

CALL FOR PARTICIPANTS

HEALTHY BODY HEALTHY MIND

Youth Exchange

14-21 August, 2023 - Visegrád, Hungary



About the youth exchange

Activity dates: 14-21 August, 2023

(6 training days+ 2 travel days)

Venue: Visegrád & Budapest, Hungary



The purpose of this youth exchange is to...

- Provide you different kind of tools to boost and support your mental, physical and spiritual well-being
- Support you to gain more self-awareness through creative methods
- Support you in building long lasting healthy habits
- Support you in creating special connections with others while having fun

Methodology of the youth exchange

The methodology of the youth exchange is based on non-formal educational methods.

The exchange will also involve the following elements to help you create special connections with others and build health supporting habits:

- different kind of sport activities
- meditation and relaxation
- yoga in nature
- common healthy cooking sessions
- hikes in nature
- self-care crafts time
- mindfulness exercises
- art therapy session



Profile of participants

- Age: 18-30 (Group leader: 18+)
- English: intermediate level is recommended

We are looking for participants, who would like to:

- boost their mental, physical and spiritual well-being
- learn more about the topic
- reconnect with themselves, nature and create a special connection with the other participants
- create healthy habits

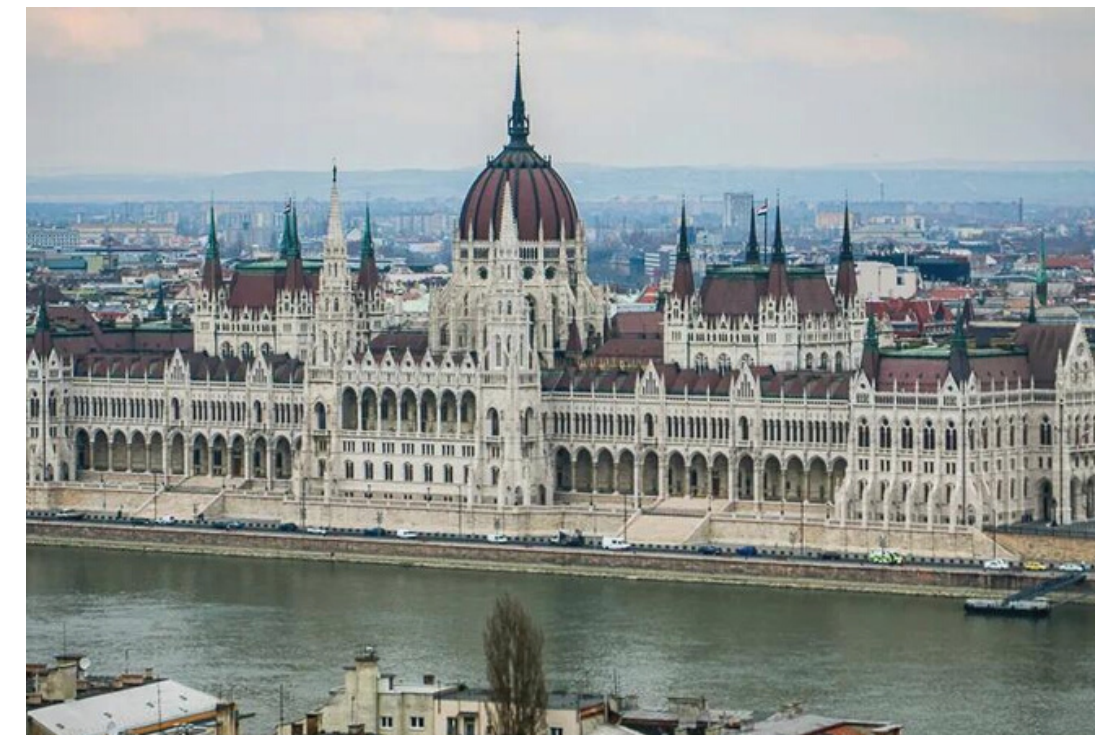
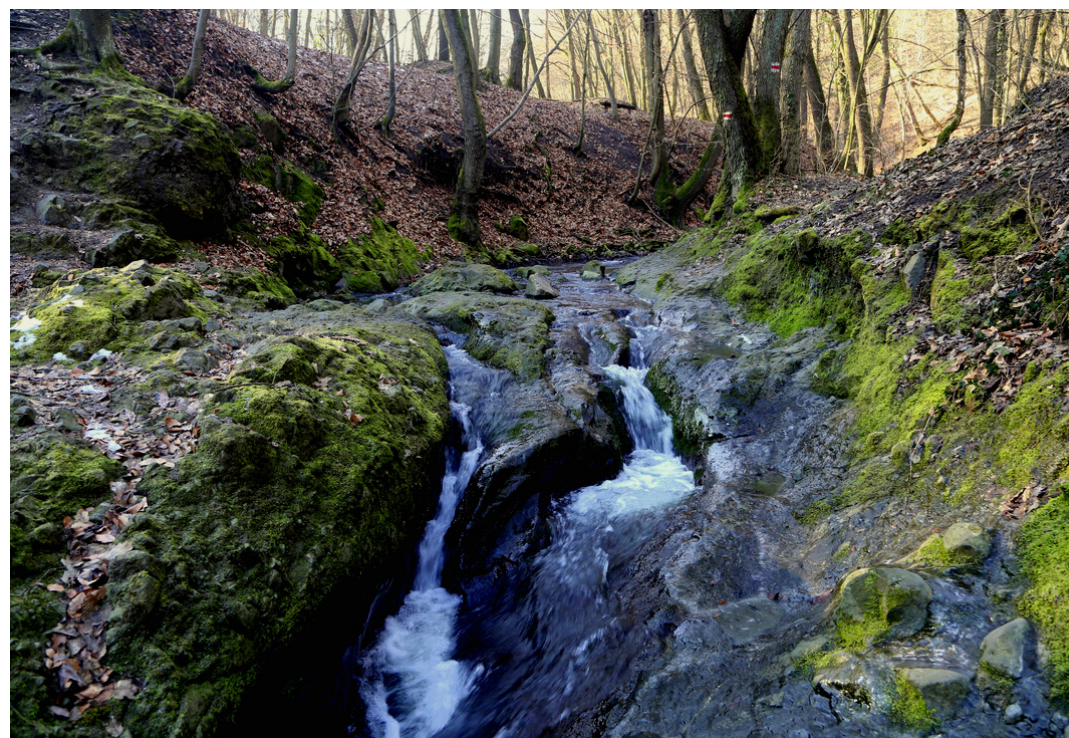
Size of the group: 30 participants in total
5 participants/sending organisation



