

NATURE THERAPY

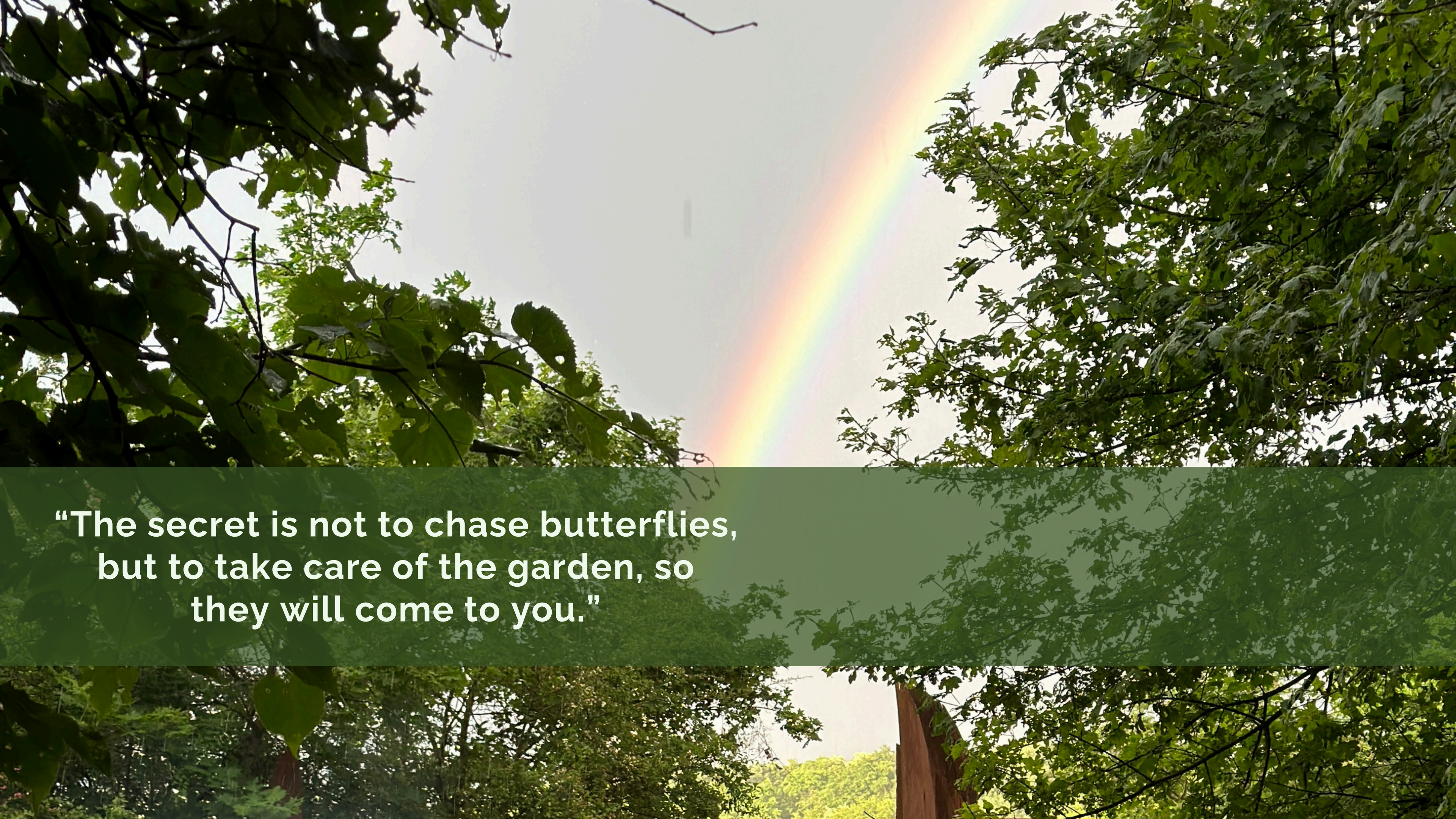
Youth Exchange

01-08 May, 2025 - Visegrád, Hungary



Erasmus+



A vertical rainbow is visible in the center of the image, stretching from the top to the bottom. The sky is overcast with soft, grey clouds. The rainbow's colors are muted due to the lighting. The scene is framed by dense green foliage and tree branches, with some leaves in the foreground being dark and silhouetted against the sky. The overall atmosphere is serene and natural.

