

Real

Restoring, Embracing And Living a REAL life off-line

(2022-2-HU01-KA220-YOU-000097964)

INFOPACK

Participatory Training in Hungary

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ABOUT THE HOSTING ENTITY

WHO WE ARE

Tudás Alapítvány, Foundation of Knowledge in English, was founded in 1994 in Hódmezővásárhely.

tudasalapitvany.hu



Our goals are:

- supporting young people in their initiatives and healthy development,
- helping in publishing books, magazines and other education materials,
- organizing scientific conferences and events to popularize initiatives developed with young people,
- promoting cooperation in the international arena,
- supporting talented youth,
- increasing the competences of youth workers, researchers and people participating in digital, sustainable and agricultural education through the transfer of current trends.

PROJECT FOCUS

Tudás Alapítvány has experience on improving youth work and works on environmental topics.

Due to the impact our foundation wants to have in our community, we would like to enhance even more its cooperation on local, national and international levels and support our youth workers and volunteers by providing them opportunities to learn the latest trends in Climate Change and improve non-formal educational methods in dealing with gender inequality in this context.

PARTICIPATORY TRAINING SUMMARY

NOVEMBER 6 – NOVEMBER 10, 2023

This **Participatory Training** is the key activity on **tools and knowledge in negative behaviors on Internet** within the framework of the Erasmus+ project: '**Restoring, Embracing And Living a REAL life off-line**' (2022-2-HU01-KA220-YOU-000097964).

Its main goals is the acquisition of knowledge, best practices and tools in PUI and other negative behaviors on the Internet.

Participants will:

-Reach these soft skills domains:

*Interpersonal- empathetic listening, conflict resolution, leadership, team building, etc.

*Intrapersonal- ethics, integrity, positive sense of self, identity development.

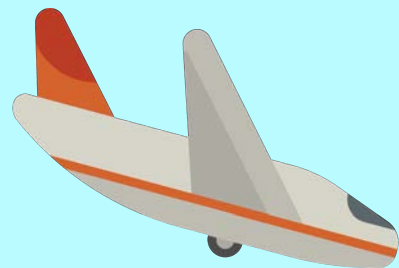
*Cognitive- critical thinking, problem solving, wellness, etc.

*Social/environmental responsibility and civic engagement.

TRAVEL

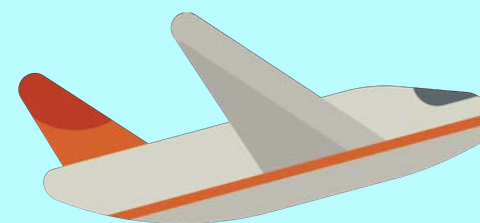
NOVEMBER 6 – NOVEMBER 10, 2023

The Participatory Training is held from **November 6 (Arrival Date)** to **November 10 (Departure Date), 2023** in one of Tudás Alapítvány's facilities based in **Hódmezővásárhely (Hungary)**.



ARRIVAL DATE

November 6, 2023.



DEPARTURE DATE

November 10, 2023.

*These dates and hours are established according to the granted budget.
If these hours and dates are not complied by the participants, the sending organisation will be responsible of the costs that should be returned to the National Agency.*

TRANSPORT

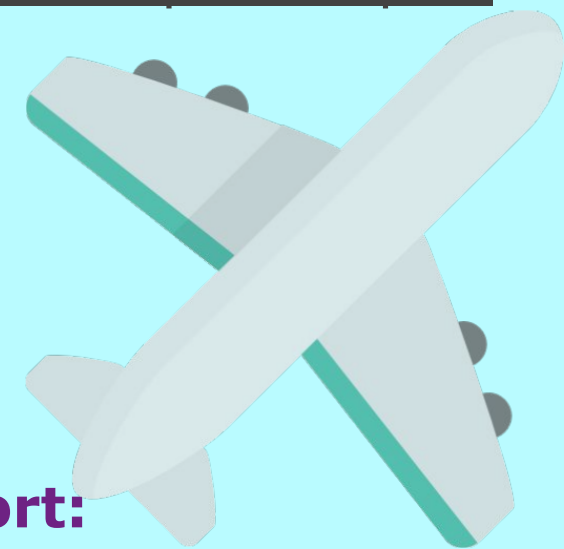
NOVEMBER 6 – NOVEMBER 10, 2023

Airports close to Hódmezővásárhely:

The only international airport in Hungary - the Budapest Airport
is at 184 km.

