

# INFOPACK

# YOUTH WORKER TRAINING

## "NO MORE MOVING OUT: CREATING SELF - EMPLOYMENT SKILLS FOR YOUTH"

2-day Training in Poland

 **Rzeszów, Poland**

 **23–24 April 2026**

 **Hosted by:** Fundacja Edu Active



**PROJECT  
PARTNERS:**

FUNDACJA  
**Edu Active**



Foundation Edu Active



European Learning Network MTÜ



Never Give Up Förderverein e.V.

# INVITATION TO THE YOUTH WORKER TRAINING

Fundacja Edu Active is pleased to invite youth workers and representatives of partner organisations to participate in a two-day international training organised within the Erasmus+ project:

## “No More Moving Out: Creating Self-Employment Skills for Youth.”

The training will take place in **Rzeszów, Poland**, on **23–24 April 2026** and will bring together participants from **Poland, Estonia, and Germany**. The event is designed for youth workers who are interested in supporting young people in developing digital competences, entrepreneurial thinking, and self-employment opportunities.

### The main objectives of the training are to:

- present the “**No More Moving Out**” project tools and training materials
- strengthen the competences of youth workers in supporting **digital entrepreneurship** and **self-employment among young people**
- exchange experiences and methods used in youth education and skills development
- support youth workers in using **digital technologies and AI-based tools** in their work
- prepare participants for the **pilot training activities that will be implemented in partner countries**

### During the training participants will:

- explore the **educational resources and training modules** developed within the project
- learn about key topics such as **digital skills, artificial intelligence, automation, and youth entrepreneurship**
- exchange knowledge and experiences with youth workers from partner organisations
- take part in interactive discussions and **practical workshops**
- discuss good practices and innovative approaches in youth work across different European contexts

This Info Pack contains practical information about the event, including the training agenda, venue, travel information, and organisational details to help participants prepare for their visit to Rzeszów.

We look forward to welcoming participants to this inspiring learning experience and to strengthening cooperation between our partner organisations.

# ABOUT THE PROJECT

**“No More Moving Out: Creating Self-Employment Skills for Youth”** is an international project implemented within the Erasmus+ Programme – Small-scale partnerships in youth (**KA210-YOU**).

The project aims to support disadvantaged young people in developing **digital competences, entrepreneurial skills, and self-employment opportunities**, enabling them to build sustainable careers without the need to migrate to larger cities or other countries.

In many regions across Europe, young people face limited access to quality employment opportunities. At the same time, the rapid development of **digital technologies, artificial intelligence, and automation** is creating new possibilities for remote work, freelancing, and digital entrepreneurship. However, many young people and youth workers still lack the knowledge and tools needed to fully benefit from these opportunities.

The project therefore focuses on developing **innovative educational resources and training materials** that help youth workers support young people in building skills for the modern digital economy.

The Youth Worker Training in Rzeszów is an important step in the project, preparing participants to use the developed tools and implement pilot activities with young people in their local communities.

## Project Information

**Project title:**

No More Moving Out: Creating Self-Employment Skills for Youth

**Action:**

Erasmus+ Small-scale partnerships in youth (KA210-YOU)

**Project number:**

2024-3-PL01-KA210-YOU-000294885

**Project duration:**

07.05.2025 r. – 06.11.2026 r.

**Coordinator:**

Fundacja Edu Active (Poland)

## Project Partners

 **Fundacja Edu Active**

edu-active.pl  
Rzeszów, Poland

 **European Learning Network MTÜ**

europeanlearningnetwork.eu  
Tallinn, Estonia

 **Never Give Up Förderverein e.V.**

nevergiveupfoerderverein.org  
Hamburg, Germany

# YOUTH WORKER TRAINING IN RZESZÓW

The Youth Worker Training is designed to introduce youth workers to the educational tools and resources developed within the project and to prepare them for implementing pilot training sessions with young people in their local communities.