**“The secret is not to chase butterflies,
but to take care of the garden, so
they will come to you.”**



When was the last time you truly let go of daily life's stress and everyday rush and let yourself rest and recharge?

This exchange gives you space to reconnect with yourself through nature, get fresh perspectives, build healthy habits, experience beauty in every moment and rediscover the joy of living. Leave feeling more alive, inspired and connected to yourself, others and the world around you.

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, yourself and nature:

- 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
- “eco-awakening”
- experiential learning



We are looking for you, if..

- You are between the age of 18-30 (Team Leader of the group can be older than 30)
- You are from Hungary, Portugal, The Czech Republic, Bulgaria or Cyprus
- The topic of the exchange is calling you
- You can communicate in english
- You are ready to reconnect with yourself through the power of nature
- You are ready to be part of an international community and make lifelong memories with likeminded people



Venue



01.05.2025 - Arrival Day

On the 1st of May we will meet at 15:45 at Budapest city center. Make sure that your flight will arrive until 15:00 to Budapest Airport! Further info on the meeting point will be sent to selected participants.

- First moments of connection, Dinner

02.05.2025 - Day 1

- Intro of the project and ourselves
- Get to know each other
- Team Building
- Zooming into our well-being with an art therapy painting method
- Evening activity: The Boss of Visegrád

03.05.2025 - Day 2

- Exploring ourselves around the topic of Dealing with change and ambiguity
- Stress releasing activities and techniques
- Connecting with our innerself through sunset yoga and meditation
- Evening activity: Intercultural evening



04.05.2025 - Day 3

Programme

- Exploring the secret ingredients of the tea called 'Mogyoróhegy'
- Healthy nutrition workshop
- Visualise your future version - Healthy habits workshop
- Moonlight meditation

05.05.2025 - Day 4

- Hike to Visegrád Castle, connecting with nature, trying hungarian lángos
- Starting preparations for the 'Nature Therapy Day'
- Evening activity: 2nd intercultural evening

06.05.2025 - Day 5

- Nature Therapy Day - You will be invited to immerse yourself into nature, go back to the roots of "eco-awakening" and also facilitate each other workshops on nature based activities
- Evening activity: Cooking together on bonfire