Timisoara Airport in Romania is at 141 km

Arad Airport, Romania is at 92 km.



Travel to Hódmezővásárhely from the airport:

- by train: <https://jegy.mav.hu/>
- by bus: <https://menetrendek.hu/mobile/?lng=en>
- airport transfer: <https://zoldtranszfer.hu/eng.html>

PARTICIPATORY TRAINING PROGRAMME




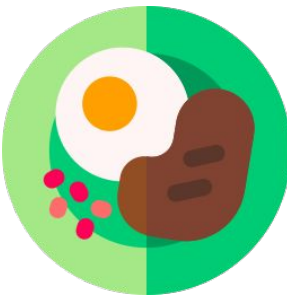



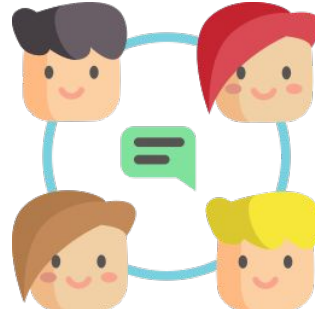
NUMBER OF PARTICIPANTS:

There will be 6 participants in this activity.

This Participatory Training will be attended by **2 participants** from each partner NGO:

- ➡ **Tudás Alapítvány (Hungary),**
- ➡ **Oriel APS (Italy), and**
- ➡ **Permacultura Cantabria (Spain).**

DAILY ORGANIZATION

DAWN	8.30	MORNINGS	13:30
 <p>PROPOSALS FROM PARTICIPANTS TO WAKE UP</p>	 <p>BREAKFAST</p>	 <p>DYNAMIC THEORY</p>	 <p>LUNCH</p>
AFTERNOONS	BEFORE DINNER	20:00	NIGHTS
 <p>WORK IN GROUPS AND PRACTICE THEORY</p>	 <p>DAILY EVALUATION</p>	 <p>DINNER</p>	 <p>SOCIAL INTERACTION AND PROPOSALS OF LUDIC ACTIVITIES</p>

VISIT PROGRAM

7th November: Impact of Internet and Social media on our living.

1) Digital revolution

Information – the new currency.

Short historical overview: changes in lifestyles, health indicators during the last 100 years.

Poster making - Discussion.

2) The place of Internet addiction among mental disorders

Theories of addictions - the addiction-prone personality.

The world of an Internet addict, a dopamin-fuelled life.

Directions of treatment.

3) The rise of social media: blessing or curse?

The impact of Social Media on our lifestyles, physical and mental health.

The way social media can formulate our world views.

How to be a mindful Facebook user?

Discussion.

VISIT PROGRAM

8th November: Let's Save Our kid's Soul! - because no one else will do it for us.

4) Effects of screen on the developing nervous system and social and emotional skills

Multitasking and lack of concentration.
Video games and their impacts on personality.
Some newer scientific findings about digital education.
Discussion.

5) Internet dangers for children

Cyberbullying, predators, pornography, invasion of privacy.
Safe screen usage for children.
Preparation of action plans, discussion.

6) Basic pillars of Internet-conscious parenting

„Boredom“- danger or source of creativity?
Love languages.
Managing screen time for grandparents and single parents.
Poster making, discussion.

VISIT PROGRAM

9th November: Remaining sober in a frantic world.

7) How to preserve our sanity?

Back to nature: eco therapies and vitality generators.
Mindfulness and the improvement of grey matter in the brain.
Practices and discussion.

