Kreisau-Initiative

krzyżowa
kreisau

GIRLS: OUR BEAUTY

24.05. - 30.05.2026 - Krzyżowa, Poland

Erasmus+
Enriching lives, opening minds.

Welcome to the project!

girl power



The “GIRLS” project is the only youth exchange organized by Kreisau-Initiative e.V. that is exclusively for young women – both participants and team members. It brings together young women from diverse backgrounds, including participants with and without disabilities, with fewer opportunities, and from different regions and communities.

The project creates a safe and empowering space where participants can strengthen their sense of agency, build solidarity, and foster mutual understanding.



Theme of the project - Our Beaty



This year's theme, "Girls, Our Beauty," focuses on beauty from within, self-perception, and how we see ourselves and others. The project invites participants to reflect on inner strength, self-worth, confidence, and the social influences that shape our understanding of beauty. Creative workshops in storytelling, self-reflection, dance, visual arts, and discussions on women's rights and solidarity provide space for free expression and meaningful exchange. Through these activities, participants discover their voices, celebrate their individuality, and empower one another.





Project venue

The project “Girls: Our Beauty” will take place at the International Youth Meeting Centre in Krzyżowa, Poland (IJBS Krzyżowa). IJBS Krzyżowa is a renowned venue with a long tradition of hosting international youth and educational projects, offering a peaceful and well-equipped environment for learning, sharing experiences, and personal development.

Participants will stay in comfortable rooms and be provided with full board (breakfast, lunch, and dinner). Meals can be flexibly adapted to individual dietary needs, including vegetarian, vegan, and gluten-free options.

The centre’s facilities include spaces for workshops, group activities, and reflection, as well as outdoor areas suitable for team-building, relaxation, and creative exercises in nature.





Address: Krzyżowa 7, 58-112 Grodziszcze, Poland

Workshops

As part of the project, participants will have the opportunity to choose two workshops:
- one body- and movement-based workshop, and
- one content-focused creative workshop.

🌿 Body & Movement Workshops

1. Movement & Flow

This workshop invites participants to explore natural movement, rhythm, and flow. Through guided exercises, breathing techniques, and gentle physical practices, participants will reconnect with their bodies, release tension, and experience movement as a source of strength and self-awareness.



2. Body Perception & Awareness

Focusing on body awareness and self-perception, this workshop creates space to reflect on how we see and feel our bodies. Through mindful exercises and partner activities, participants will explore body image, confidence, and the connection between physical presence and inner strength.

Workshops

🎨 Content & Creative Workshops

3. Art Therapy – Inner Reflections

Using artistic methods such as drawing, painting, and symbolic creation, this workshop offers a safe space for self-expression and emotional exploration. Participants will reflect on their inner beauty, identity, and personal experiences through creative processes rather than words.

4. Expressive Dance – Emotions in Motion

This workshop combines creativity and storytelling through dance. Participants will explore how emotions, experiences, and personal narratives can be expressed through movement, building confidence and celebrating individuality.

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5. Creating Beauty – Handcraft that Inspires

In this hands-on workshop, participants will design and create meaningful handmade objects inspired by the theme of beauty. The focus lies on creativity, intentionality, and redefining beauty as something personal, authentic, and empowering.

Program Draft

24.05. - Sunday

Arrival of participants

25.05. - Monday

10:00 - Morning Round
10:30 – Getting to Know Each Other
15:00 – Introduction to the Topic
18:00 – Day Evaluation / Reflection
20:00 – Welcome Party

26.05. - Tuesday

10:00 - Morning Round
10:30 - Workshop group 1
15:00 - Workshop group 2
18:00 - Evaluation
20:00 - Evening organized by participants

27.05. - Wednesday

10:00 - Morning round
Trip to Wrocław
18:00 - Evaluation
20:00 - Evening organized by participants

28.05. - Thursday

10:00 - Morning Round
10:30 - Workshop group 1
15:00 - Workshop group 2
18:00 - Evaluation
20:00 - Evening organized by participants

29.05. - Friday

10:00 - Morning round
10:30 - Rehersals
15:00 - Final ceremony, common gathering
18:00 - Evaluation
20:00 - Farewell party

30.05. - Saturday

Departure of participants

What to Bring

Remember to bring your everyday personal items. Here are a few things that will be especially useful during the project:

- Comfortable clothes and shoes for physical activities and short walks.
- Clothing for dance or social events – you'll have evening dance activities, so bring an outfit you'd like to wear.
- Warm layers for colder evenings – it can be chilly and damp in May, so bring a hoodie, warm jacket, or other appropriate clothing.
- Reusable water bottle – tap water is safe to drink, and staying hydrated is important even in colder weather.



Practical Information for Partner Organisations

- There is no shop at the venue, so participants should bring all necessary personal items with them. In case of urgent needs during the project, we will do our best to provide them.

- The currency in Poland is the Polish złoty (PLN). Card payments are usually accepted at the venue. Money can also be exchanged at exchange offices in nearby towns or along the way if traveling by bus – we can plan a stop for currency exchange upon request. There is a café at the venue where drinks and snacks can be purchased.

- Partner organizations are responsible for the insurance of their participants. All participants should bring their European Health Insurance Card (EHIC). A doctor is available if needed, and the nearest hospital is approximately 15 minutes away.



Registration and contact information

All participants and group leaders are asked to register by 20 April 2026 via the link below.



Project coordination and contact for questions or any kind of support: Alla Bahlei - bahlei@kreisau.de +49 (0)30 53 89 31 63 65

Project organizer:
Kreisau-Initiative e. V.
Website
Facebook
Youtube

We wish you a safe journey and look forward to seeing you at the project in Krzyżowa!

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Kreisau-Initiative