

# ***FROM HIKES TO HIGH VIBES: LIVING WELL IN LIPTOD***

*So... we spent whole week in Hungary, and honestly, it was one of the coolest thing we've done. At first I was a little bit nervous cause of new people, new place, new everything but after the first day it already felt like home.*

*The week was about wellbeing, that we thought meant just sitting down and meditating or something else like this. But nope, it was way more than that. We did yoga in the morning, we talked about mental health, physic health and it was very interesting but we also spent a lot of time outside, which actually helped us to feel very good.*

*The best part? The people. We met teens from different countries eachother like croatians, italians, hungarians, cechs, spanish, lithuanians and we did everything together: games, hiking, smiling even just talking in the night. It felt like a big community, where everyone got along and helped eachother.*

*We followed some rules (the most important rule and the first one is DON'T DIE) but it never felt strict. The vibe was relaxed and there was a lot of respect, and the people just listen to you when u were speaking, not just waiting for their turn to talk which*

*doesn't always happen in the school. It felt like a real conversation, not just a bunch of people talking over each other, which is something that doesn't always happen to school.*

*We worked in team for activities like mapping the village, learning about the nature, and even the first aid ( now i know how i can put correctly a bandage). It was pretty cool to feel like we were learning practical stuff while having fun. We also went on a long hike that we loved so much: the views were amazing and we all had a blast together. It was totally worth.*

*When we went to Pecs we split into small groups and we had free time for visit some places like the shopping centre, the main square and churches and we stopped to see beautiful statues or buy some souvenirs for our own family or just remember this travel. Instead someone else enjoyed the city vibes and took tons of pictures. It was funny to feel a little bit more independent, discover new places and just hang out in such a cool place.*

*We also had this thing called Secret Friend, where each person secretly leaves nice messages or little gifts for someone else during the week. It was such a good idea because it made you feel good without even knowing who it was from. The secret friend made us smile every time we found a note or a small surprise. It was like a little moment of kindness that made the week even better. We still don't know who it was but this is the funny part!*

*Every night, there was always music, whether we were dancing, singing or just sharing our favourite songs with each other. It felt like a mini party each time, and even though it was kind of chaotic with everyone dancing to different songs, it was so much fun. Everyone was in a good mood, just letting loose and enjoying the moment. Sometimes we sang along to the same songs over and over, and other times we had all try to introduce each other to new tracks. It was one of those things where, even if it was a little messy, it was the perfect way to end the day*

*In just 7 days, I learned a lot, not just wellbeing, but also about how to really connect with people, work together as a team, and be more open to new experiences. It was eye-opening to see how much you can grow in such a short time when you are surrounded by others who are on the same journey. I realized that being open and willing to share your thoughts and listen to others makes everything feel meaningful, I'm honestly really glad I went because it wasn't just about the activities or the fun we had, but about how much I learned about myself and others. I had to do it all again in a heartbeat, no doubt.*

*One of the highlights of the week was the folk dance we did as a group. When we started, it was impossible not to have fun. The energy was contagious, and even though some of the moves were tricky, everyone helped each other out. It felt like we were a part*

*of something bigger, moving together to a beat that connected us all. By the end of the session, we were laughing and have a blast. It made us realize how powerful and fun group activities like that can be, especially when everyone is fully in the moment.*

*As the week went on, it became harder and harder to think about leaving. We had formed such strong bonds with each other, and the place felt like home. The people, the activities, the memories: everything had become so meaningful and it was so hard to imagine saying goodbye. We all kept saying how we wished we could stay longer, and it felt like time had flown by way too quickly. Honestly, none of us want to leave and we are not ready to go.*

*In just 7 days we learned a lot, not just about wellbeing, but about people, teamwork and being more open. We are really glad I went. We had to do it all again in a heartbeat.*

*-ALESSIO LOPRETE (with Ondra, Matyas, Gabor, Danjel and Alice)*