Participating organisations:

- **Hungarian Parkour Association** - (Hungary - organiser)
 - **Brno For You** - (The Czech Republic)
 - **Association for YOU** - (Bulgaria)
 - **Associação Mais Cidadania** - (Portugal)
 - **Youth Workers Alliance** - (Serbia)
 - **Colegiul National Mihail Sadoveanu** - (România)
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Venue



Venue

Madas László Erdészeti
Erdei iskola & Budapest

Rooms

There will be separated
rooms for girls and boys in
wooden houses
(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

Beautiful green
landscapes and river
Danube.

Health measures

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

Program

14.08.2023. 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.

15.08.2023 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

16.08.2023. Day 2

09:00-10:30

Exploring the
secret tea of
Mogyoróhegy

11:00-12:30

Healthy
Nutrition

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

17.08.2023. Day 3

09:00-10:30

Benefits of
movement

11:00-12:30

Building
healthy habits

15:00-16:30

Visualising your
future version

17:00-18:30

Nature
meditation &
sunset yoga

18:30-19:00

Reflection of
the day

21:00

Cooking
together on
bonfire

Program ♥

18.08.2023. 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.
- After our hike we will "move" to Budapest and spend the rest of the evening with reconnecting with each other



Program

19.08.2023. Day 5

09:00-10:30

Dealing with
change and
ambiguity

11:00-12:30

Dealing with
change and
ambiguity

15:00-16:30

Love
meditation

17:00-18:30

Suprise sport
activity

18.30-19:00

Reflection of
the day

21:00

3rd
Intercultural
evening

20.08.2023. Day 6

09:00-10:30

Open Space**

11:00-12:30

Open Space**

15:00-16:30

Erasmus+ and
Future steps
workshop

17:00-18:00

Evaulation of
the project

18:00-19:30

Bonfire dinner
at Normafa

21:00

Farawell
evening

Program

21.08.2023. Departure Day

- We will say goodbye to the accomodation that gave home to us during the youth exchange after breakfast.
- ! The final program of the exchange might have slight changes !**

*** Intercultural nigts:**

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 with selected participants.

Do you have a question? Contact us!

Dóra Faragó, facilitator
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SOCIAL MEDIA

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