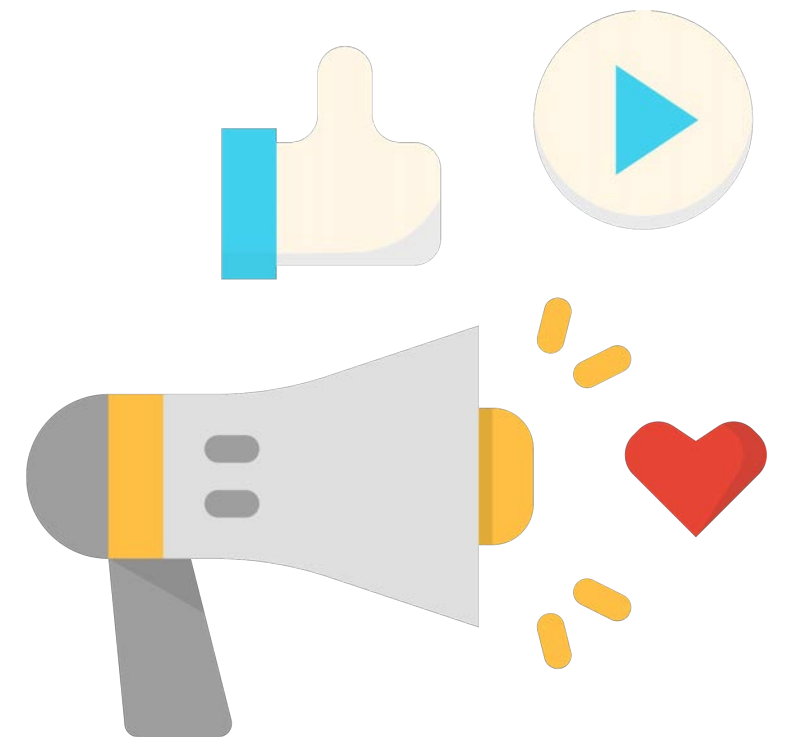
8) Treatment and recovery options for internet addiction in children and adults in Hungary

Support groups and Institutional care services.
12 step program - reloaded.
Spirituality, life satisfaction and meaningful life.
Discussion.

WHAT TO PREPARE BEFORE THE PARTICIPATORY TRAINING?

Presentation

Each organisation will present themselves, their main activities, working areas, best practices, interests pursued in this activity, expectations, etc.



DISSEMINATION AGREEMENT

For the proper dissemination of the project, please consider that coming to the activity you accept to disseminate the project and activities via your social networks and that we can disseminate pictures/videos of the activity and the participants on the internet.

ACCOMMODATION

WHERE WE ARE?

The housing for the youth exchange participants will be provided by Hotel Ginkgo Sas

