



# YOUTH EXCHANGE ERASMUS+



**“Last call”**

**Nyiregyhaza (Hungary)**

**13 - 20 December 2022**



## **PROJECT'S DESCRIPTION:**

Climate and environmental crisis are today impossible to ignore and it's necessary to treat our planet more gently and respectful, showing people that ecological attitude can be very beneficial not only for the Earth, but also for us. The almost 2 years of COVID was a challenge to restart the life in a better way, we have seen what happened during the lockdown to our environment (clean beaches and rivers, no rubbish around us, repopulation of animals and so on) and we thought we can learn from this lesson, many of us we thought so, but sadly, nothing has changed.

To try to save the planet we should first of all change ourselves: this is the biggest and hardest challenge ever. We need to change our behaviours, attitude, daily life and even the economic system. What this project can do against this "Don Quixote" windmills"? Following the "small steps" approach, thanks to this project opportunity and its activities, let's change first ourselves, let's try to change the people involved in this exchange, let's try to stimulate our consciences and our awareness, let's develop in us a better green approach and let spread this to all the persons close to us. We do not have enough time anymore, the global situation is dramatic and we need to act now because tomorrow it is already late, these are the main reasons we want to carry out the project: each of us should be involved in this topic, doesn't matter who we are or what we do.

## **- PROJECT' OBJECTIVES -**

- To find ways how to become more eco friendly in our daily-life;
- To provide participants with the necessary skills, knowledge and attitudes on inclusion of young people in activities which are connected to environmental issues;
- To share experiences and examples of good and bad practices by methods of non-formal education and learning from each other;
- To raise awareness about pollution/environmental protection among youth;
- To share opinions, approaches, experiences and information on environmental situation and issues among participating countries;
- To become aware and rise awareness about the importance recycling, reduce and reuse;
- To empower young people in active citizenship taking responsibility in their countries and participating in decision-making process about environmental protection;
- Participants will become multiplier and share good practices and attitudes among their friends;
- To give young people an example of cooperation on the international level and encourage them to undertake similar activities in the future (also within Erasmus+)

Particular attention will be paid to the development of methods of assessment, training and certification appropriate based on the results related to learning (the project provides for the issuance of the certificate Youthpass). Through the activities to be carried out daily, we will try to develop/enhance participants' analytical skills, critical think and their cultural awareness, thanks to the discovery of new cultures, understand and appreciate the diversities and its different shades, teach to use the dialectic as proactive tool, transmitting to them the importance of non-formal methodology and increase the sense of self-empowerment and self-esteem.





## ORGANIZATIONS INVOLVED:

Hungary  : Kulturális Életért Közhasznú Egyesület

Italy  : Gentle Giant

Turkey  : International Daphne Youth Education Association

Spain  : Muévete por Europa

Poland  : Youth Support Centre

## PARTICIPANTS:

Twenty-five participants will take part in this exchange. Five for each organization include a group leader. Range age should be preferably from 20 to 26 years old, group leader age should be preferably between 30 and 50 years old. Group leader must have experience in youth mobility and be able to speak a good English.

### **Important, for the sending partners:**

Due to the particular topic, we need extremely motivated participants.

We aren't looking for internet and social media addicted, lazy participants or people who believe that this project is an holiday paid by European Union.

We are looking for motivated people, willing to learn more about the topic, take part in every activity, open mind and eager to meet new people and cultivate new friendships!

### PARTICIPANTS' TASKS:



- Bring material for the “ngo presentation” (brochures, ppt presentation, flyers and so on);
- For the intercultural night, bring something of traditional related to your country (foods, beverage, costumes, postcards and so on)



# LOCATION:



The youth exchange will be held in Nyiregyhaza, in Hungary.



Nyíregyháza is a city in northeastern Hungary and the county capital of Szabolcs-Szatmár-Bereg. With a population of 118,000, it is the seventh-largest city in Hungary and is one of the leading cities of Northern Hungary and of the northern part of the Great Hungarian Plain (Alföld). Its development has been ongoing since the 18th century, making it the economic and cultural center of the region.





# ACCOMMODATION



The accommodation will be in the following hotel:

<https://korona-hotel.hu/>

Hotel Korona

4400 Nyíregyháza

Dózsa György ut. 1



As for your accommodation, you will be placed in four-bed rooms. Every room has a private bathroom and bed lines are included. Meals will be provided on the location of the project, located just a few metres from the hotel. All expenses as regards travel (according to the framework of Erasmus+), meals, accommodation and visa are provided by the program!

It is very simple to reach Nyiregyhaza.

If you are coming from Budapest, take the train from one of the two train stations (Budapest-Nyugati or Budapest-Keleti) in the city.

Otherwise, if you are coming directly from the Budapest airport there is a train stop very close to the airport. From the airport take the bus 200E and stop at "Ferihegy" and then take the first train to Nyiregyhaza. The hotel is within walking distance from Nyiregyhaza train station.

Here the website of Hungarian railway [www.elvira.hu](http://www.elvira.hu)





# REIMBURSEMENT:



The tickets have to be booked by the participants themselves.

Before to purchase them, inform the Hungarian partner (Lukács Rajmund, [mustarhaz1@gmail.com](mailto:mustarhaz1@gmail.com)) and wait for their approval.

In order to receive the reimbursement you need to provide hosting organisation with: bills, booking e-mail confirmations, original tickets, invoices and boarding passes (if you have online tickets and boarding passes in pdf, it is fine, if you do not have – we need all originals). Bring them for the activity!

- ▶ Reimbursement will be done in EUR within 5 weeks after the activity by bank transfer to your organization bank account.
- ▶ Reimbursement will be transferred only if all participants provide all needed documents and the group leader provide to fill the evaluation form.
- ▶ Participant is eligible to travel up to 2 days before OR after the activity days. Accommodation and food is not provided during your private stay.
- ▶ Participant cannot travel with first class. Only in certain cases is possible to use taxi or travel by car but you must contact the project coordinator first.

Before buying tickets you are obligated to present and consult the travel plan and expenses with the project coordinator. Following the Erasmus+ rules we remember you that for all the partners the max travel costs reimbursement is €275,00/person, with the exception of Spain which has €360,00/person. No travel reimbursement for Hungarians.



## INSURANCE:



We advise all participants that they will need to arrange their own travel insurance.

European Health Insurance Card is mandatory to have.

<http://ec.europa.eu/social/main.jsp?catId=559>

## PHOTOS AND VIDEO AGREEMENTS

We assume you are aware that this kind of projects are not only for direct participants itself but should be available to the bigger audience and all interested target groups, youth workers and NGOs. That is why we will take a lot of pictures of you and record videos with you during workshops. All mentioned will be posted on FB event, website of the project and Youtube channel.

By participating in the project, you are aware and you consent to the publication of photos and videos in which you are present.

## CONTACTS:



Lukács Rajmund  
Roberto Aceti

mustarhaz1@gmail.com  
acgg@outlook.it

+36 207 712302

+39 334 8287375



(coordinator)  
(facilitator)