The event will include a combination of presentations, practical workshops, and group discussions focused on the use of digital tools, artificial intelligence, and entrepreneurship education in youth work.

## Training Overview

**Dates:** 23–24 April 2026

**Location:** Wincentego Pola 18,  
Rzeszów, Poland

**Duration:** 2 days (approximately 12  
hours of training)

### Participants include:

- 4 youth workers from Poland
- 2 youth workers from Estonia
- 2 youth workers from Germany
- representatives of associated partner organisations

## THE TRAINING WILL PRESENT 4 KEY TRAINING MODULES DEVELOPED WITHIN THE PROJECT:

01

### Module 1 – Introduction to Digital Technologies and Freelancing

Overview of digital tools, digital work opportunities, online presence, digital payment systems and platforms used in freelance work.

02

### Module 2 – Skill Development in Artificial Intelligence (AI)

Introduction to AI concepts and practical AI tools that can support business development, digital marketing, ethical considerations and productivity.

03

### Module 3 – Skill Development in Automation for Digital Work

Practical introduction to automation solutions that can help streamline tasks such as content creation, communication, and workflow management.

04

### Module 4 – Self-Employment and Entrepreneurship Strategies

Business planning, financial basics, marketing strategies, and networking for young entrepreneurs.

During the training, participants will also learn how to use the No More Moving Out training materials and digital resource library that will support youth workers in delivering local workshops for young people.

The meeting will prepare participants to organise local pilot training sessions with disadvantaged youth in Poland, Estonia, and Germany during the next stage of the project.

# TRAINING AGENDA

## DAY 1 - 23 APRIL 2026

**Location:** Wincentego Pola 18, Rzeszów, Poland

Time	Session
09:00 – 09:30	Welcome, participant introductions and overview of the Erasmus+ project “No More Moving Out”
09:30 – 11:00	<b>Module 1 – Introduction to Digital Technologies and Freelancing</b> • Overview of digital technologies and remote work opportunities • building an online presence and digital payment systems • Discussion on digital skills needed by young people • Group activity: mapping freelancing opportunities for youth
11:00 – 11:15	Coffee break
11:15 – 12:45	<b>Module 1 – Practical Workshop</b> • Demonstration of digital tools for communication, collaboration and productivity • Small group exercises exploring online work platforms and freelance opportunities
12:45 – 13:45	Lunch break
13:45 – 15:15	<b>Module 2 – Skill Development in Artificial Intelligence (AI)</b> • Introduction to AI concepts and practical applications • Examples of AI tools supporting entrepreneurship and digital work • Discussion: ethical aspects and opportunities of AI for young people
15:15 – 15:30	Coffee break
15:30 – 16:45	<b>Module 2 – Practical Session: AI Tools in Practice</b> • Hands-on exercises using selected AI tools • Group work: designing simple AI-supported solutions for youth projects
16:45 – 17:00	Group discussion, reflections and Q&A

# TRAINING AGENDA

## DAY 2 - 24 APRIL 2026

**Location:** Wincentego Pola 18, Rzeszów, Poland

Time	Session
09:00 – 09:15	Recap of Day 1 – key takeaways and introduction to Day 2
09:15 – 10:30	<b>Module 3 – Automation Tools for Digital Work</b> • Introduction to automation concepts and digital workflows • Examples of automation tools supporting online work and small businesses
10:30 – 10:45	Coffee break
10:45 – 12:00	<b>Module 3 – Automation Tools for Digital Work</b> • Practical examples of automation tools • Group discussion: how automation can support youth employment and productivity
12:00 – 13:00	<b>Module 4 – Self-Employment and Entrepreneurship Strategies</b> • Basics of starting a freelance or small digital business • Business planning, marketing and networking strategies
13:00 – 14:00	Lunch break
14:00 – 15:30	Study visit to <b>Podkarpackie Centrum Innowacji (PCI)</b>
15:30 – 16:15	<b>Module 4 – Self-Employment and Entrepreneurship Strategies</b> • Discussion: innovation ecosystems and opportunities for youth entrepreneurship • basics of financial management for freelancers
16:15 – 16:45	<b>Module 4 – Self-Employment and Entrepreneurship Strategies</b> • Interactive workshop: supporting youth in developing digital entrepreneurship skills • Planning pilot training activities in partner countries
16:45 – 17:00	Training evaluation and closing session

