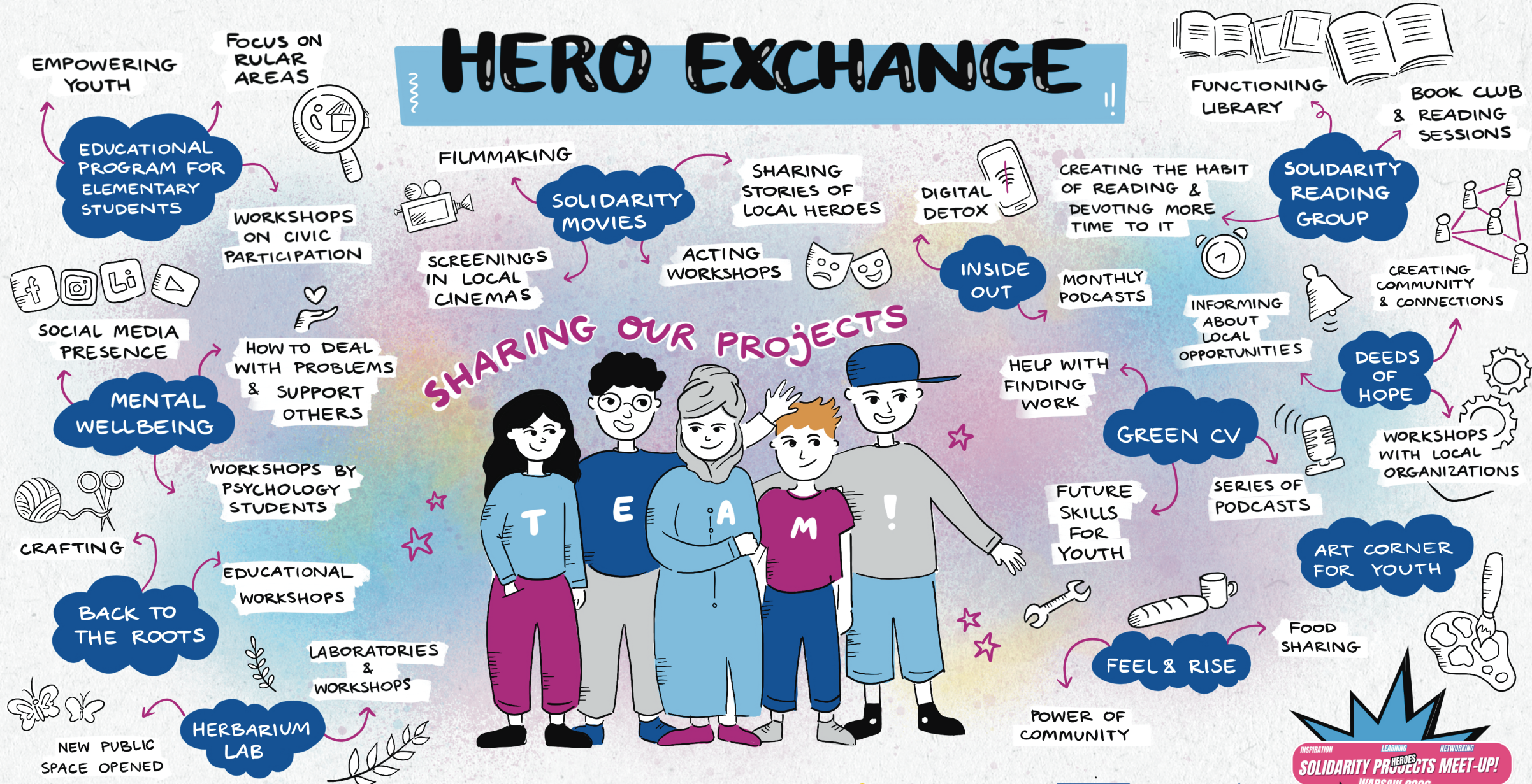


LET'S MEET OUR HEROES



HERO EXCHANGE



THE CHALLENGE CHAMBER

Sharing project challenges

ALL OUR PROJECTS,
ALTHOUGH DIFFERENT,
FACE SIMILAR
CHALLENGES

SAY NO
WHEN NEEDED

SPEND TIME
WITH FAVOURITE
PEOPLE

SMALL STEPS

WELL-BEING

DELEGATE
TASKS

GOOD
SLEEP
& FOOD

BE IN
NATURE

LEADERSHIP

WHAT'S YOUR
STYLE?

JUST DO
WHAT YOU
PROMISED

TEAM RELATIONS

RECYCLE

GO
VEGE

ECOLOGY

MANAGE
WASTE
PROPERLY

TRAVEL
GREEN

REFLECT
&
ADJUST

DIY

CONTENT
PLAN

VISIBILITY

CREATE
GRAPHICS &
VIDEOS

MEETING
PARTNERS
FACE TO FACE

REACHING
LOCAL
MEDIA

MAKE TIME FOR
REFLECTION

ASK FOR
ADVICE

FINAL REPORT
& EVALUATION

DOCUMENT
YOUR
ACTIVITIES

ALWAYS
TAKE
NOTES

YOUTHPASS

CLARIFY
ALL SOURCES

BUDGET

ASSIGN
A TREASURER

PLAN &
COUNT
AHEAD

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THE POWER OF TOGETHER.