07.05.2025 - Day 6

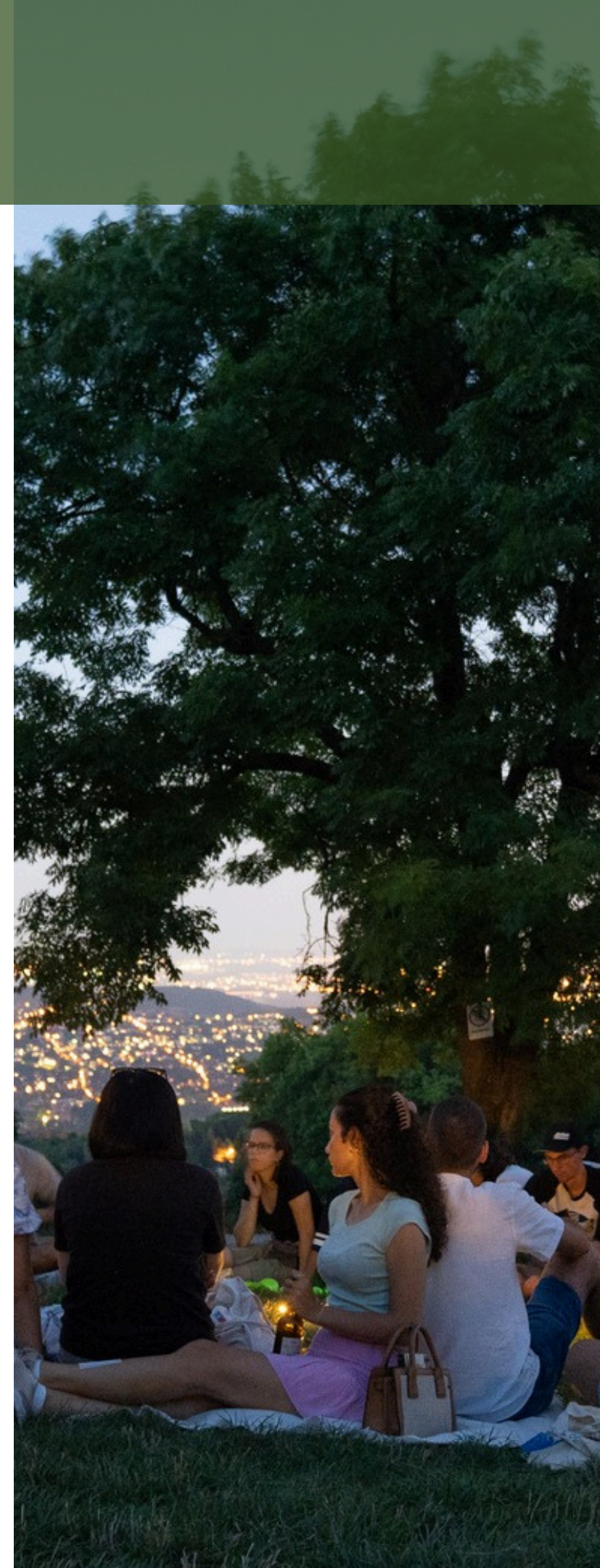
Programme

- Surprise closing activity
- Erasmus+ workshop
- Planning the future
- Fruits of our learning
- Closing
- Evening activity: Farewell party

08.05.2025

- Departure after breakfast

Please note: The final programme might have slight changes



A typical day of the YE as an example



Venue

Madas László Erdészeti
Erdei iskola, Visegrád

Rooms

There will be separated
rooms for girls and boys in
wooden houses
(2-3 participants/room)

Exchange venue

The exchange 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.

Travel information

Expenses

Accommodation and food is fully covered by the Erasmus+ program.
Travel expenses will be reimbursed to set limits.

Max travel budget

- Hungary: 56 euro/participant
- Czech Republic: 285 euro/participant
- Portugal: 395 euro/participant
- Bulgaria: 309 euro/participant
- Cyprus: 309 euro/participant

Arrival and Departure Date

- On the **1st of May** we will meet at 15:45 at Budapest city center. **Make sure that your flight will arrive until 15:00 to Budapest Airport!**
- On the 8th of May, try to search for flights after 10:00 AM, as you will need to travel from Visegrád back to Budapest first in the morning.

Arrival and Departure Date

You can arrive 2 days earlier or leave 2 days later according to the arrival and departure date, but in this case you will need to cover your own accommodation and food expenses for those extra days.

If you need help in organising your travel itinerary, let us know! :) Before booking your travel tickets, please send a copy of the tickets for an approval to the following e-mail: magyarpkse@gmail.com (Only approved tickets can be purchased!)

Reimbursement

The reimbursement will be made after you provided:

- ORIGINAL tickets/BOARDING passes (SCAN or PDF form)
- invoices
- e-mail confirmations

All information like the name of the passenger, price, currency, and date of purchase should be clearly visible on all documents to be viable for reimbursement.

Travels should always be by the most cost-efficient way. (We can't reimburse taxi rides, 1st class tickets, day/week/monthly passes, travel fines (fine by controller, luggage size fine, late check-in fine))

Reimbursements will be made directly to partners and they will share them among the participants.

There is no reimbursement without the ORIGINAL travel Documents.

Contact person for financial administration & reimbursement:

Krisztina, funartic@gmail.com

Your team during the youth exchange



Dóra Faragó

Facilitator

Dóra works as a trainer since 2017. She is passionate about the topic of mental health and well-being and using sports as a tool for development. She did her studies in recreation management and health promotion and did expert courses in the field of well-being, nutrition and meditation.

Her favourite quote is: "Be brave enough to travel the unknown path and learn what you are capable of."



Vajk Szentváry-Lukács

Facilitator

Vajk is a professional parkour coach and athlete and he is one of the founders of Hall of Parkour Hungary. He is an experienced trainer in the field of education through sport and community building. He is passionate about personal and professional development and definitely can suggest you a book on these topics if you ask him ;)

Participating organisations:

- **Hungarian Parkour Association** - (Hungary - organiser)
 - **Brno For You** - (The Czech Republic)
 - **Association for YOU** - (Bulgaria)
 - **Lifeshaker Associação**- (Portugal)
 - **HFC Hope For Children Policy Center** - (Cyprus)
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Do you have a question? Contact us!

Dóra Faragó, facilitator
magyarpkse@gmail.com

SOCIAL MEDIA

https://www.instagram.com/mape_parkour/

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



**We can't wait to get to know you and
welcome you in Hungary! :)**