

How to wellbeing in Iptód!

We all applied to the Erasmus Plus program, and this is our experience. We started off by travelling via all kinds of transportation like : plane, train, bus and car .

When we first arrived we were scared to meet new people ,but in the end everything was ok . We started by introducing ourselves on the second day we walked around Iptód and played many games to get comfortable, after that we shared our fears and expectations (our expectations were met, then we visited Iptód church and a museum which shows how people lived back in the day in Hungary. When we returned we learned about the importance of the youth pass and started to draw a tree which shows what we learned , visited and experienced in the day after eating amazing food and learning for the

Whole day we had a game night where we competed between each other in ways such as thumb war, planking, staring competition European country name and squatting against the wall competitions the third day we got familiar with wellbeing and found out what it is and how we can achieve it. After lunch we divided into 2 groups and one of them did yoga and the other went out their comfort zone by walking with their eyes covered. Before dinner we shared our experiences of the day in our national groups and filled in our trees for the day. After we had our intercultural night which featured Lithuania, Spain and Italy. We found about the culture of these countries and tried their traditional food. Thursday was all

About mapping, nature and music. We started off by learning how to measure a distance on a map by using a thread. After this we had an individual task to walk alone and focus on the smells and sensations of nature by using our senses. After discussing the sensations in our groups we ate. In the afternoon we experienced music therapy and made our own music with all kinds of instruments. All in all, music therapy was relaxing and interesting. After dinner we had another intercultural night which featured Croatia, Czechia and Hungary. The presentations were well made and interesting to listen to. On

The fifth day we went on a hike which we had prepared for. The hike was hard not only physically but also mentally because we had to navigate ourselves without phones by using maps and a compass.

The weather during the hike was great and it was enjoyable for everybody. We saw amazing views such as mountains, fields, forests and other cities. We were all exhausted but in the end it was worth it for the experience. After the hike we had a free night. Some of us used this free time for more sleep and others for making friends and spending time with each other. On Saturday we learned about first aid and how to behave in extreme situations, we practised on each other and we liked it. We also got new suggestions for what can help us on a hike. It would have helped before the hike. After this we had to create an act about this week in which we would show what we learned. After this we prepared for the trip to Pécs and lunch

We drove there. In Pécs we shared our acts and it was fun and then we had free time to explore the city and its old town. The city was beautiful and the sights were amazing. We bought some souvenirs and afterwards we met in the city center back home. After getting back we immediately had dinner and an evening program which featured traditional Hungarian folk dance and music. We learned the basic moves and enjoyed the vibe. We also saw and learned about their traditional clothes. On Sunday we shared our experiences in different ways. For example, we had to pantomime our act and others had to sing, make a talk show, make a theater performance. This was followed by a national team talk and a talk in the circle about the whole experience of Iptód. This brings us to now where we are writing this report. After this we should prepare for the night party and enjoyed the last moments in Iptód.

Daria , Adam , Lucja, Emy , Valeria and Ehmantas