

INFOPACK

RECONNECT THROUGH THE POWER OF NATURE

Youth Exchange

1-8th of May 2023, Visegrád, Hungary



Erasmus+





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

@ICIETNU



FORMAT OF THE YOUTH EXCHANGE

GAIN

GAIN NEW SKILLS,
METHODS AND DEVELOP
YOUR COMPETENCES

GROW

GROW PERSONALLY
& PROFESSIONALLY

GIVE

GIVE BACK TO THE
SOCIETY

This youth exchange is for you, if...



- You would like to reconnect with yourself through the power of nature
- 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 can use in your everyday life or work
- You would like to create special connection with others
- You are from Hungary, Spain, Greece, Cyprus or the Czech Republic
- You are between the age of 18-30
- You can speak english fluently

Program

01.05.2023. Arrival Day

- We will meet at 16:00 pm at Budapest Deák Ferenc tér metro station, and we will go together to the accomodation.
- 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.

02.05.2023 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

03.05.2023. 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

Self-care
workshop

18:30-19:00

Reflection of
the day

21:00

2nd
Intercultural
night

04.05.2023. Day 3

09:00-10:30

Looking into
your habits

11:00-12:30

Visualising your
future version

15:00-16:30

Reconnect
through the
power of
nature

17:00-18:30

Nature
meditation

18:30-19:00

Reflection of
the day

21:00

3rd
Intercultural
night

Program ♥

05.05.2023. Day 4

- On the 4th program day, we will go to an amazing hike around Visegrád in order to reconnect with ourselves through the power of nature, using natural elements (earth, water, air, fire.)



Program

06.05.2023. Day 5

09:00-10:30

Healthy
nutrition
workshop

11:00-12:30

Exploring the
secret herbal
tea of
Mogyoróhegy

15:00-16:30

Entrepreneurship
workshop

17:00-18:30

Entrepreneurship
workshop

18:30-19:00

Sunset Yoga

Free evening

07.05.2023. Day 6

09:00-10:30

Open Space**

11:00-12:30

Open Space**

15:00-16:30

Erasmus+ and
Future steps
workshop

17:00-18:30

Evaluation of
the project

18:30-19:00

Cooking
together

21:00

Farawell
evening

Program

08.05.2023. Departure Day

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

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

*** Intercultural nights:**

During the intercultural nights, each of the participating countries have to present something typical of their culture, that can be anything, like food/drink/games/national dances/ppt about the country-organisation/kahoot questionnaire/music, etc.

Every team should prepare something in advance and then present it to the others. Presentations should be no longer than 30 minutes.

**** Open space:**

A space addressed for you to facilitate a short workshop in the topic of the exchange if you would like to. More info will be shared about open space during the exchange.

Accomodation



Venue

Madas László Erdészeti
Erdei Iskola

Rooms

There will be separated
wooden houses for girls
and boys.
2-3 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

Green landscapes, river
Danube

Health measures

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

Travel information

Participating organisations:

- Hope for Children Hungary (organiser)
- Roes Cooperativa KOIN.S.EP.
- Asociación Entrejuegos
- Centrum financni gramotnosti z.s.
- Hope for children CRC Policy centrer

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
- Greece: 275 euro/participant
- Spain: 360 euro/participant
- Cyprus: 275 euro/participant
- Czech Republic: 210 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:

Dóra Faragó, facilitator

E-MAIL

fdora.event@gmail.com

SOCIAL MEDIA

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



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