# TRAVEL INFORMATION

Rzeszów is located in south-eastern Poland and can be reached by air, train, or bus from several major European cities. The most convenient travel option is to fly directly to Rzeszów–Jasionka Airport, located approximately 10 km from the city centre.

Alternatively, participants may travel through Kraków or Warsaw, both of which offer good connections to Rzeszów by train or domestic flights.

Participants are kindly asked to plan their arrival so that they can reach the training venue before the start of the first session at 09:00 on 23 April 2026.

## Rzeszów–Jasionka Airport (RZE)

Jasionka Airport is the closest airport to the training venue.

Distance to city centre: approx. 10 km

Recommended travel option:

- **Airport Bus Connection**

Regular bus connections operate between Jasionka Airport and Rzeszów city centre. Operator:

ZTM Rzeszów – Public Transport

Website: [ztm.erzeszow.pl](http://ztm.erzeszow.pl)

Travel time: approx. 25 minutes

Bus stops are located directly in front of the airport terminal.

- **Ride-sharing services**

Ride-hailing apps available in Rzeszów: Bolt and Uber

Estimated travel time: 15–20 minutes

- **Train Connection**

Travel time: approx. 20 minutes

Trains run several times a day between the airport and the main railway station in Rzeszów.

Operator: [rozkład-pkp.pl](http://rozkład-pkp.pl)

## Kraków Airport (KRK)

Participants may also fly to Kraków Airport (KRK).

Distance to Rzeszów: approx. 170 km

Recommended travel option:

- **Train Connection**

direct train connection from Kraków to Rzeszów (approx. 2 hours)

operator: [rozkład-pkp.pl](http://rozkład-pkp.pl)

- **Airport Bus Connection**

Several companies operate direct buses from Kraków Airport to Rzeszów. Travel time: approx. 2.5–3 hours depending on the connection.

Recommended operators:

- Neobus: [neobus.pl](http://neobus.pl)
- FlixBus: [flixbus.com](http://flixbus.com)

## Warsaw Airport (WAW)

Another option is to fly to Warsaw Chopin Airport (WAW).

Distance to Rzeszów: approx. 300 km

Recommended travel options:

- **Domestic Flight to Rzeszów**

The fastest option is a connecting domestic flight from Warsaw Chopin Airport (WAW) to Jasionka Airport (RZE).

Operator: LOT Polish Airlines:

[www.lot.com](http://www.lot.com).

Flight time: approx. 50 minutes

- **Direct Bus Connections**

Several long-distance buses operate between Warsaw and Rzeszów. Recommended operators:

- Neobus: [neobus.pl](http://neobus.pl)
- FlixBus: [flixbus.com](http://flixbus.com)

Travel time: approx. 4–5 hours.

- **Train from Warsaw to Rzeszów**

Trains depart from Warszawa Centralna or Warszawa Zachodnia railway stations. Travel time: approx. 3.5–4 hours. [rozkład-pkp.pl](http://rozkład-pkp.pl)

# VENUE & TRAINING LOCATION

The Youth Worker Training will take place in Rzeszów, Poland, at the premises of Fundacja Edu Active.

