

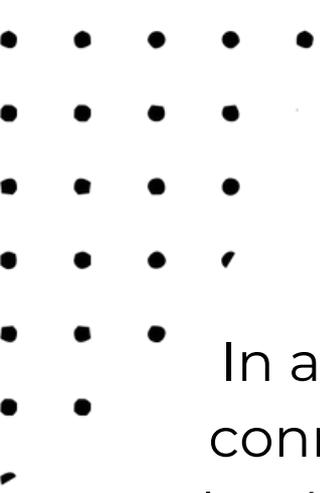
The Balanced Leader: Digital Skills for a Sustainable Future

Training Course 5-14.05.2025
(travel days included)
ZWARDONÓW | POLAND



How to keep balance in overstimulated world?
What are the competences of future leaders?
How to drive sustainable future for our world?

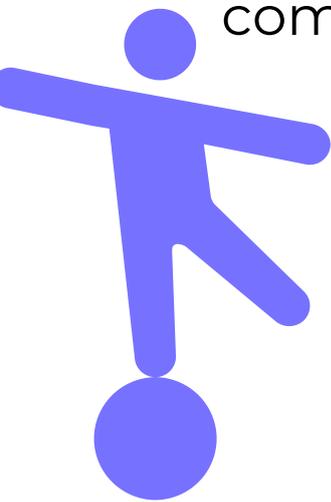




Intro

In an era where digital tools shape how we connect, learn, and lead, youth workers and leaders must navigate the online world with confidence, ethics, and mindfulness. **The Balanced Leader: Digital Skills for a Sustainable Future** is a training course designed under the Erasmus+ program, aiming to **equip participants** with essential **digital competences, while fostering well-being, ethical leadership, and mindful technology use.**

The training will be based on practical activities connecting body awareness, coaching techniques, knowledge and usage of digital tools while building empowering community of youth leaders and educators.



Objectives

To train 28 youth workers on methods and tools in building digital hygiene in their organizations.

To raise cognitive abilities and eliminate information fatigue

To raise conscious and awareness around usage of new technologies in education process.

To inspire for taking initiatives to ethically shape and use online space.

To empower Young Leaders – Guide youth towards active participation in shaping online spaces

Key learnings

🌿 Well-being in the Digital Age – Strategies to protect mental health while working online

💡 Smart & Mindful Leadership – How to integrate digital tools without losing focus on human connection

🛡️ Ethical Use of Digital Space – Encouraging responsibility and digital citizenship among young leaders

🤝 Building Digital Communities – Creating supportive and engaged youth networks
Mindfulness and Yoga classes



