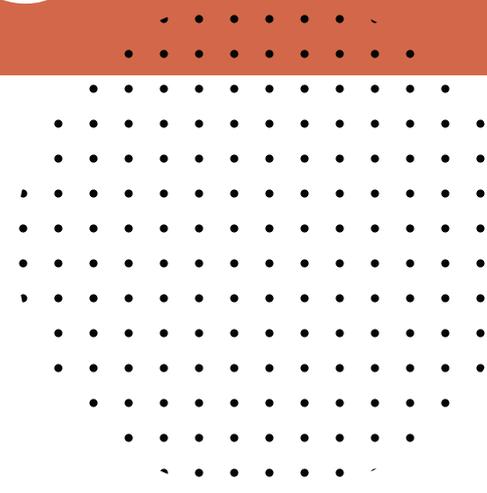
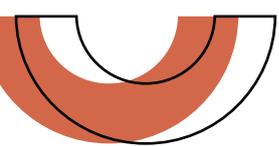




# KNOW YOURSELF Youth Exchange

02 - 09 April, 2024  
Liptód, Hungary



We are happy to welcome you onboard of the Know yourself Youth Exchange. For all of us to better prepare, we have collected the most important details about the project. Please read everything carefully and do not hesitate to ask any questions if you have!

## ABOUT US

The host and organizer of the project is the Youth for Participation Association(FIRE in hungarian). The Association aims to work towards a better youth participation in the East-Baranya County more specifically in Pécsvárad and its surroundings. The Association is based in Pécsvárad and most of their activities are also held there in the local youth center. The Association is running a local youth club with the main focus on youth empowerment. It also provides support and assistance to the local youth council.



## FACILITATORS

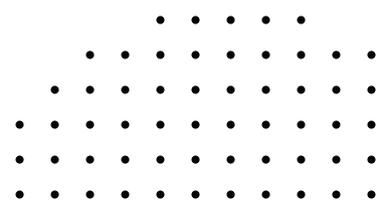
We are Kata Walter and Kriszti Scholtz, movement and dance therapists, experts in theater and art therapies. We have been running therapy groups together for years, self-expression through art is important in both of our lives.

In our work with groups, we focus on creating an accepting, safe space together with the group, where there is no judgment, where you can freely express yourself, create, experiment, through which we can all get to know ourselves better and connect with each other.



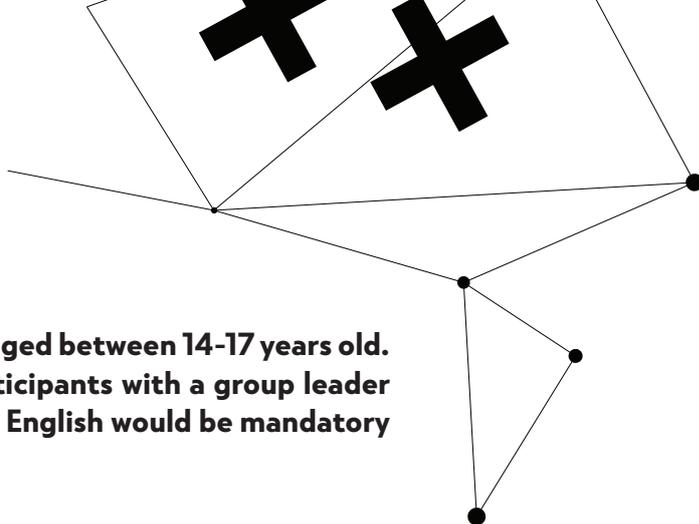
## WHAT IS THE PROJECT ABOUT?

During the week we spend together, our focus will be on creation and self expression and community building. We use creative techniques such as art therapy and dance therapy to get to know ourselves better, to meet parts of ourselves that we may not have known before, and we share these with each other with the tools of art. We create a community, a safe space, where we can all express ourselves freely, learn from each other, inspire each other, and create together. During the art therapy workshops, there will be time for individual and group creation (for example, making collages, clay, painting...) and then we talk about the process and share our feelings about the products. During the dance and movement therapy workshops we discover our space, move freely, dance, reflect and be reflected, improvise. Using the tools of drama pedagogy, we will create a street performance by the end of the week, which we will present on the streets of Pécs.



# PARTICIPANTS

This youth exchange will involve young people aged between 14-17 years old. Each country has a possibility to send four participants with a group leader with an age of at least 18. A basic knowledge of English would be mandatory for all of you.



# WHERE

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. Gastronomy is also important! You can buy several local products and in that you can ask assistance from the owners of the guesthouses where you will sleep and eat too.

Liptód is not so far from Mohács (17km) nor Pécs (30km) by car, however its challenging to leave the village by public transport.

# WHY LIPTÓD?

We organize our programs more closely to nature where 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, with no shops or other services!

# ACCOMMODATION

You will be accommodated in the Youth Camp of Liptód (called Jómadár Ifjúsági Szálló). This Youth Camp has 2 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).