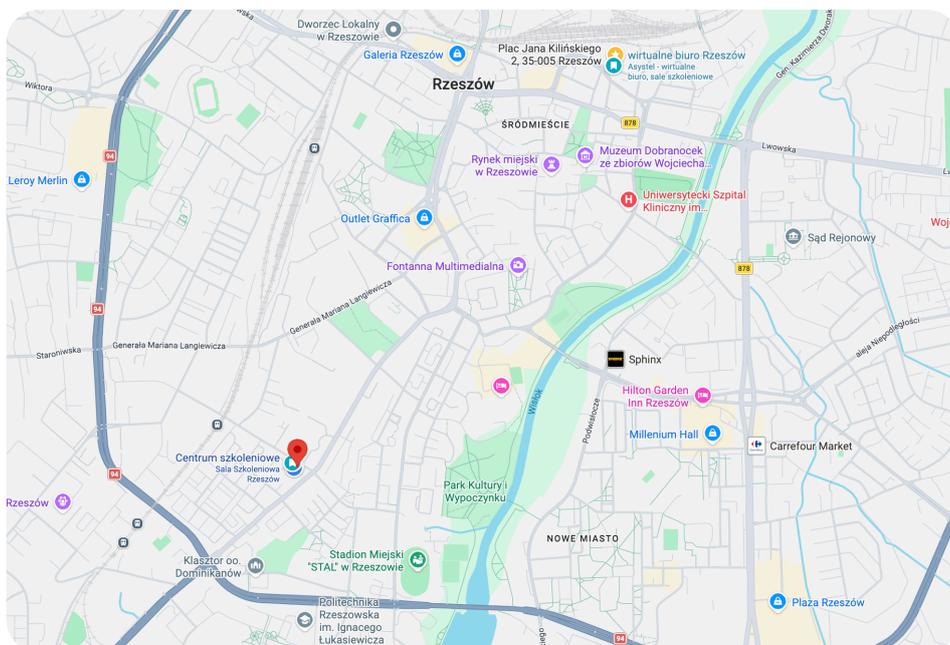
The venue is located close to the city centre and can be easily reached by public transport, taxi, or ride-sharing services. The training room is fully equipped and will provide space for presentations, workshops, and group discussions during the two-day programme.

Participants are kindly asked to arrive at the venue before 09:00 on 23 April 2026, when the training will officially begin.

## Venue Address

Fundacja Edu Active  
Wincentego Pola 18  
35-021 Rzeszów  
Poland

Google Maps:  
<https://maps.google.com>



# ACCOMMODATION & PRACTICAL INFORMATION

**01 Accommodation:** Rzeszów offers a range of comfortable hotels, mainly located in the city centre and around the historic Market Square. Staying in this area allows visitors to easily explore the Old Town, restaurants, cafés and cultural attractions on foot.

**Bristol Tradition & Luxury Hotel ★★★★★**

Rynek 13-14, Rzeszów

Distance from training venue: approx. 2.5 km  
(10 min by car / 28 min walk)

Located on the historic Market Square, this is one of the most prestigious hotels in Rzeszów and a perfect base for exploring the Old Town, restaurants and cafés.

**Grand Hotel Boutique ★★★★★**

Feliksa Dymnickiego 1a, 35-030 Rzeszów

Distance from training venue: approx. 2.4 km  
(6-8 min by car / 25 min walk)

An elegant boutique hotel located a short walk from the Market Square, offering comfortable rooms and leisure facilities including a spa and indoor pool.

**Hotel Rzeszów ★★★★★**

al. Piłsudskiego 44, Rzeszów (Galeria Rzeszów)

Distance from training venue: approx. 2.1 km  
(7-8 min by car / 20 min walk)

A modern hotel located next to Galeria Rzeszów shopping centre and close to the railway station, offering easy access to shops, restaurants and services.

**Hotel Metropolitan ★★★★★**

Juliusza Słowackiego 16, Rzeszów

Distance from training venue: approx. 1,8 km  
(8 min by car / 22 min walk)

A modern hotel in the city centre, within walking distance of the Old Town and main attractions, offering comfortable rooms and an on-site restaurant.

