactive workshops, participants will sharpen their communication skills, master the art of team motivation, and learn how to manage time and projects effectively. They will also build confidence in public speaking and presentation, preparing them to become inspiring voices in their communities. But leadership isn't just about skills—it's about people. That's why this training puts a strong emphasis on inclusivity and diversity, offering practical strategies to engage young people from different backgrounds, including those facing life challenges. Participants will gain tools to create a truly open and accessible space for all.

Sustainability is another key focus. In an era where environmental responsibility is more important than ever, participants will learn how to design eco-friendly youth projects in line with EU priorities and integrate green practices into their daily work.

GOŁANICE

ACCOMODATION

You'll be accomodated in Camp 5G in Gołanice, small village, 10 km from Leszno.

We offer:

- Double/triple rooms.
- Each room has a private bathroom.
- In each room you will find hair dryer & towels
- Breakfast will be served from 07:30-09:30
- Lunch and dinner will be provided.



TRAVEL INFORMATION



Kilometers	Travel (EUR)	Green Travel (EUR)
10-99	28 EUR	56 EUR
100-499	211 EUR	285 EUR
500-1999	309 EUR	417 EUR
2000-2999	395 EUR	535 EUR

*To cover the bus transfer Leszno- Gołanice and Gołanice-Leszno, €20 per person will be deducted from your travel budget. so from the budget that is shown next to it you have to subtract 20 euros.

HOW TO GET TO LESZNO?

TRAVEL



You should arrive to Leszno on April 8th, no later than 20:00 (8pm). We will arrange a bus to take you to Gołanice. Your departure from Leszno should be on April 16th, no earlier than 09:00, as we will provide transportation back from Gołanice. To cover the bus transfer, €20 per person will be deducted from your travel budget. Please keep this in mind when planning your trip.

POZNAŃ

From Poznan Ławica Airport

The best way to get from Poznań Airport to Poznan Train Station (Dworzec Główny) without a car is to line 159 bus which takes 25 min

Then from train station you take a train to Leszno.

WROCLAW

From Wrocław Nicolaus Copernicus Airport

The best way to get from Wrocław Airport (WRO) to Wrocław (Station - Dworzec Główny) without a car is to line 206 bus which takes 37 min.

KRAKÓW

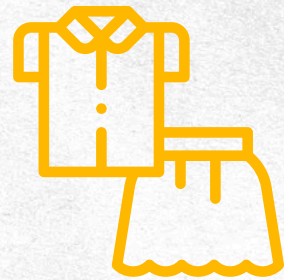
From Krakow John Paul II International Airport

The best way to go to the train station is direct train from the airport to the train station. Then to go to Leszno by train or a flibus.

AS SOON AS YOU FIND THE TICKETS (BEFORE BUYING), PLEASE CONTACT WITH WIKA.FUNDACJACAT@GMAIL.COM

DON'T FORGET

WHAT TO PACK



**COMFORTABLE
WARM CLOTHES**



BAG



**COMFORTABLE
SHOES**



**WARMER CLOTHES
FOR COLDER
EVENINGS,**



**COSMETICS,
HYGIENIC
PRODUCTS**



**SNACK AND SWEETS TYPICAL
OF YOUR COUNTRY
FOR THE CULTURAL EVENING.**

6	7	8	9	10	11	12
15° 5°	16° 1°	12° 3°	15° 5°	16° 6°	16° 4°	17° 6°
13	14	15	16	17	18	19
17° 5°	12° 1°	14° 5°	16° 7°	17° 4°	18° 8°	19° 9°

**Temperature in April should be
around 15 degrees!**



PROFILE OF A *CANDIDATE*

To ensure a high-quality training experience that meets expectations, we are looking for participants who fit the following profile:



Age: 18-25 years old



Background: Youth workers, mentors, ex esc volunteers, active local volunteers. less experience you have, more we want to invite you!



Motivation: Young people who want to develop their skills and actively contribute to both local and international communities



If this sounds like you, we'd love to have you on board!



HOW TO APPLY?

- 1 YOU HAVE TO BE CHOSEN BY YOUR ORGANIZATION.**
- 2 FILL AN APPLICATION FORM: <https://forms.gle/6gYMoLdgkyvmvsuMA>**
- 3 WAIT PATIENTLY FOR OUR REPLY.**

If you have any questions, do not hesitate and contact wiktoriafundacjacat@gmail.com.



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fundacja.cat



fundacja.cat@gmail.com