

WELCOME TO

Rock Solid Soft Skills



Dear participants and future friends, here you can find practical information about the training course **Rock Solid Soft Skills,** which will take place in **Krakow, Poland.**

Duration of the training course: 7 days
Arrival: 13 December 2026
Departure: 19 December 2026
The number of participants: 28
Each partner will be represented by **3-5 delegates**.
Age of participants: 18+

In this folder you will find:

Training goals and agenda, accomodation, dinning and more. Keep reading! :)



ABOUT TRAINING

Rock Solid Soft Skills is an innovative Erasmus+ training course designed to hone leadership and interpersonal skills through dynamic engagement and experiential learning. Led by exceptional trainers well-versed in the David Kolb learning cycle and non-formal education methods, this course offers a transformative journey.

Participants **dive into real-life scenarios**, embracing the concrete experience phase, where they tackle challenges head-on, fostering teamwork and communication. Reflective observation follows, as participants analyze their experiences, acknowledging strengths and areas for growth.

Facilitators guide discussions, encouraging self-awareness and empathy. Through abstract conceptualization, participants distill insights into actionable strategies, developing a robust understanding of effective leadership and interpersonal dynamics.

The course culminates in active experimentation, where participants **apply newfound knowledge in simulated scenarios and role-playing exercises**. This hands-on approach reinforces learning, empowering individuals to adapt and innovate in diverse contexts.

Combining the Kolb cycle with non-formal education methods like group discussions, case studies, and outdoor activities ensures an engaging and impactful learning experience. **Rock Solid Soft Skills equips participants with the tools and confidence** to excel as leaders and collaborators in today's dynamic world.

Funded by
the European Union

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Training goals



Goals:

1. Enhancing social skills among young people.
2. Developing the ability to collaborate in groups.
3. Improving interpersonal communication.
4. Enhancing conflict resolution skills.
5. Strengthening the capacity for planning work and creating visions

Benefits:

1. Increasing the chances of development for young people, including in the job market
2. Strengthening the potential of civil society organizations
3. Support and assistance for youth leaders
4. Enabling smooth functioning in the online world
5. Increasing the effectiveness of social interactions

Training method

The **David Kolb learning cycle**, developed by educational theorist David A. Kolb, outlines a four-stage process of experiential learning. In the first stage, learners engage in a hands-on experience. Then, they reflect on that experience in the second stage, considering what they observed and felt. Next, in the third stage, learners analyze their reflections to form abstract concepts and theories. Finally, in the fourth stage, they apply these concepts through active experimentation, which leads back to new concrete experiences, thus continuing the learning cycle.



Training agenda

	13/12/ 2026	14/12/ 2026	15/12/ 2026	16/12/ 2026	17/12/ 2026	18/12/ 2026	19/12/ 2026
Session 1 10:00 - 11:30	Arrivals	Intro of the training and its methodology Intro of the programme	Group dynamics - stages of group forming	Efficient communicati on	von Thun Model	Conflit management - exercisers	Goodbye party/ departures
Break 11:30 - 11:45							
Session 2 11:45 - 13.30	Arrivals	Active learning, team collaboration	How to lead effective teams?	Active listening	von Thun Model	Conflit management - practice	Goodbye party/ departures
Lunch 13:30 - 15:00							
Session 3 15:00 - 16:30	Meeting in training room at 16:00 Getting to know each other	What it means to be a good leader?	Group roles	City game	Handing difficult conver- sations	Model SPORT	Departures
Break 16:30 - 16:45							
Session 4 16:45 - 18:00	Getting to know each other	Leadership skills - exercisers	Intercultural evening	City game	Handing difficult conver- sations	Wheel of conflict	Departures
Dinner 18:00 - 19:00	Catering	Catering	Intercultural evening	Catering	Catering	Catering	

Accommodation

We sleep here:
WOW Hostel
Westerplatte 8/2, 30-033 Kraków

https://krakow-wowhomes.pl/

We can **get our rooms after 14:00**.

Remember you will be sharing a room with more people :)

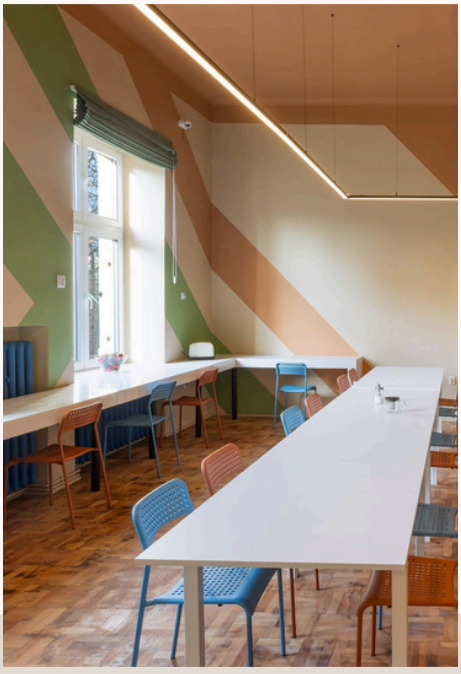
If you arrive earlier or depart later than these times, you can **leave your luggage** at the hotel, but not in the room. The hotel reception works 24 hours.