HALL OF FAME

Appreciating project successes!!

EACH ONE OF US HAS A PROJECT OR PERSONAL success story TO SHARE

SENDING WORDS OF APPRECIATION



TO OUR TEAM MEMBERS

MADE CHILDREN FEEL CONFIDENT



SNACKS

A CIGARETTE & SAUNA

WHAT IS YOUR CELEBRATION RITUAL?

APPRECIATION SESSION WITH TEAMMATES

END OF THE YEAR PARTY



KEPT OUR TEAM TOGETHER

INSPIRED PARTICIPANTS WHO LATER JOINED OUR ORGANIZATION



GREW A SMALL-GROUP PROJECT INTO A UNIVERSITY COLLABORATION

STAND FOR OUR
GENERATION

mental health IN OUR TIMES

CREATIVE WORKSHOP
ON SOLIDARITY

BE READY IN AN
emergency

FIRST
AID

HOW TO
MAKE
CATCHY IG?

CROWDFUNDING

WHAT STUDENTS
REALLY WANT
TO KNOW?

GETTING
BORED

CONNECTION:
MOVEMENT
WORKSHOP

ACTING & STAGE
MOVEMENT EXPRESSION

SILENT
READING
CLUB

YOUR SKILLS

FINAL EVALUATION
EXPERIENCE

CANVA
USE

ELEVATOR
PITCH

EMOTIONAL
DISCUSSION AI

FIGHT THE
STUTTER

PRACTICE
MAKES
PERFECT

JOKES IN YOUR
OWN LANGUAGE

I CAN SAY
ANYTHING
BECAUSE
NO ONE HERE
UNDERSTANDS
MY LANGUAGE!

HA HA HA

THIS IS
MY PROJECT

01:00

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THE POWER OF TOGETHER.

INSPIRATION LEARNING NETWORKING
HEROES
SOLIDARITY PROJECTS MEET-UP!
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HERO ACADEMY

BARBORA RODI

DE-STRESS SPA:
UNDERSTANDING STRESS
+ PRACTICAL TOOLS

BODY SCAN



What is
HAPPENING
in my body?

THINKING
SENSING
BEING



nature
walks

5 SENSES
EXERCISE



PRACTICE
- gratitude -



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MARTYNA
WŁODARCZYK



SOCIAL MEDIA
VISIBILITY
- IMPOSSIBLE TO
SCROLL PAST

CHOOSE
ONE, MAIN
IDEA TO BE
ASSOCIATED
WITH



THINK ABOUT
YOUR TARGET GROUP

What do they
want to see?

PEOPLE BUY
FROM PEOPLE



CREATE YOUR
DREAM CLIENT
PERSONA

KRISTINA



FREE
TIME

AGE

PROFESSION

INTERESTS

PROBLEMS

A SINGLE SENTENCE CAN
TRIGGER 4 DIFFERENT
INTERPRETATIONS

- FACTUAL
- SELF-DISCLOSURE
- RELATIONAL
- APPEAL

SCHULTZ VON THUN'S
FOUR EARS MODEL



- listening filters -

KAMIL OLESZKIEWICZ

COMMUNICATION
IS VERY MUCH
RELATED TO:

- CULTURAL CONTEXT
- SITUATIONAL CONTEXT
- RELATION LEVEL

'THAT'S NOT WHAT
I SAID!' - THE
ART OF HEARING
BETWEEN THE LINES

WE STARTED
20 MINS
LATE

WE NEED TO
START
IMMEDIATELY

YOU ARE
DISREGARDING
ME



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HERO'S QUEST

City exploration game

UNLOCKED: **STRENGTH**

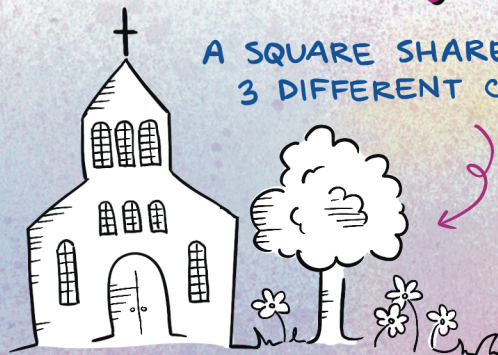
PROJECT THAT LASTS
LONGER THAN A WEEK
NEEDS **FOOD**

which **Polish** word
should we learn?

