



**FIRE**  
Fiatalok a Részvételért Egyesület

# How to Well-Being?!

## Youth Exchange

### 31 March - 7 April 2025

### Liptód, Hungary

We are happy to welcome you onboard  
of the How to Well-Being?! Youth Exchange.

For all of us to better prepared, 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.

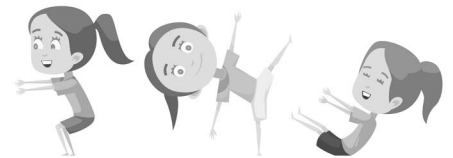
It also provides support and assistance to the local youth council.

The Association is working in close cooperation with the Federation of Children's and Youth Municipal Council who is supporting the implementation of this youth exchange as well.



# What is this project about?

During the week, we'll take a look around at what everyone is doing to feel comfortable in their own skin! It's no excuse to be young, we change a lot and we always need to make sure we feel good about ourselves! During the programme, participants will share their own good experiences, we'll get a glimpse of some mindful but fun movements, like yoga or animal flow, and venture out into nature on a big hike! You don't have to have any experience in any of these topics! You just have to be open-minded for the new experiences!



The programme includes:

- Alternative movement and balance workshops to move freely and create our own balance
- Forest orientation workshop
- 15 km hike (non-mountainous terrain)
- Natural-based arts and crafts project using materials found in nature
- Sightseeing and a yoga flashmob in Pécs



## PARTICIPANTS

This youth exchange will involve young people aged between **13-17 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?

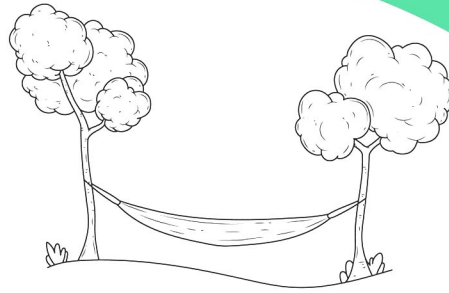
The youth exchange will take place in Liptód, which is a small village inhabiting around 200 people. Liptód is famous for its tranquility and nature. Gastronomy is also important! You can buy several local products and in that you can ask assistance from the owners of the guesthouses where you will sleep 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 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!

# Let's get tuned in - Preparation

## IMPORTANT DATES

Arrival: 31st of March From Budapest we organize the travel together to Liptód  
Program ends: 7th of April at Liptód;  
Departure: 7th of April, transfer from Liptód to Budapest

## 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!

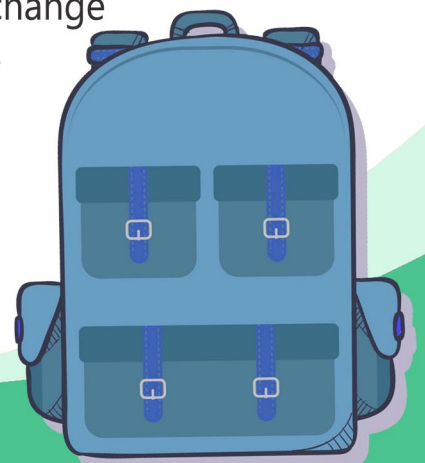
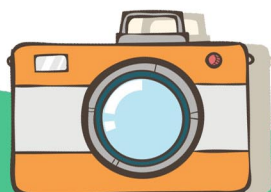
Please don't forget to fill out the **PARTICIPANTS' FORM**; otherwise, we won't be able to accept your participation. You can find the form at this link:

[\[Participant Form\]](#).

## PACKING LIST:

- Typical candies, sweets, biscuits, savory, beverages, merch and flyers from your NGO for the coffee breaks and for the intercultural evening;
  - Small backpack for little excursions;
  - Hair dryer if you need, as there is none at the guest houses
- Shoes that are good for going outside, we will have a few outdoor programs;
- Practical and comfortable clothes for different kinds of activities and for various 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 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:

**Fiatalok a részvételért Egyesület**  
**Kálvin utca 12.**  
**Pécsvárad, H-7720**  
**Hungary**  
**VAT: HU18332933-1-02**

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;

# Financial Aspects and Invoicing

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

Travel reimbursement can only be completed if participants fully understand and follow the rules that the group will create on the first day.  
Full participation is required!

Total reimbursable amount by the Erasmus+ program (in euro):

	Normal transport	Green travel
Between 0–99 km	28	56
Between 100–499 km	211	285
Between 500–1999 km	309	417
Between 2000–2999 km	395	535
Between 3000–3999 km	580	785

There is no participation fee for this event.

## Contact

Miklós László  
fire@firepecsvarad.hu  
+36202798694