WELCOME TO

Rock Solid Soft Skills

Master Real-World Communication and Team Dynamics

7-day intensive training in **Krakow, Poland** for young leaders and team players (ages 19–30). Fully funded accommodation and meals.

Forget generic slide presentations and dry theory. Join an international team in Krakow to test your leadership, navigate team friction, and handle tough conversations through live simulations and urban challenges.

Dates: 13–19 December 2026

Location: Krakow, Poland

Costs: Accommodation and meals covered by Erasmus+

Format: Experiential learning, simulations, field challenges

WHY THIS COURSE

Working with People Is More Than Just Assigning Tasks

Most of us end up leading projects or working in teams without ever learning how groups actually function:

01

You want to lead effectively, but you are not sure how to guide people without micromanaging them.

02

Team roles get blurry, misunderstandings happen, and simple tasks take twice as long as they should.

03

It is hard to know when to step forward as a leader and when to give the group space to work things out on their own.

BEING A GOOD LEADER AND TEAM MEMBER IS NOT ABOUT HAVING ALL THE ANSWERS.

It comes down to understanding group dynamics, recognizing different roles, and knowing how to communicate so everyone stays engaged and aligned.

THE METHOD

Learn How Teams Really Work Through Direct Action, Not Slides



Rock Solid Soft Skills is a 7-day Erasmus+ training course built entirely on non-formal education and the David Kolb learning cycle. Instead of sitting through long lectures on leadership models, you test group processes in real time.

STEP 1

Concrete experience

You step into live simulations, team tasks, and an urban challenge across Krakow with an international team.

STEP 2

Reflective observation

You step back with the group and trainers to look at what just happened, how people reacted, and what dynamic formed.

STEP 3

Abstract concepts

You connect your observations to clear leadership and communication models (like the von Thun communication square).

STEP 4

Active experimentation

You immediately apply those conclusions to the next challenge and adjust your leadership style on the spot.

YOU LEAVE WITH A CLEAR SENSE OF HOW GROUPSFORM, WHAT ROLES TEAM MEMBERS TAKE, AND HOW TOLEAD PEOPLE WITH CLARITY AND EMPATHY.

PROGRAM

Real Skills and Frameworks You Take Back Home

Across seven days, every session focuses on a specific challenge that comes up when leading or collaborating with people:

Group Dynamics & Team Stages

Understand how groups naturally evolve from initial forming to high performance, and identify the unspoken roles people step into.

Communication That Actually Lands

Use the Schulz von Thun four-ears model to see why messages get misinterpreted, and practice active listening to hear what someone actually means.

Handling Difficult Conversations

Learn how to address uncomfortable situations early, state boundaries directly, and keep the focus on solving the issue rather than attacking the person.

Conflict Management in Practice

Work with practical frameworks (including the SPORT model and conflict wheel) to resolve friction before it breaks team trust.

Practical Leadership

Test how to guide a group, coordinate tasks during field exercises, and give constructive feedback that helps others improve.

PRACTICAL INFORMATION

Clear Logistics With No Hidden Costs

Thanks to Erasmus+ funding, the core costs of your participation are fully covered:

Accommodation	You will stay at WOW Hostel Kraków in the Old Town (Westerplatte 8/2, 31-033 Kraków). Rooms are shared with other participants, and check-in starts at 14:00 (with a 24-hour reception and luggage storage if you arrive earlier).
Training venue	Sessions take place at NordicHouse – Scandinavian Business Center, ul. Studencka 15/2a, 31-116 Kraków. It is a short walk from the hostel through the Old Town (approx. 10 minutes).
Meals	Breakfast is served at the hostel or training venue. For lunch, you choose between meat and vegan options at a local bistro, and dinners are catered. Your first meal is dinner on arrival day (13 December).
Location & Transport	The hostel is about a 10-minute walk from Krakow Main Railway Station (Kraków Główny) and just a few minutes on foot from the Main Market Square. The nearest tram stop is Poczta Główna, right next to the hostel. From Krakow Airport, take the train directly to Kraków Główny (approx. 20 minutes).
Travel & Extra Days	Participants are advised to arrive at Krakow Airport or the central railway station. The Polish National Agency allows you to stay up to 2 extra days in Poland before or after the project at your own expense.
What you need to arrange	You cover your own personal spending and travel/accident insurance. If you are an EU citizen, bring your European Health Insurance Card (EHIC).

Participation Criteria and Selection

To ensure focused teamwork and equal representation across all participating countries, the group is limited to 26 people.

AGE

You are between 19 and 30 years old.

AFFILIATION

You are nominated by or actively involved with one of the project's partner organizations (each partner has exactly 3 spots).

LANGUAGE

You can communicate comfortably in English during workshops and team activities.

COMMITMENT

You are available for the entire duration of the course from 13 to 19 December 2026 and ready to take part in all daily sessions.

JOIN US IN KRAKOW

Ready to Level Up Your Team and Leadership Skills?

Join 25 other participants in Krakow from 13 to 19 December 2026 for a week of experiential learning and practical workshops.

Remember: each partner organization has only 3 allocated spots, and applications are accepted in order of submission. Once your national quota is filled, the form closes.

CONTACT

Have Questions Before Applying?

Get in touch directly with the coordination team at Stowarzyszenie POLITES:

Sławek

slawomir.muziol@gmail.com

+48 694 975 299

Ela

elzbieta.cwynar@gmail.com

+48 508 642 455

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