We try to organize houses separately for girls and boys!! Group leaders will also be accommodated with you.

**Accommodation:**  
Jómadár Ifjúsági Szálló

**Address:**  
Hungary, 7758 Liptód, Dobó István utca 7



# MEALS

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 there will be 2 coffee breaks.

We kindly ask all of you to provide your dietary needs very specifically in order for us to be prepared! If you don't do that we won't be able to address them!

# IMPORTANT DATES

## ARRIVAL

2th of April From Budapest we organize the travel together to Liptód  
Croatian group we organize separately

## PROGRAM ENDS

9th of April at Liptód

## DEPARTURE

9th of April, transfer from Liptód to Budapest

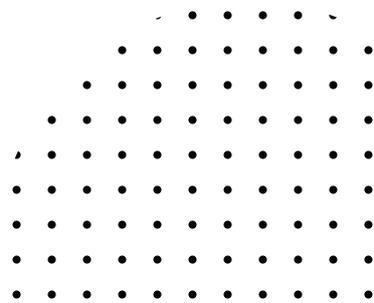
# LET'S GET TUNED IN - PREPARATION

## INTERCULTURAL EVENINGS & INTERCULTURAL COFFEE BREAKS

Groups will be asked to present their own countries at one of the intercultural evenings. Countries will have a maximum of 30 minutes and they can choose the way they wish to present their countries.

You will have to present snacks and sweets in the coffee breaks. Please bear that in mind!

## PARTICIPANTS' FORM COMING SOON



# PACKING LIST

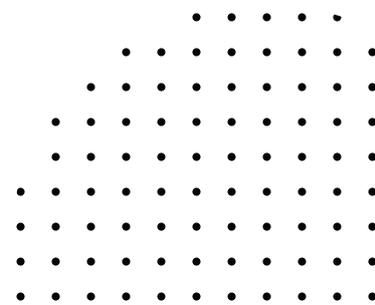
- Typical candies, sweets, biscuits, savory, beverages for the coffee breaks and for the intercultural evening;
- Small backpack for little excursions;
- A Mug. We will need this for a mug lottery, the more colorful the better;
- Hair dryer if you need, as there is none at the guest houses
- Shoes that are good for going outside, we will have few outdoor programs.;
- Practical clothes for different kinds of weather: chilly, rainy;
- Clothes, shoes that you don't mind if gets dirty!
- Raincoat or umbrella in case of rain during the outdoor elements of the program;
- Towels and slippers!
- Personal things: hygiene related, medicines you usually take or other things you need;
- Cash for your personal purchases.

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

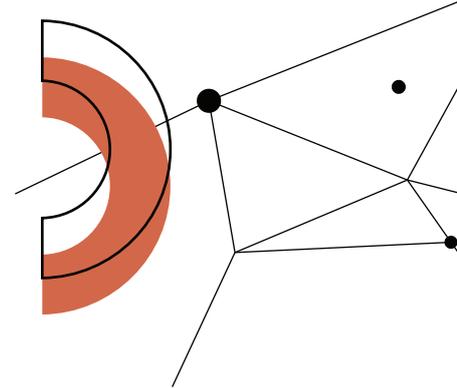
# FINANCIAL ASPECTS AND INVOICING

When you are looking for options to travel to Hungary make sure you choose the most economic way of traveling. Please consider the cheapest flights possible! You must buy an economic class flight ticket or a second class train ticket to get reimbursed. When planning your trip, please take the travel times into consideration. Don't forget to consult with us about the travel and only buy tickets after our confirmation.

You can add extra days on your own costs to your travel, a maximum of 2 days (before, after or combined of the dates of the youth exchange). Please keep in mind, that you have finance your accommodation and food during your extra days, since it is not included in the project.



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



Please make sure you ask for an invoice, otherwise we will NOT be able to reimburse your expenses. Please let us know if you can't request an invoice:

- Your name, the dates of your travel and the ticket's price must be clearly written on your ticket;
- In case of traveling by train, the ticket must show your name and the dates of your travel too;
- You **MUST** keep your boarding passes and tickets. After the event you will be kindly asked to send them back to us. In case you arrive by train, you will need to send us your original tickets;
- Please book your ticket on your or your organization's expenses. We plan to reimburse your travel costs after the youth exchange via bank transfer upon showing all proof of documents;

Once we have received all your travel details to Hungary, we will inform you with more details on how to arrive at the venue (which means a transfer provided by us). Please keep it in mind that your local travel in Hungary will cost around 40-45 Euros (this applies to those who are traveling through Budapest), which is also included in your total travel limit!

**Travel reimbursement can be only completed if participants fully understand and keep rules that will be created by the group together on the first day. Full participation is required!**

**Total reimbursable amount for travel for the countries:**

Croatian	28 euro/participants
Slovakia	211 euro/participants
Lithuania	309 euro/participants
Netherlands	309 euro/participants
Spain	309 euro/participants

## CONTACT

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**There is no participation fee for this event.**

