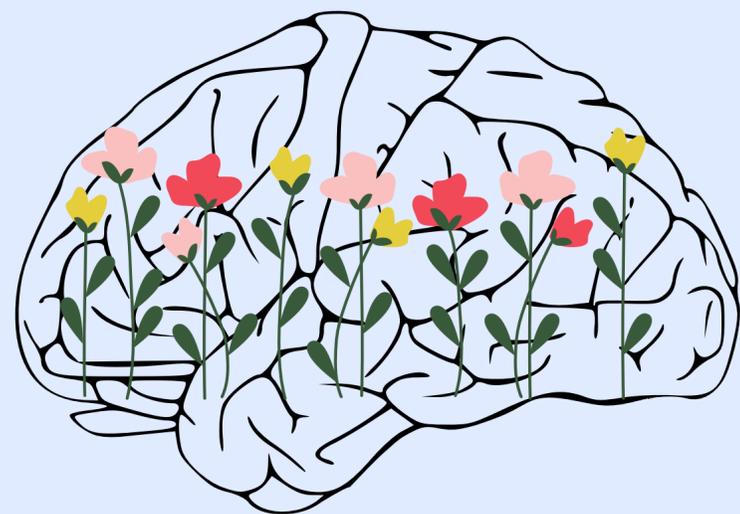


MINDFULNESS A FULL MIND

INFOPACK

**11-18 AUGUST
BAKONYSZENTLÁSZLÓ,
HUNGARY**

**ACTIVE YOUTH- LITHUANIA
ALLIANSSI-FINLAND
BUDAPEST ASSOCIATION FOR INTERNATIONAL
SPORTS- HUNGARY
EAST WEST EAST- GERMANY
YOUTHFULLY YOURS-SLOVAKIA**



Co-funded by the
Erasmus+ Programme
of the European Union



PROJECT

“Mindfulness - A full mind” project gathers young participants from Finland, Slovakia, Lithuania, Germany and Hungary to learn about the practices on mental health and well-being as well as to provide them the opportunity to understand how emotional well-being can be improved by mindfulness, meditation and regular physical exercise.

As a response to today’s ever-changing, socially and economically challenging times partly due to a pandemic, the project provides a framework to get away from the noise of the city and to ensure the development of skills such as active listening, patience, mutual understanding and teamwork in a calm setting. In addition, the youth exchange desires to inspire participants to be engaged in the promotion of the importance of mental health and well-being in their local communities.

The main objectives of the project are:

- Draw attention to a healthy lifestyle that can contribute to the wellness and well-being of both individuals and the community;
- Defining mindfulness and mental health;
- To learn how to manage stress;
- To practice meditation, mindfulness and emotion management daily
- To develop interpersonal skills among the participants such as active listening, patience, positive attitude, respect and conflict management.

PROFILE OF PARTICIPANTS

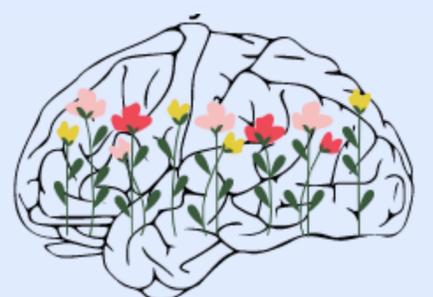
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The profile of the participants should be compliant with the following criteria:

- 5 people +1 team leader per partner organization
- interest in mindfulness, meditation, healthy living and consciousness
- aged between 18 and 25 years
- balance of gender representation
- the project promotes equity and inclusion, participants from all backgrounds are welcomed
- at least B1 level of English knowledge is desired

The project's aim is to raise awareness on the importance of mindfulness, well-being, regular physical exercise, meditation and healthy sleeping patterns.

The objective of “Mindfulness- A full mind” project is to introduce to the participants different types of activities which can ease both mind and body and to share knowledge and experiences on mental health through peer-learning and education through sports methodology.



Budget, Finance, Travel

The travel costs from your home town to Budapest and then to Bakony will be covered according to the rules of the Erasmus+ Programme and the regulations of the hosting organisation. BAIS will reimburse the travel costs based on the suggested option, that is in line with the principle of cost-efficiency (e.g. 2nd class railway tickets, 2nd class flights etc.). **Travel itinerary and plans must be shared with Janka Deszatnik (project coordinator) prior to purchasing them.** Original invoices, receipts, tickets or boarding passes should be kept and provided to the hosting organisation.