From the railway station to the hostel
Kraków Główny → WOW Hostel · approx. 10 minutes on foot

1. Follow the signs to the exit towards the Old Town (Stare Miasto) and the square in front of the historic station building.
2. Walk to the Basztowa / Lubicz junction at the edge of the Planty park.
3. Continue straight onto Westerplatte street, with the park on your right.
4. WOW Hostel is at Westerplatte 8/2, before the Poczta Główna tram stop.





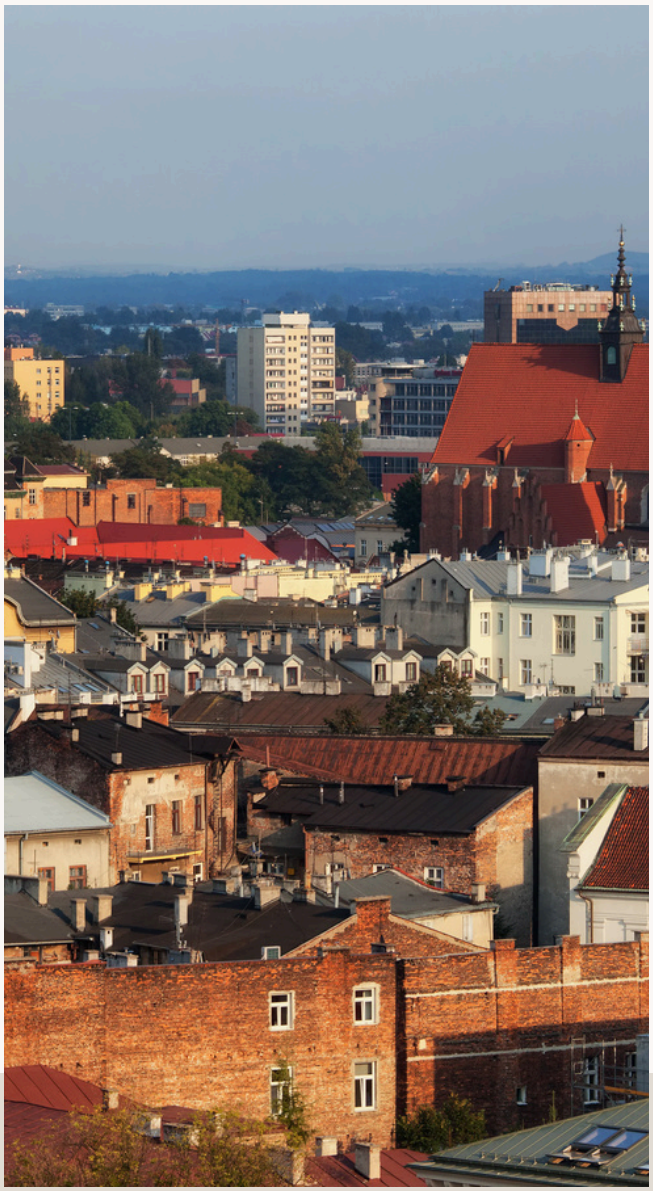


Practical information

The currency in Poland is **Polish Zloty (PLN).** You can exchange your currency to polish in Airport or Railway station.

All costs regarding the training will be covered (hotel and food). You will need to cover your personal expenses.





IF YOU ARE COMING EARLIER OR LEAVING LATER, YOU WILL HAVE TO PAY FOR YOUR FOOD AND ACCOMMODATION.



Insurance

Travel and accident insurance is the **responsibility of the participants.**

You are advised to buy travel and accident insurance during your travel and your whole stay in Poland.

Please do not forget to arrange your travel insurance, including the responsibility insurance (in case of causing third-party damage). Health insurance is not provided by the organizers; the citizens of the European Union are entitled to the **European Health Insurance Card.** All the participants are strongly advised to bring the European Health Insurance Card with them.

Lunch & dinner

Breakfast will be serverd in hostel or training room.

For lunch you will be able to choose from a vegan or meat option in local bistro. For dinners we will have catering.

If you have dietary restrictions, it is up to you to choose what is suitable for you to eat.

Dinner will be offered on the arrival day.

IMPORTANT NOTE: The dinner time is 19:00- 21:30. If you arrive later, dinner will not be served to you and it might be difficult to find something nearby. Please take this into consideration. You may want to buy a snack at the airport or bring something with you.





Airport

You are strongly advised to arrive at KRAKOW AIRPORT.

If you want to spend more time in Poland you should keep in mind that the Polish National Agency for Erasmus+ accepts the participants to stay for **2 extra days,** either before OR after the training course.

Krakow airport is about 45 minutes from the hotel. The best option is to take **train from Airport to the Main Raillway Station.**

Make sure you are checking the timetable for the correct day as the schedule might differ.

The taxi cost is generally not covered, but we will cover the cost if you arrive/depart in the middle of the night.

What to bring?

Information material about your country, your organisation, and your culture. Video or a presentation of your organisation and your country. It would be great if you could bring posters, brochures, promotional material.

Personal reusable water bottle, cup or thermos so as to create as little plastic cups garbage as possible. Moreover, drinks are not allowed in the seminar room unless in a thermos or a bottle. Let's be environmentally friendly :)

Medication. Don’t forget to take with you any medication you might need during your stay.





Visibility

During the activity, we will take photos and videos to be published on the partners' media, such as websites, social media or other visibility and promotional material.

If you do not wish to be part of these publications, you have to contact the organisers. As you understand, you are going to have an important role in the publicity of the project in the media and social media.

Let others know more about the project by tagging it!



Questions?

Don’t hestiate to ask!

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