2 or 3 persons per room



IMPORTANT THINGS TO BRING

PERSONAL DOCUMENTS

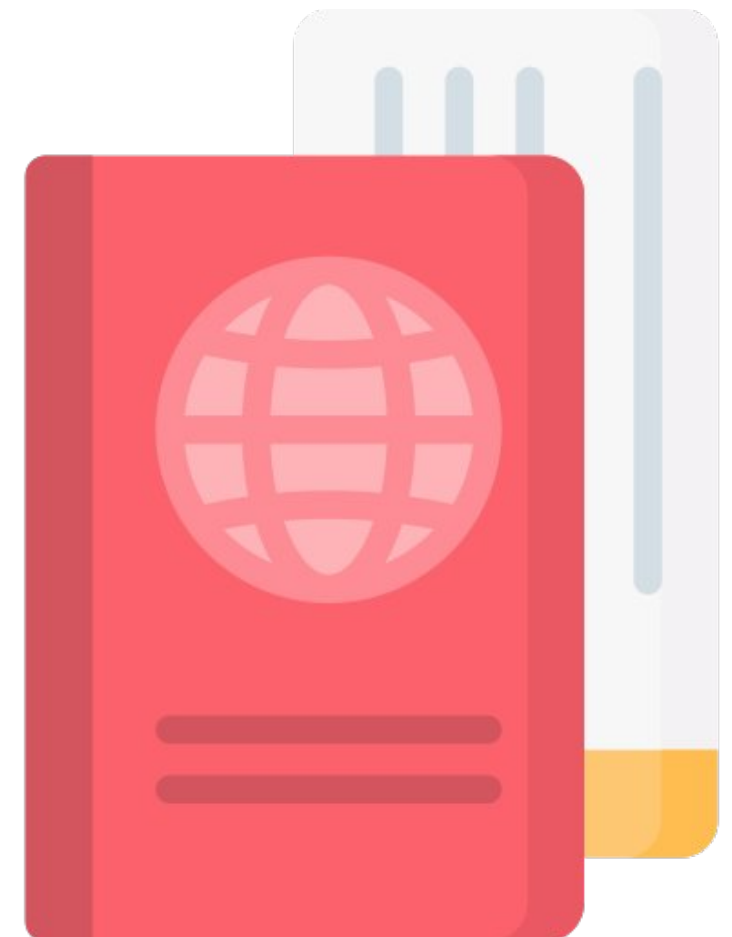
PASSPORT

To enter Spain, you need a **valid identity document** (passport or identity card).

VISA

Whether you need a Visa for entry depends on your nationality. **Citizens of EU and EFTA countries do not need a Visa.**

If you need a Visa, make sure you apply for it immediately because it can take a long time. **If you need an invitation or confirmation letter from Tudás Alapítvány, please let us know.**



INSURANCE:

As a member of the European Union, Spain has agreements for the recognition of insurance systems. Those who possess a **European insurance card** should therefore be covered for illness and accidents in the same way as they are in their country, so please bring this card with you.

In any case, please remember that health insurance as well as travel insurance is your responsibility, we assume no liability knowing that EU health card is enough. So, do not forget to **check & bring your insurance card with you!**

How to issue it?

Click here:

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



CURRENCY

The currency in Hungary is the **Forint**.

You will need to bring money only if you need something for the travel or if you want to buy personal things (like presents for your family or if you wish to go out).