**Best Western Plus Hotel Rzeszów City Center ★★★**

ul. Langiewicza 29B, Rzeszów

Distance from training venue: approx. 900 m  
(4 min by car / 11 min walk)

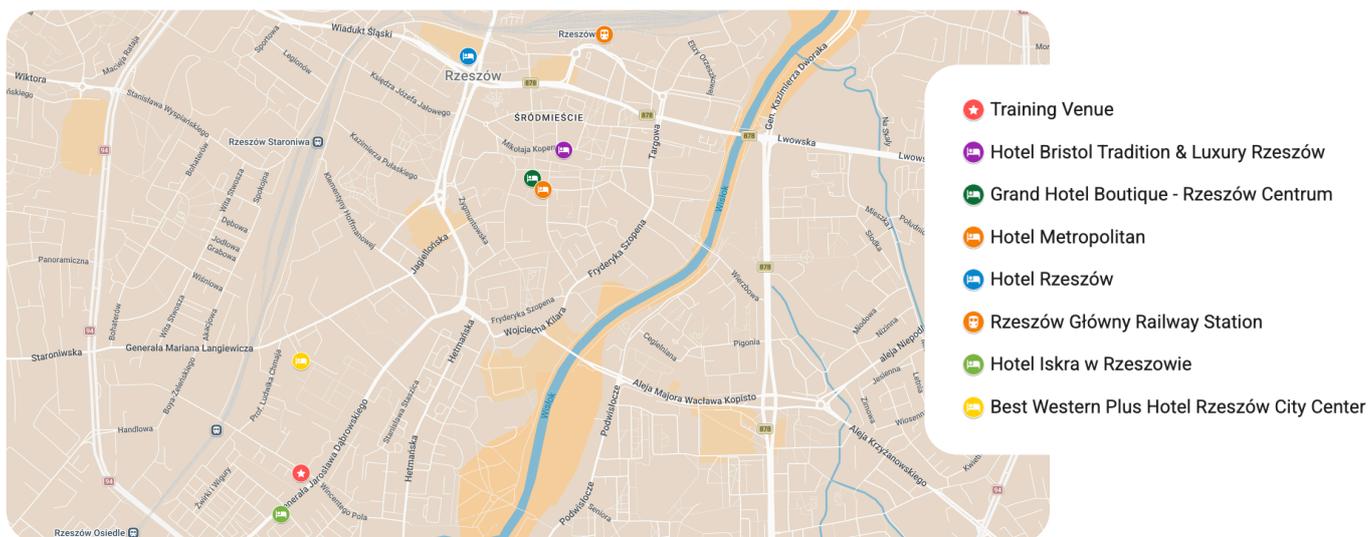
A modern hotel in a quiet part of Rzeszów, conveniently located between the city centre and the training venue.

**Hotel Iskra ★★**

ul. Dąbrowskiego 75, Rzeszów

Distance from training venue: approx. 350 m  
(1 minutes by car / 4 minutes walk)

Hotel Iskra is a simple and affordable option located close to the training venue, making it convenient for participants.