Travel insurance: all participants MUST have travel insurance, or European Health Insurance Card on them. The organisation of any kind of insurance is the responsibility of the participant/organisation.

Invoices shall be created if possible, when you purchase travel tickets. Please use these details: Name: BENS, Address: Ferenc tér 2-3. 7/2., Budapest, 1094, Hungary. The EU tax number of BAIS is HU18946426. Reimbursements will be made directly to partners and they will have to share it among the participants.

There is no reimbursement without the ORIGINAL travel Documents - BOARDING PASSES are of utmost importance.

Please keep in mind that this is not a reimbursement covering all travel costs but a 'contribution to the travel costs of participants, from their place of origin to the venue of the activity and return.

Each group leader (or representative of the partner organisation) will be responsible for managing the administrative tasks of his/her group (e.g. travel documents, reimbursements), and to provide us with the necessary information. The group must send all original travel documents and invoices (if not collected at the venue) with registered post at latest 1 September to the following address: **Janka Deszatnik, Vaskapu utca 32., Budapest, Postal code: 1202, Hungary.** Every participant must have insurance for the full duration of the Youth Exchange. You can issue yourself a European Health Insurance Card (EHIC) in your home country.

DURATION OF THE PROGRAMME

11 August 2021- 18 August 2021
7 days of working activities plus a travel day

Covid-19 protocol: Entering Hungary under the current regulation participants need a PCR test as they are arriving. However, we expect the ease of the rules by August.

The main activity of the project is a youth exchange that will take place in a small village, Bakonyszentlászló in Hungary, 2 hours from Budapest between 11-18 August. The village is in the Bakony, which is a mountainous region in Transdanubia, providing a perfect location for the purpose of the youth exchange.

Arrival

11 August (Wednesday) to Liszt Ferenc International Airport/ Any train station at Budapest.

A transport bus will take us to the location of the youth exchange in the afternoon from **Deák Ferenc Tér**, Budapest, once everyone has arrived.

From the airport/train station there is a direct bus (100E) and metro line going to Deák Ferenc Tér (Line 2), to the pick up point.

Estimated pick up time is 17.00 latest at Deák Ferenc Square, in front of the Ritz-Carlton Hotel, at the bus station: **1051 Budapest, Erzsébet tér 9.**

Location of the youth exchange: Bakonyi Vándor Túralak és Kemping. 8431 Bakonyszentlászló, Vak Bottyán utca 7.

Arrival dates should be maximum two days prior to the start of the event, on participants own cost.

Departure

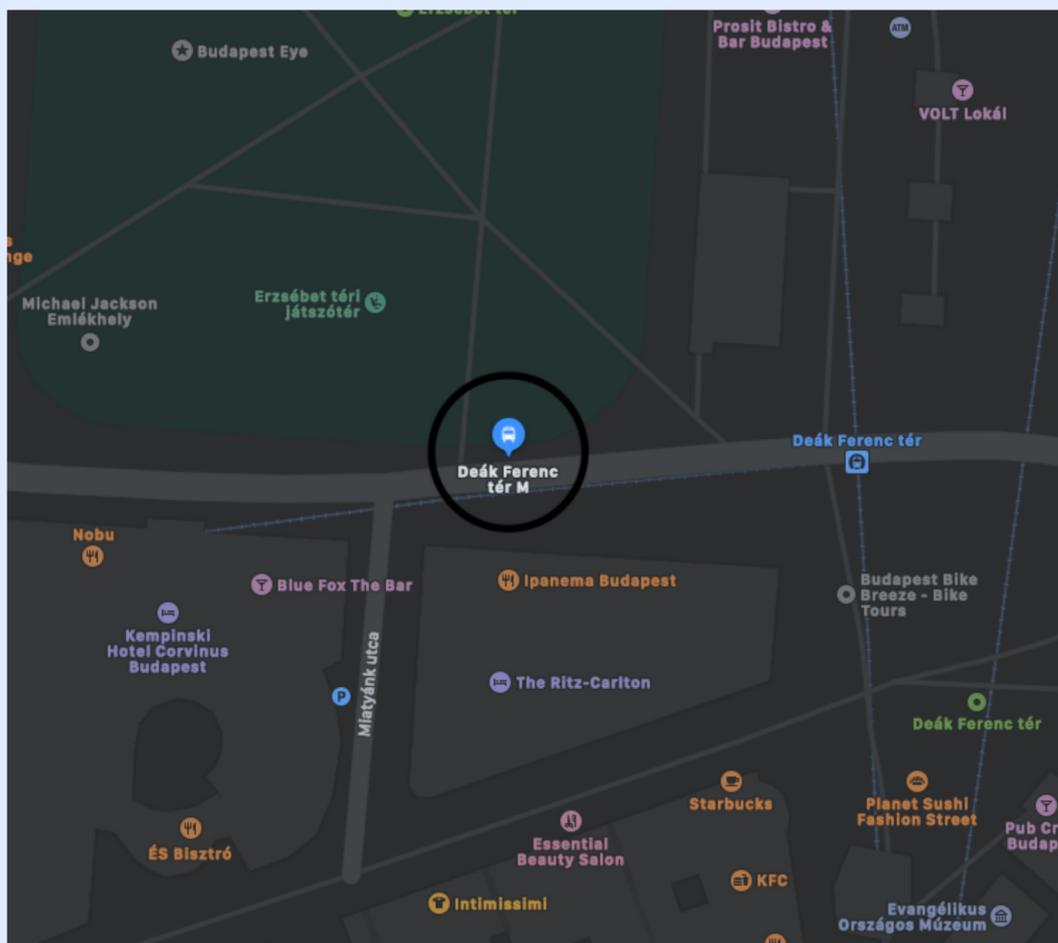
18 August (Wednesday) from Bakony to Budapest a private bus will take us back to Deák Ferenc Square, to the drop off point (same as pick up point) from where any train station and airport will be easily reachable.