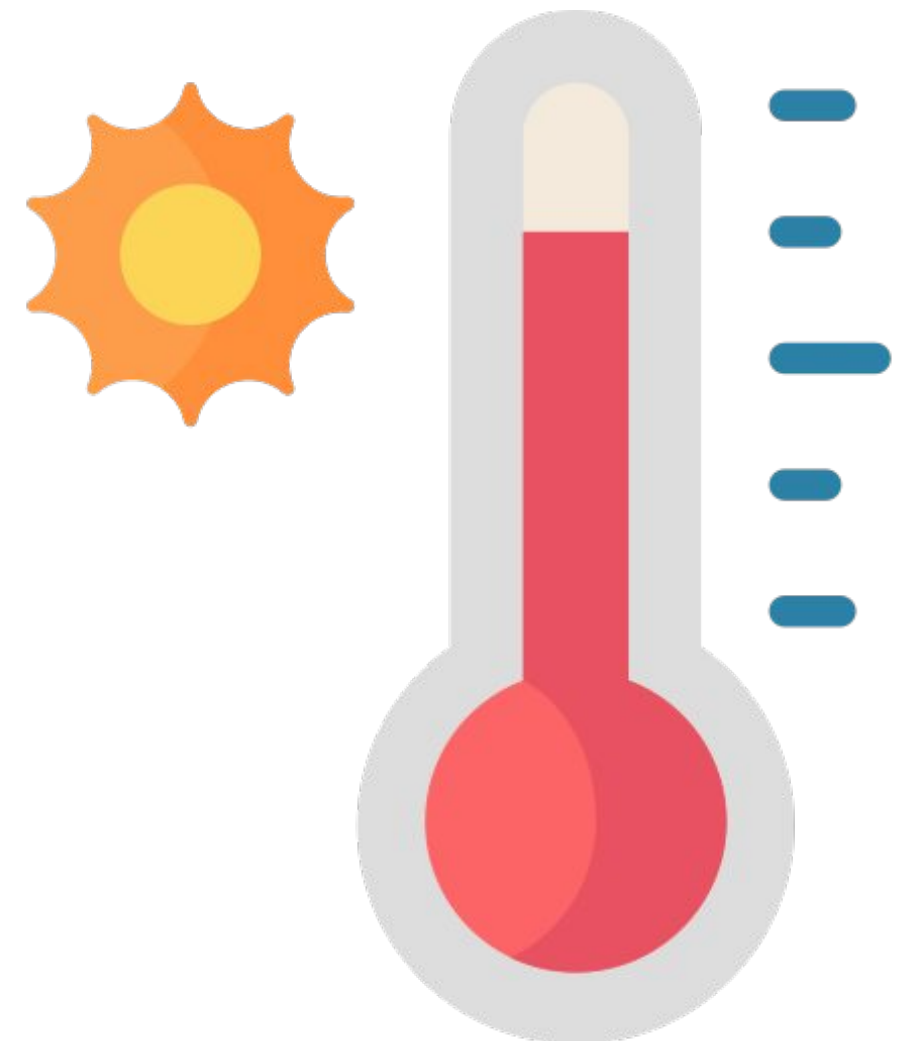
WEATHER

The weather might change from one day to another.

The average is around 17°C with highs of 22°C and lows of 12°C.

The chance of it raining during your stay is likely since there's 70mm of rainfall spread over the month.

There are 12 hours of sunshine each day but there's also an increase in cloud coverage, with 80% of days experiencing some degree of cloud cover.



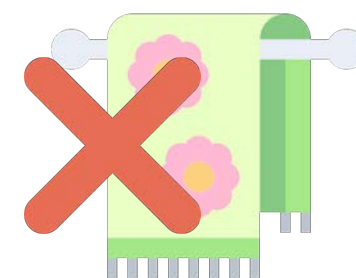
THINGS FOR THE SUITCASE



**CLOTHES FOR COLD
WEATHER AND RAIN**



**PERSONAL HYGIENE
PRODUCTS**



**TOWEL IS NOT
REQUIRED**

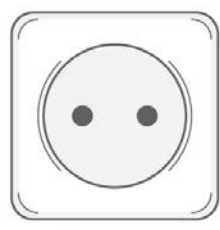


**BRING YOUR OWN
REUSABLE BOTTLE
TO REDUCE
PLASTIC WASTE
(IF IT IS POSSIBLE)**



**CLOTHES FOR HOT
WEATHER**

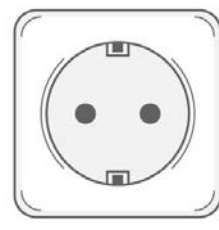
**PLUGS IN HUNGARY
TWO ASSOCIATED PLUGS TYPES (C and F)
OPERATE ON V230 - 50HZ**



Type C



Type F



MULTICULTURAL ACTIVITIES

You are welcome to **bring something** you would like to share with us **from your country**, e.g.:

FOOD

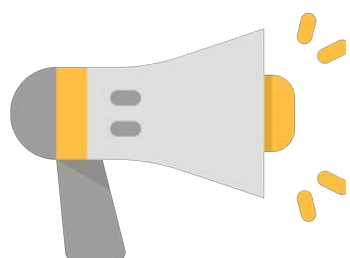
STORIES

MUSIC

CRAFTS

PICTURES

GAMES



DON'T BRING ALCOHOL

If you want to bring a typical drink for the cultural night, we kindly ask you to bring something **non-alcoholic**.

We want our activities to be alcohol-free as part of the Erasmus+ policy. By participating in this activity, you accept this policy.

GETTING TO KNOW HUNGARY

Explore two captivating Hungarian cities

- **Hódmezővásárhely:** A charming city located in Hungary.

Official website: Visit <https://hodmezovasarhely.hu/english/> for more details.

- **Szeged:** A captivating city renowned for its beauty and cultural significance.

Find detailed information at <http://szegedtourism.hu/en/helyek/sightseeing/>.

The background is a deep blue gradient. A bright, glowing trail of white and light blue particles starts from the bottom right and curves upwards and to the left, creating a sense of motion and energy. The particles are more concentrated in the center of the trail, fading out towards the edges.

**AND REMEMBER TO BRING
POSITIVE VIBES AND
YOUR BRIGHTEST SMILE!**