Coaching and Body awareness techniques for creative flow and (self) support



Yoga and mindfulness practices



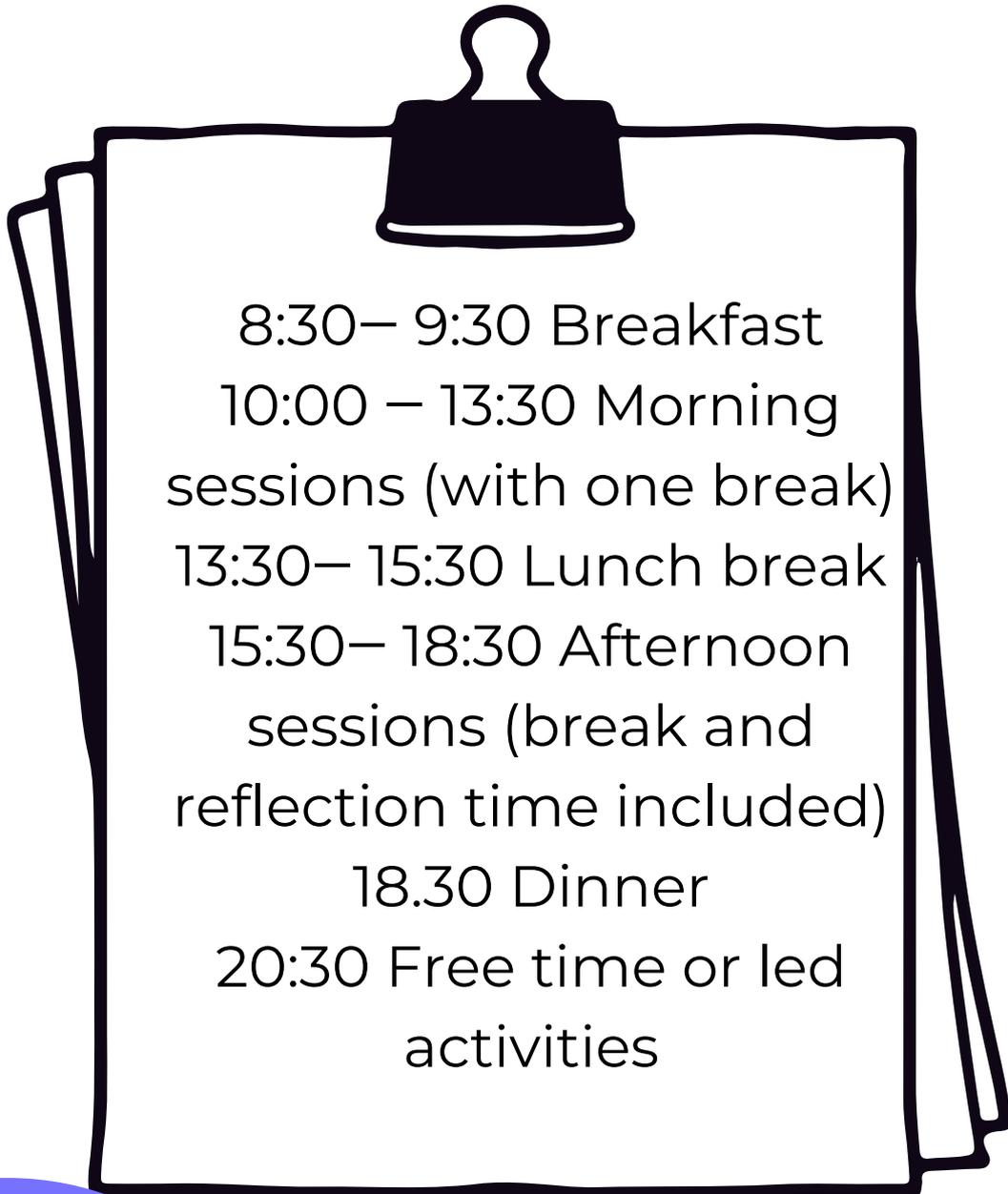
the profile of the participants involved

This training is for youth workers, trainers, educators, and leaders (18+) from programme countries who want to explore digital leadership while maintaining a balanced, mindful approach. Join us and be part of the movement to create a more conscious, ethical, and sustainable digital future!



Target group: youth workers, teachers, youth leaders, educators etc., 18+ from programme countries

Daily schedule



The ONLY working language of this project is English. Don't be afraid if your English is not perfect! Neither is ours. But it should be good enough to participate actively in the process.

Training location

Hotel Sport Resort Zwardoń



Zwardoń Sport Resort

A Modern Sports and Recreation Center

The facility offers 17 rooms, rooms accommodate 2 to 5 people and include private bathrooms. More info can be found [here](#).



Travel

If you come by train or bus, please make sure you arrive to **KATOWICE** railway station.

From there you have a direct train to **ZWARDOŃ**

You can check the timetable and buy the tickets here: <https://portalpasazera.pl/en>
You can also buy them at the train station.

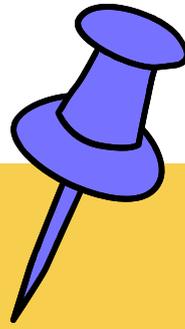
Once you let us know about your arrival, we will pick you up from the train station in Zwardoń and drive you to the hotel.

Travel reimbursement per person

Is based on the actual spending, up to the maximum amount set by the distance calculator of Erasmus+

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

Important



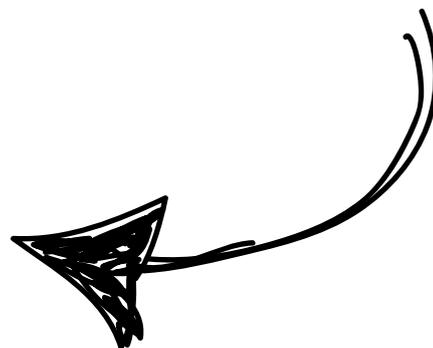
Keep all your travel tickets. If you cannot hand over the indicated documents, we cannot reimburse you!

Our financier requires these documents from us and if it's not completed, we do not get the funding for your travel. If something is unclear about travel reimbursements, please contact us before leaving for the training course!



if you want to take part in the project

Fill the [Google
form](#)



You can also contact us here:
uskrzydlamyngo@gamil.com
or send us message on
WhatsApp:
+48667637321