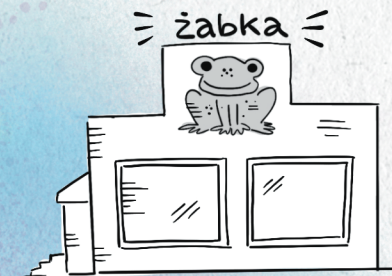
GETTING REFUSED
IS PART OF THE JOB

A **SOLIDARITY** PROJECT
THAT ONLY EVER TALKS
TO ITSELF IS JUST A **HOBBY**

A SQUARE SHARED BETWEEN
3 DIFFERENT COMMUNITIES



- CATHOLICS
- JEWS
- LOCAL PEOPLE

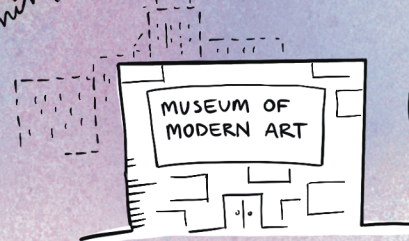


CARE FOR YOUR
ENERGY
& **STRENGTH**

UNLOCKED: **RESILIENCE**

NOT OWNED BY
ANYONE, BUT ALWAYS
TAKEN CARE OF! ♡

- warsaw
defining skyline -



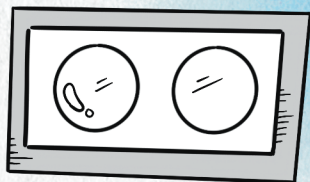
IT FINALLY GIVES
THE CITY A PUBLIC
SQUARE THAT BELONGS
TO ANYONE.

NO, IT BLOCKS
THE VIEW OF
THE PALACE
AND RUINS THE
SKYLINE!

UNLOCKED:
STRENGTH

UNLOCKED:
VISION

FOTOPLASTICON



MACHINE FROM 1905

VICTORIAN VERSION
OF THE **VR HEADSET**

UNLOCKED: **SPARK**



INSPIRATION LEARNING NETWORKING
SOLIDARITY PROJECTS MEET-UP!
WARSAW-2026

MANAGING
CULTURAL
& ARTISTIC
PROJECTS
SINCE 2020



LEGENDS OF SOLIDARITY

Meeting Polish NGOs



INTERCULTURAL
INTEGRATION

PROMOTING
ACTIVE & INCLUSIVE
SOCIETY

YOUTH HUMAN IMPACT
association

SUPPORTING
BUILDING
CAREER PATHS

DEVELOPED
A SELF-HELP
GUIDE FOR YOUNG
PEOPLE

GROWSPACE
foundation

LEADING A
SEXUAL HEALTH
CAMPAIGN
FOR TEENS

NURTURING
HEALTHY
RELATIONS



FACILITATING
GAMES MEETINGS
FOR TEENS AND
SENIORS

TRACH
foundation
of animators
& culture creators



CREATING
SPACE FOR
YOUTH TO
CHILL AND
CREATE
TOGETHER

CREATIVE
WORKSHOPS,
FIELDS &
FORMATS

HOW DO WE
PROCESS TRUTH
& DECEPTION IN
REAL LIFE?

ADDTRUTH
foundation

MANAGING
DECISION MAKING
UNDER PRESSURE

FLEXING YOUR
CRITICAL THINKING
MUSCLE

WAS THE DOG
saved
OR stolen?

NAVIGATING
CONFLICTING
INFORMATION



MOSAIC
association

START WITH
people,
NOT activities



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THE HERO IS ON
A JOURNEY FOR
THE COMMUNITY

TOMORROW'S LEAGUE

World Café - Future Opportunities



network

build
communities



gain new
competences

CONTACT YOUR
LOCAL NY
TO APPLY AND
JOIN US!

YOUR NA
WANTS YOU
TO
SUCCEED!

ITS ROLE
IS TO
support
YOU

DON'T BE
AFRAID TO
call AND
ask questions!

COMPETENCE
GROWTH

CLOSE COLLABORATION
WITH NATIONAL AGENCIES

WORKSHOPS
& EVENTS

join

EUROPEERS NETWORK



PROMOTING
OPPORTUNITIES
FOR YOUNG PEOPLE

NEW PEOPLE

OUR NETWORK
WELCOMES ANYONE
WHO PARTICIPATED
IN EU FUNDED YOUTH
PROJECTS

MEET OTHERS AND
CREATE SOMETHING
together

THERE ARE
70
DIFFERENT
PROGRAMS
AVAILABLE
FOR YOUTH



YOUTH INFO
POINT



GRANTS, STUDYING
& WORKING ABROAD,
CONTESTS

EUROPEAN
YOUTH
PORTAL



DATABASE

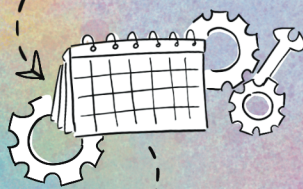
INTERNSHIPS

SALTO ESC IS THE
COMMUNITY
OF PRACTICE



USEFUL MATERIALS
AND RESOURCES

TRAINING
CALENDAR



NAs' AND
ORGANIZATIONS'
EVENTS

RECURRING
TRAININGS

the power
of young people!

NETWORKING &
COOPERATION
ACTIVITIES

- NA PRESELECTS PARTICIPANTS
- THE HOST GIVES FINAL APPROVAL

SUPPORTING NAs,
ORGANISATIONS &
PARTICIPANTS

YOUTH, CROSS-SECTORAL,
EDUCATION & TRAINING

SALTO IS NOT
1 OFFICE,
BUT 11!

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