

# TRIYOU Forum 2025: Exchange, Engage, Empower

22-24 September 2025 in Warsaw

## Programm

Time	Programme
<b>22. September (Monday) EXCHANGE</b>	
13:00	lunch (optional)
until 15:00	Arrival and registration of all participants
15:30	<b>Interactive welcome space: Inspirations &amp; Networking</b>
	Have a break, have a coffee
16:30 - 18:00	<b>Opening of the Forum</b> Welcome notes by organisers and partners  What is the forum 2025 about? What answers does civic education offer for multiple challenges posed today, how can international youth work contribute? Why do we need trauma-informed youth exchanges? What's new in TRIYOU founding 2026?
18:30	Check-in at the hotel
19:00	Dinner
20:30	<b>Intercultural welcome evening: Getting to know each other</b>
<b>23. September (Tuesday) ENGAGE</b>	
08:00	Breakfast
09:00	<b>Language animation</b>
09:30	<b>Input: What happens around us and how is youth doing in Germany, Poland, and Ukraine?</b>
10:15	Have a break, have a talk, coffee, tea
10:30 - 12:30	<b>Workshop session I (choose 2 out of 3)</b>  Workshop 1: <b>"Restorative Circles"</b> , a dialogue-based approach (Tim Kucharzewski)  Workshops 2: <b>"Rumours without borders? Recognising, understanding and acting on disinformation - For a democratic youth exchange in times of (digital) uncertainty"</b> (Charlotte Lohmann)  Workshop 3: <b>"Dealing with stress and trauma in youth exchanges – self and co-regulation for adults and youth"</b> (Marta Gawinek-Dagargulia)

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12:30	Lunch break optional: regenerative session in or outside of conference center
14:15-16:15	<b>Workshop session II</b> <i>(the workshops of workshop session I will be repeated)</i>  Workshop 1: <b>"Restorative Circles"</b> , a dialogue-based approach (Tim Kucharzewski)  Workshops 2: <b>"Rumours without borders? Recognising, understanding and acting on disinformation - For a democratic youth exchange in times of (digital) uncertainty"</b> (Charlotte Lohmann)  Workshop 3: <b>"Dealing with stress and trauma in youth exchanges – self and co-regulation for adults and youth"</b> (Marta Gawinek-Dagargulia)
16:15	Take a break
16:30	Wrap up of the workshops and short evaluation
17:30-19:00	<b>Public panel: "From Vision to Action: Young Minds Influencing International Youth Work"</b> moderated by Tetiana Kriukovska, NGO Tolerance in You (tbc)
19:00	Reception
20:00	<b>Actionbound</b> optional – Warsaw by Night
<b>24. September (Wednesday) EMPOWER</b>	
08:00	Breakfast
09:00	<b>Language animation</b> + warm up + organizational notes
09:15	<b>Time for creativity &amp; project planning:</b> <ul style="list-style-type: none"> <li>• Individual <b>project planning</b></li> <li>• Behind the scenes: <b>Workshop on handling the realities of international youth encounters</b></li> <li>• <b>Funding consultation</b> with the German-Polish Youth Office</li> </ul>
10:45	Have a break, have a coffee
11:00 – 12:30	<b>Closing plenum &amp; outlook</b>
12:30	Optional lunch + departure

**Please note that parts of the programme may be subject to change.**

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