

MENTAL HEALTH THROUGH NATURE
AND COMMUNITY

Youth Exchange



Liptód,
Hungary

29 Oct. - 7 Nov.
2023



We would like to draw attention to the importance of outdoor activities, therefore we will place a significant part of our program in an outdoor environment.



The participants come from Bulgaria, Czech Republic, Germany, Italy, Poland, and Hungary. We are expecting 5 participants from every country between 15-17, and one group leader who is over 18.



- Arrival: 29th of October (no later than 17:00) From Budapest, we organize the travel together to Liptód
- The program ends: on the evening of the 6th of November at Liptód
- Departure: 7th of November, transfer from Liptód to Budapest (Please book your flights departing later than 12:00)



The Youth Exchange will take place in Liptód which is a small village inhabiting around 200 people. Liptód is famous for its tranquility and nature.

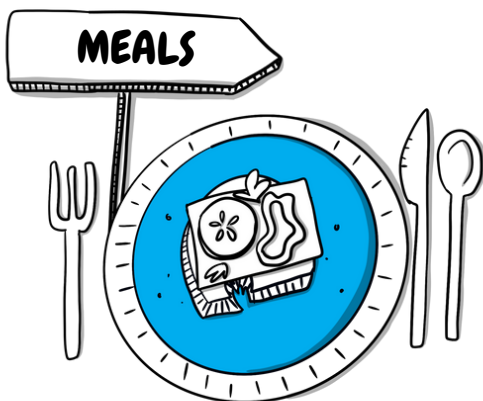
The village has just 5 streets, and there is no shop. Please so be sure that you bought everything before the trip or in Budapest.

Liptód is not so far from Mohács (17km) nor Pécs (30km) by car. During the Youth Exchange, we plan to visit one of them.

We organize our programs more closely to nature where the connection with locals is also easier. The learning environment is crucial in any process. Please when you apply for this youth exchange note that it is a small village!



You will be accommodated in the Youth Camp of Liptód (called Jómadár Ifjúsági Szálló). This Youth Camp has 3 separate houses close to each other. There are 2 or 4 showers and toilets to be used separately for boys and girls (the number of the bathrooms depends on the size of the house).



Every meal (breakfast, lunch, dinner) will be prepared by the owners of the accommodation.

All of them will be provided in the main building of the Youth Camp, where you can expect Hungarian cuisine with respect to your special dietary restrictions if you have any.

During the day we will provide 2 coffee breaks with some snacks and fruits.

We are kindly asking all of you to provide very concretely your dietary restrictions in order to be prepared! If you don't do that we won't be able to address it.

Please note that all of our programs have zero-tolerance toward alcohol! We ask you to keep that in mind when applying!



Please remember that in Hungary the currency is Forint (HUF) and not Euro! You can not exchange your currency in the village, so be sure that you exchange your money before the trip or in Budapest.



There are two ways to organize your trip:

1. Your sending organization will buy your tickets, after consulting with us about the dates and the form of the trip.

In this case, you must send us all your travel documents (boarding passes, flight tickets) and request an invoice from GYIÖT to the following address.



When you are looking for options to travel to Hungary make sure you choose the most economic way of travelling. If you can, choose low-cost flights or travel by train! You must buy an economic class flight ticket or a second class train ticket to get reimbursed. Please when planning your trip refer to the travel times. Don't forget to consult with us about the travel and only buy tickets after confirmation from us.



When you have found a suitable way of travel and you are about to book your tickets:
You must ask for an invoice which shows the name (attention: full name is required)
and address of our organization:

Name: GYIÖT

Address: Serháztér utca 9. Hódmezővásárhely, H-6800, Hungary

Tax number: 18088445-1-06



2. GYIÖT organizes your trip, after consultation of the date, and the form of the trip with you. In this case, you must send us the data necessary for the purchase of plane tickets in advance.

Please, if you can, prefer green travel (bus or train), so that we can have smaller impact on our environment! The possibility of Green Travel is only available for the Youth Exchange, we cannot afford the extra costs for the Preparatory Visit!

Travel budget per person:

Germany, Italy, Poland: 275 € (green travel: 320 €)

Bulgaria, Czech Republic, Hungary: 180 € (green travel: 210 €)



Participation in the project is free. Meals, accommodation, travel, and other costs of the program are provided by the GYIÖT. The project is implemented under the Erasmus+ Programme with the support of the European Union.



Preparatory Visit: You can find more information about the Preparatory Visit in the infopack attached



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If you have any questions feel free to contact us!

See you soon!



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