

01-08. AUGUST 2022. VELENCE, HUNGARY

RECONNECT

Youth Exchange





Everything you are searching for can be
found *within* you.

@ICIETNU



FORMAT OF THE YOUTH EXCHANGE

GAIN

GAIN NEW SKILLS,
COMPETENCES AND
METHODS

GROW

GROW PERSONALLY
& PROFESSIONALLY

GIVE

GIVE BACK TO THE
SOCIETY

This youth exchange is for you, if...



- You would like to reconnect with yourself
- You would like to gain more self-awareness through creative methods
- You are interested in the topic of well-being & mindfulness
- You are looking for tools to boost your mental, physical and spiritual well-being that you would like to use in your everyday life or work
- You would like to support others's well-being as well
- You would like to create special connection with other

- You are from Hungary, Spain, Greece or Belgium
- You are between the age of 18-30
- You can speak english fluently

Program

01.08.2022. Arrival Day

- We will meet around 5 pm at Budapest Déli train station, and we will go together to the accomodation. (Train ride takes around 1 hour.)
- Dinner will be served at the accomodation.
- First moments of connecting with each other! :)

Everyday, there will be a possibility to do & lead morning sport activities.

Breakfast will be avaiable from 08:00 till 08:45 || Lunch will be served between 12:30-13:30 || Dinner will be served between 19:00-20:00 || Coffee breaks will be served between the morning and afternoon workshops.

02.08.2022. Day 1

09:00-10:30

Intro of the
project

11:00-12:30

Get to know
each other

15:00-16:30

Team Building
Activities

17:00-18:30

Zooming into
well-being

18:30-19:00

Reflection of
the day

21:00

1st Intercultural
night

Program

03.08.2022. Day 2

09:00-10:30

Dealing with
change and
ambiguity

11:00-12:30

Dealing with
change and
ambiguity

15:00-16:30

Stress
management
techniques

17:00-18:30

Free writing
workshop for
self-awareness

18:30-19:00

Reflection of
the day

21:00

2nd
Intercultural
night

04.08.2022. Day 3

09:00-10:30

Looking into
your habits

11:00-12:30

Visualising your
future version

15:00-16:30

Urban
meditation

17:00-18:30

Urban
meditation

18:30-19:00

Reflection of
the day

21:00

3rd
Intercultural
night

Program ♥

05.08.2022. Day 4

- On the 4th program day, we will go to an amazing trip in order to reconnect with ourselves through the power of nature, using natural elements (earth, water, air, fire.)
- Our first stop will be Lake Balaton, where you will have some free time to enjoy one of the most favourite holiday destination of hungarians during summertime, 'The hungarian sea'. (Don't forget to pack your swimsuits! ;))
- In the afternoon we will visit a fairytale place, called 'Dharma Horse Rescue Center' what is a green sanctuary for rescued animals. We will continue the reconnection with ourselves through nature based activities and through horses.
- We will close our program day with a sunset yoga and bonfire in the company of lovely animals.



Program

06.08.2022. Day 5

09:00-10:30

Healthy
nutrition
workshop

11:00-12:30

Healthy
nutrition
workshop

15:00-16:30

Entrepreneurship
workshop

17:00-18:30

Self-care
workshop

19:00-20:00

Sunset yoga by
the lake

Free evening

07.08.2022. Day 6

09:00-10:30

Open Space

11:00-12:30

What can I give
to the world?

15:00-16:30

Erasmus+ and
Future steps
workshop

17:00-18:30

Evaluation of
the project

18:30-19:00

Free time

21:00

Farawell
evening

Program ♥

08.08.2022. Departure Day

- We will say goodbye to the accomodation that gave home to us during the youth exchange after breakfast,
- We will travel back to Budapest by train together.

! The final program of the exchange might have slight changes !

Accomodation



Venue

Székesfehérváti Gyermek
és Ifjúsági Tábor - 2481,
Régiposta u. 1

Rooms

There will be separated
rooms for girls and boys.
3-4 participants / room

Training venue

The training venue is at
the same place as the
accomodation.

Meals

Breakfast, lunch, dinner &
coffee breaks will be
served at the
accomodation.

Surrounding

Lake Velence is located
only 20 minutes walk
away from the
accomodation, so don't
forget your swimmsuit! ;)

Health measures

The exchange will be
organise in accordance
with current health
measurements.

Travel information

Participating organisations:

- Hope for Children Hungary (organiser)
- JOETZ vzw
- Roes Cooperativa KOIN.S.EP.
- Asociación Entrejuegos

Expenses:

Accommodation and food is fully covered by the Erasmus+ program.

Travel expenses will be reimbursed to set limits.

Travel budget:

- Hungary: 23 euro/participant
- Belgium: 275 euro/participant
- Greece: 275 euro/participant
- Spain: 360 euro/participant

Reimbursement:

The reimbursement will be made after you provided ORIGINAL tickets, invoices, and boarding passes.

More info will be sent to selected participants.

Don't buy any tickets until you didn't get a confirmation from the organisers!!!



DO YOU HAVE A QUESTION? CONTACT US!

CONTACT PERSON:

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E-MAIL

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SOCIAL MEDIA

<https://www.facebook.com/hopeforchildrenhungary>



Erasmus+