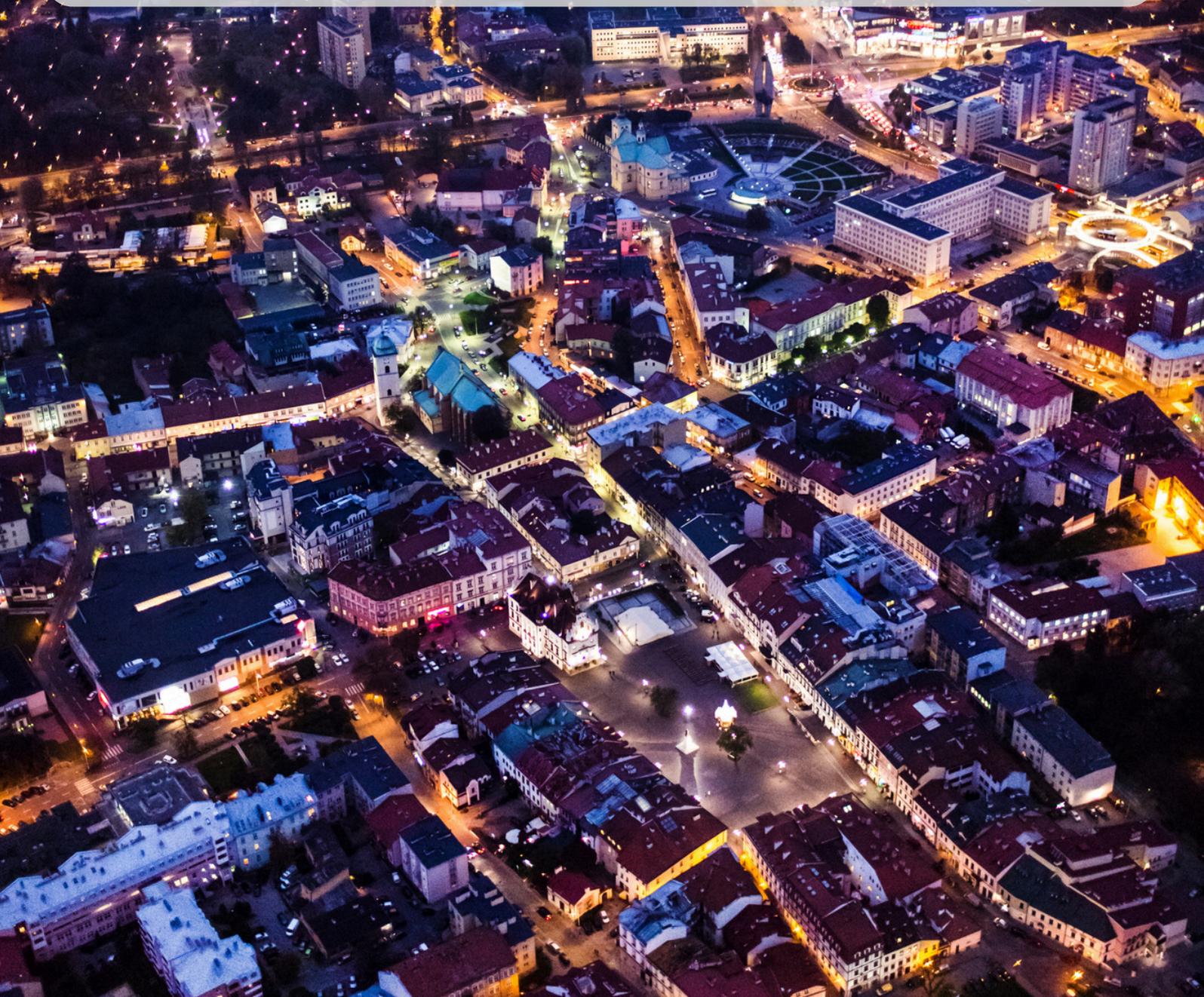
**02 Weather:** In April, the weather in Rzeszów is usually mild and spring-like, with temperatures around 10-18°C. A light jacket is recommended.

**03 Currency:** The official currency in Poland is the Polish Zloty (PLN). Credit and debit cards are widely accepted in hotels, restaurants and shops.

# WE LOOK FORWARD TO MEETING YOU IN RZESZÓW

We look forward to welcoming you to Rzeszów for the Youth Worker Training organised within the Erasmus+ project.

The training will provide an opportunity to exchange experiences, explore tools supporting youth entrepreneurship and digital skills, and build new international connections. We also hope you will enjoy discovering the city of Rzeszów during your stay.



If you have any questions before your arrival, please feel free to contact the organising team:

**Fundacja EDU ACTIVE**

Wincentego Pola 18  
35-021 Rzeszów, Poland

JOLANTA DYRKACZ

[j.dyrkacz@edu-active.pl](mailto:j.dyrkacz@edu-active.pl)  
+48 531 333 006

BEATA JAKUBAS

[biuro@edu-active.pl](mailto:biuro@edu-active.pl)  
+48 17 71 50 096

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**Edu Active**  