Optionally you can also leave Hungary later, but expenses of the extra stay are not covered by the project. Departure dates should be maximum two days after the end of the youth exchange, on the own cost of the participants.

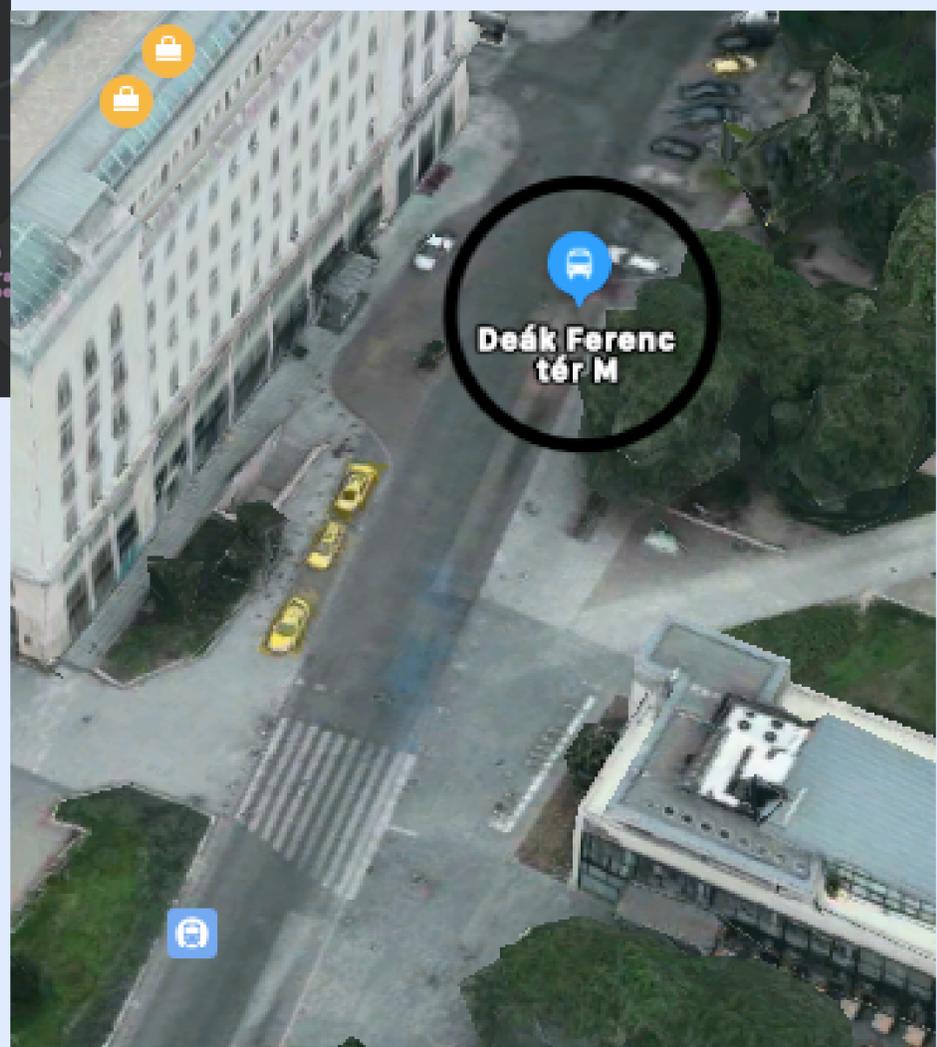
Pick up and drop of point in Budapest: 1051 Budapest, Erzsébet tér 9.

