

# Soft Skills: Essential Life Skills You Won't Learn at School

**Erasmus+ project - Youth Exchange**

*under accreditation nr. 2022-1-CZ01-KA150-YOU-000111402*

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Co-funded by  
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**Brno.  
For you.**

# Short intro ●

Imagine finishing your dream university degree, and you're armed with expertise in your field. You walk into your first job interview, confident in your technical skills, but the first question is: "How do you resolve conflicts?" Suddenly, you're caught off guard. Why is this important?

Because the world is made up of people, and how we communicate, collaborate, and handle challenges is just as crucial as our technical knowledge. Whether it's knowing when to speak up or when to listen, understanding your strengths and weaknesses, or managing stress, these soft skills are key to success in any career.

**That's what this youth exchange is all about.**

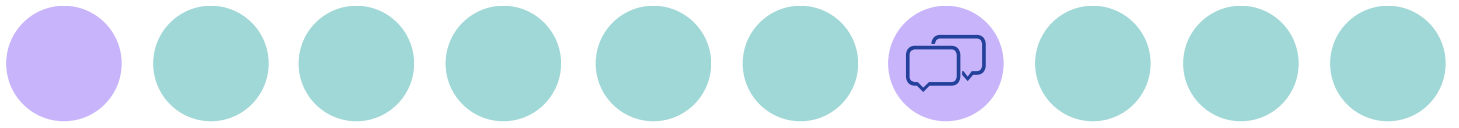
Whether you're aspiring to be a doctor, a waiter, a bartender, or even your city's mayor, these skills will help you thrive. If you're ready to invest in your personal growth and develop skills that will benefit you for a lifetime, this project is for you!



## Main objectives

- Understand your personal behavior patterns
- Improve your approach to conflict resolution
- Explore how intercultural environments influence communication
- Practice key communication skills like public speaking, active listening, and more





# Target group.

Young people

- Age 15
- Interested in the project topic
- Motivated to learn, share and implement workshops of your own with our support
- **To be able to participate on both phases**



We are able to involve up to 24 young people including participants with fewer opportunities and special needs. We are eager to seek for possibilities to lower the barriers to access.

Together, we will create a non-judgmental and open-minded space for learning.





# 1. phase.



**Where?**

Moravec, Czechia



**When?**

21. – 28. 6. 2025

## Accommodation

For the youth exchange, you will be accommodated in the guest house called Penzionu u Výletů. The venue is situated in the village Moravec. The toilets and the showers are shared ([link](#) for the [website](#)).





# 2.phase.



**Where?**

Mersin, Turkey



**When?**

24. – 31. 7. 2025

## Accommodation

For the youth exchange, you will be accommodated in Turkish host families in the city of Mersin. You will be staying with a Turkish participant of the youth exchange with the same gender.



**Partner organization: FOREIGN LANGUAGE  
EDUCATORS ASSOCIATION (FLEA)**



# Practicalities.

## Never leave for a project without...



- **ID or Passport** – Make sure it's valid for the entire duration of your trip.

- **Original Tickets or Boarding Passes** – Keep the physical copies and, for extra security, take a picture or scan each one and store them electronically.



- **Important Contact Details** – Save the phone number of your sending organization's coordinator and the host organization's coordinator.



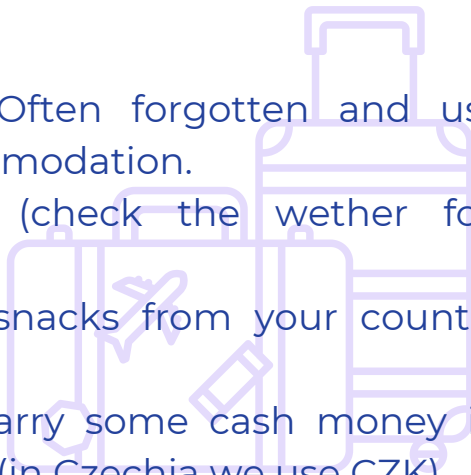
- **European health card - obligatory for EU citizens!**



- **Travel insurance** – you never know what might happen on the way...

## Could be useful...

- **Towel & Slippers** – Often forgotten and usually not provided at the accommodation.
- **Comfortable clothes** (check the weather forecast in advance).
- **Typically drinks and snacks** from your country for the intercultural evening.
- **Emergency Cash** – Carry some cash money in case of unexpected expenses (in Czechia we use CZK)



# Travel and formalities.



## Travel

- The travel will be planned and agreed between the national coordinators who will inform you about the details.
- The whole national group will travel together.

## Formalities

- If you will be selected, you will sign the Zero Tolerance Protocol, which commits you to certain safety rules. We take these rules very seriously breaking them may result in being sent home at your own expense.
- Since you are under 18, your parents will need to sign the legal guardian consent document.
- We will organize **online pre-departure meeting** with all participants



# Schedule\*

This is an educational project, which means that while we will have fun, connect, and enjoy a safe and welcoming space, our main focus is on self-discovery and learning new competencies.

1

## Saturday

- Arrival
- Introduction to the team, venue, program

2

## Sunday

- Get to know each other, team building
- Common agreement, goal settings
- The power of Active Listening

3

## Monday

- Cultural influence on communication
- Conflict, Roles and Communication Lecture
- Artificial Conflict Activities

4

## Tuesday

- Relaxation and Stress Management activities
- Self-care afternoon

5

## Wednesday

- Trip day with individual and team challenges
- Group Discussion about learning / Goal overview

6

## Thursday

- Emotions (How to work with them?)
- Public Speaking Workshop
- Oxford Debate

7

## Friday

- Follow UP What comes next? (Goals for future)
- Connection to the 2nd phase in TR
- Reflection and evaluation of the YE
- Youthpass Ceremony

8

## Saturday

- Departure

\*activities and schedule may vary based on the participant's needs and group dynamics

**Program for the second phase will be created mainly by the participants.**



# Our organization.

- Brno for you is a non-governmental organization which was founded in 2014 and is aimed at **providing the youth with international opportunities**, which unite them and therefore promote European values.
- Since 2023, **we have been accredited** by the Czech National Agency to implement Erasmus+ mobility projects for youth and mobilities for youth workers based on our and Erasmus+ quality standards.



## Achievements under our coordination 2014-2024

33

implemented projects for youth and youth workers

288

youth workers participated on our projects

797

young people experienced non-formal education with us

64%

of our participants come from difficult backgrounds

7

of our projects are marked as examples of good practices by the national agency

# Contact us!



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**Brno for you**

