

# WEEK IN LIPTÓD

**ACTIVITIES** - On the first day, we had a lot of fun activities planned for us. It was also the day we got to know each other better, which helped break the ice and made us feel more comfortable. Every day during the week, we had two or three different activities, so it was always busy and exciting.

On the second day, we were introduced to the main topic of the week, which was well-being. I think this is a really important and useful topic, especially for teenagers like us. In the afternoon, we had a yoga session. It was a bit challenging, and I think many people found it hard, but it was still a good experience and something new to try.

The third day started with us organizing and preparing the line for the tour. In the afternoon, we had something like a music lesson, which was really fun and relaxing. Later that night, we had an Intercultural Night, where everyone shared things from their culture. It was interesting to see the differences and learn more about each other's backgrounds.

On the fourth day, we finally went on the big tour. It was a great experience, and we got to see and learn a lot. Everyone enjoyed it. Then, on the fifth day, we traveled to Pécs. The city was very beautiful, and I wish we had more time there, but unfortunately, we only had about three hours to explore.

On the last day, we all came together to talk about what we had learned throughout the week. It was nice to reflect on the experience and hear what others thought about it. Overall, it was a week full of learning, fun, and new friendships.

**FOOD** - During our youth camp, we enjoyed a variety of traditional Hungarian dishes every day. On Day 1, we arrived after lunchtime, so our first meal was dinner. That evening, we had delicious stuffed cabbage served with sour cream, and we drank either water or tea.

On Day 2, breakfast included fresh bread with butter, slices of ham, and cheese. For lunch, we had pörkölt, a hearty Hungarian stew, served with tarhonya, a special type of egg barley pasta. Dinner was rakott krumpli, a layered dish made with potatoes, sausage, and hard-boiled eggs.

Day 3 began with breakfast. At lunch, we ate köcsögös bab, a traditional bean stew. Dinner was a real treat—crispy lángos, a deep-fried flatbread often topped with garlic, cheese, or sour cream.

On Day 4 we enjoyed the lunch where we had a tender chicken breast.

Day 5 was simple, with sandwiches for breakfast and pasta for dinner.

On Day 6, Lunch included flavorful gulyásleves (goulash soup) and rétes (Hungarian strudel) for dessert. For our last dinner, we had juicy chicken thighs.

Each meal gave us a taste of Hungary's rich culinary traditions!

**TRAVELING TO NEW PLACES, FROM CITIES TO OPEN NATUTRE** - We traveled to new places, exploring unknown territories like real adventurers... or at least like tourists with their phones constantly in hand. Our journey began with a long hike in nature: miles of walking through trees, trails, and mysterious animals (like that one friend who disappeared every 10

minutes to take artsy photos of rocks). The landscape? Absolutely stunning. So stunning that some of us nearly got adopted by a herd of sheep just to stay longer.

Then came the urban exploration: an entire city at our feet, completely free! And so were our credit cards, especially when we made it to the shopping mall. Because yes, someone decided that “experiencing the local culture” meant spending two hours in Zara.

Between crooked group selfies and sandwiches eaten on the go, we didn’t just bring home cheesy souvenirs but also real memories, spontaneous laughs, and a few new friendships. In short: an unforgettable trip—for better or worse.

**MEETING NEW PEOPLE** -Walking into a place where you don’t know anyone can be intimidating — and let’s be honest, it’s something that makes most of us a little nervous. We all wonder: Will I fit in? Will I make friends? At first, it’s easier to stay close to what’s familiar, and that’s exactly what happened when we first met on May 31. Conversations were limited, and most of us stuck with people from our own countries, unsure of how to cross that invisible line between “strangers” and “something more.”

But something changed as the week unfolded. Slowly, walls came down. Smiles became more genuine, small talk turned into real conversations, and before we knew it, we weren’t just a group of people from different places — we were a group of people who connected.

Now, as the week comes to an end, there’s a new feeling in the air: we’re not ready to say goodbye. What started with uncertainty has turned into friendships we never expected, and the feeling of being new in someone’s life? It’s actually kind of beautiful.

**CONTACT WITH NARUTE** - Our contact with nature was an incredible and refreshing experience. We felt completely relaxed as we hiked for long distances, free from the usual distractions of daily life. One of the most unique aspects of this adventure was that we didn’t bring our phones with us. This made a huge difference in how we experienced the hike—we weren’t checking notifications or taking photos constantly. Instead, we were fully present, taking in the sights, sounds, and fresh air around us.

At the beginning of the activity, we were divided into five groups, with each group setting off in a different direction. This made the experience feel even more adventurous and gave each group a unique journey to reflect on. Without digital devices, we relied on traditional tools like maps and compasses to find our way, which not only made the hike more engaging but also taught us valuable navigation skills.

As we walked, we spent more time talking to one another, sharing stories, and enjoying genuine conversations without any interruptions. It was amazing how quickly we began to feel more connected—with the natural world and with each other. The peacefulness of the environment, combined with the simplicity of our surroundings, allowed us to relax and appreciate the moment.

Overall, the hiking trip was not only fun but also meaningful. It reminded us of the importance of disconnecting from technology every now and then and reconnecting with nature and the people around us. It was an experience we’ll all remember and hopefully seek out again in the future.

In the end, although all of us were scared when we arrived but now we’re enjoying our time together and we don’t want to leave.

Deny, Simone, Noel, Gabija, Akos.