Coordinates of the meeting point:

47.497638, 19.053021



Pick up time is 17.00 latest at Deák Ferenc Square, in front of the Ritz-Carlton Hotel, at the bus station (indicated on the pictures)



ACCOMODATION

BAKONYI VÁNDOR GUEST HOUSE

The accomodation is located in the Bakony area, more precisely in Bakonyszentlászló. To this location a transfer will be



organised for all the participants from Budapest.

Address: 8431 Bakonyszentlászló, Vak Bottyán utca 7.

Maps:

Website: <https://bakonyivandor.hu/>

Ground floor:

4 rooms: 1x6 ppl room (3 bunk bed+bathroom), 1x 8ppl room (4 bunk bed+ bathroom), 1 double bed, bathroom.

First floor:

6 rooms: 1x 4 ppl room (1 bunk bed+ 1 double bed), 2x 4ppl room (2 bunk beds), 1x6 people room(2 bunk beds+1 double bed), 2 bathrooms +1 additional toilet

Meals:

Food will be provided 3 times a day in a restaurant nearby. Coffee and water will be provided in the breaks of the morning workshops, while fruits and snacks will be provided for the afternoon activities. In case you have any special dietary needs or allergies you should indicate it on the registration form and inform your group leader about it.

ACCOMMODATION & SURROUNDING



Programme

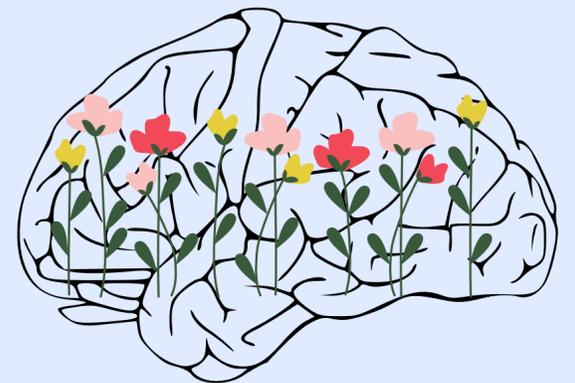
The hike takes place in the Bakony Landscape which is a geologically notable part of the country and is a protected area. More than 30 natural caves can be found in the region.

The activities during the day are placed in a community house, 3 minute walking distance from the accommodation.

	Wednesday 11 August	Thursday 12 August	Friday 13 August	Saturday 14 August	Sunday 15 August	Monday 16 August	Tuesday 17 August	Wednesday 18 August
8.00-9.30		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
AM	Arrival of participants during the day	Yoga, inclusion game, setting the rules and creative writing workshop	Morning mindfulness practice, "Mindfulness in my country"	Mindfulness yoga, Eat Diverse	Morning stretch, Entrepreneurial workshop	Breathing techniques, active listening and body scan workshop	Yoga, Erasmus + Workshop, preps for dissemination	Departures back to Budapest
12.30-14.30		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
PM		Introduction to mental health and mindfulness	Hike in Bakony, Mindfulness Workshop	Motivation Board, Body & Mind workshop, self reflection	Stress & Coping WS, afternoon yoga	Hike in Bakony	Global reflection- Mindfulness as a tool, Recognition plenary, Youthpass and certificate of BAIS	
18.30-20.00	Welcome dinner and team building games	Self reflection & Comfy Group	Comfy group- Daily Reflection	Self reflection & Comfy group	Self reflection	Self reflection	Self reflection & Comfy group	
20.00-23.00		Dinner and Multicultural night	Dinner and free night	Dinner and Campfire	Dinner and Free night	Dinner and multicultural night	Dinner and Goodbye Party	

What to bring with yourself?

- Comfy clothes for hike, yoga and other sporting activity
- Towel, personal toiletry/sanitary items
- Hungarian Forint (1EUR is 355 HUF)
- Snacks/drinks typical for your country (for intercultural night)
- Good mood :)



A Facebook group was created for the selected participants for quick communication. Feel free to invite the selected participants to the group:

<https://www.facebook.com/groups/175718101173406>

If you have any question or concern feel free to contact Janka anytime:)

Contact person: Janka Deszatnik



0036309519500



j.deszatnik@gmail.com



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