

INNER COMPASS



Infopack

A step-by-step guide to support your preparation

7-14 APRIL 2025
HOLLOKO, HUNGARY

Inner Compass

This youth exchange program focuses on mental health and well-being, providing young people with tools to improve their emotional resilience and self-care practices. Through a combination of experiential learning, creative expression, and peer support, participants will explore techniques to manage stress, build healthy relationships, and develop a positive mindset. Activities such as mindfulness workshops, outdoor activities and art workshops will offer a safe space for self-reflection and personal growth.

In addition to these practices, the program incorporates hands-on activities designed to promote well-being in everyday life.

Impact

After participating in this project, participants will gain valuable skills to support their mental well-being. By applying and sharing what they have learned, they will contribute to a more open and supportive approach to mental health in their communities, encouraging awareness and positive change.

Objectives

- Raising awareness about the importance of mental health and breaking the stigma surrounding it.
- Equipping participants with practical self-care techniques, such as mindfulness, stress management, and healthy coping mechanisms.
- Encouraging open discussions on mental well-being in a safe and supportive environment.
- Using art, nature, and movement as tools for self-expression and emotional processing.

VENUE



HOLLÓKŐ

Real and honest, so authentic!
Maybe this is how we could best characterize this village with a population of merely 380 people, which is unique in Hungary in belonging to the world heritage.

Hollókő is 70 km away from Budapest, in a hilly forest area: nature.

CREATIVE_SPACE_TRAINING_CENTRE

Creative Space is a social enterprise and a community accommodation. An inspiring environment for activities which create values of youth and training courses. A Youth Centre in Hollókő which is suitable with all its capacity for a group with various learning needs.

You will be accommodated in shared rooms with private facilities.

There is a huge meeting room, some cozy areas, a dining area and a huge garden for

our use.



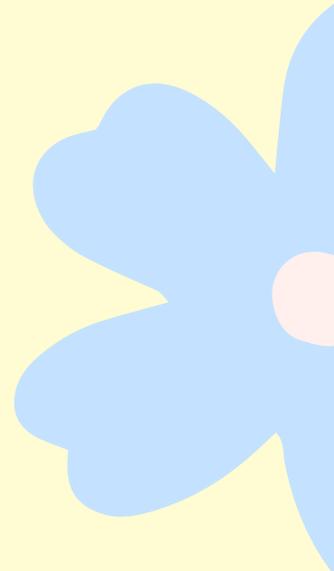
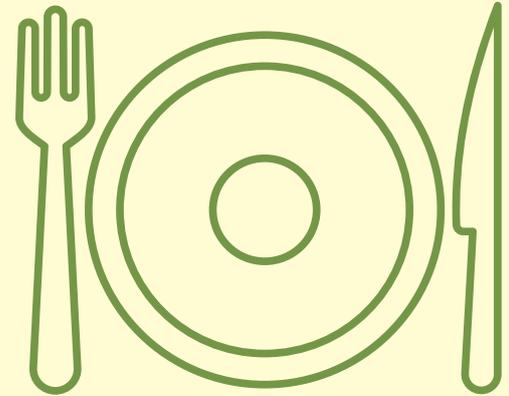
Every meal (breakfast, lunch, dinner) will be prepared by the staff of the accommodation.

All of them will be provided in the main building of the Training Center, where you can expect Hungarian and international cuisine with respect to your special dietary restrictions, if you have any.

Please note, that we can only serve the dietary options listed in the application form. If you need any other special meals, please contact us.

During each day we will provide 2 coffee/tea breaks with some snacks and fruits.

MEALS



We are kindly asking all of you to provide very concretely your dietary restrictions in order to be prepared! If you don't do that we won't be able to address it.

Please note that during the whole programme we have **zero-tolerance towards alcohol, cigarette and the use of any illegal substances!**



We ask you to keep that in mind!



1. BUDGET

Travel costs are determined by standards set strictly by Erasmus+ Programme: 309 Euro (Latvia, Denmark and Greece) or 395 Euros (Armenia).

Travel costs of Hungarian participants will be fully covered from their hometown to Hollókő. Be aware that the costs for the local travel in Hungary will be around 25 Euros/participant.

2. TIMING



arrive: before 17:00 on 7th April

leave: after 12:00 on 14th April

You may stay extra days on your own cost if it is agree by the whole group, the parents and the group leader. The group leader needs to take full responsebility for the extra days.

3. DOCUMENTS



Before you make any bookings, please send travel information for approval to us.

Please keep all your original tickets and boarding passes for administration and reimbursement.

Whenever is possible, it is recommended that the booking is made together for the whole group by the sending organisation. If not possible individual bookings are excepted as well.

INVOICE

You MUST ask for an invoice to our organisation name and address.

Tudatos Ifjúságért Alapítvány
Address: Fő utca 92/B Kápolnásnyék, 2475
VAT number: 18728763-1-07

4. LOCAL TRAVEL



Local travel between Budapest and Hollókő will be organised by TIA with a private bus. Please note that the travel cost for each country should include the Budapest-Hollókő-Budapest bus trip, which is approximately 25€/person (except for Hungary).

5. GREEN TRAVEL

When looking for travel options, please consider the environment!
If possible choose the most eco-friendly way of traveling!
Please consult us for more info!

6. VISA

We reimburse you the full amount of your visa costs, upon the presentation of the original visa papers.

If you need an invitation letter, please let us know in advance.

1.

REIMBURSEMENT



We plan to reimburse the travel and visa costs max. 20 days after the youth exchange by bank transfer. We will collect all travel and visa documents from the group leaders and/or participants themselves during the activity in Hollókő.



Reimbursement will be calculated according to the current official exchange rate of the European Union, therefore little differences may occur with tickets bought other currency than Euros.

All costs occurred will be reimbursed in EUROS.

2.

CONSENT LETTERS

Parent consent letter for minors travelling abroad must be fully filled in by the parents before the travel. Group leaders must have all original copies with them during the whole activity.

Group leaders are requested to send the scanned versions of these documents to us before they start the travel.

Please note that this document does not substitute the consent letter requested by the police in your countries!



Soon we will send you the Agenda
of the Youth Exchange.

The programme will be conducted in English.
Please avoid discussions on your native language
during the sessions, unless you are working in
national groups.



THE YOUTH EXCHANGE PROGRAMME

The “**Inner Compass**” youth exchange will be based on **non-formal educational** activities, providing participants with the opportunity to explore mental health and well-being in an engaging and interactive way. Through these activities, they will gain a deeper understanding of self-care practices, and the importance of open discussions on mental health.

The processes of learning from each other and **learning by doing** will be crucial, as well peer learning, where partners equally share their knowledge while placing emphasis on integration and promoting **independent learning** experience amongst the youngsters.

Hello Hungary



1. TIME ZONE

Hungary is in the Central European time zone (CET). Be aware of the time differences!

2. MONEY

The Hungarian currency is Forint (HUF).

1 Euro = 400 HUF

Please **exchange money at the Airport** (or in the city centre of Budapest) You may also use cash machine to withdraw Hungarian Forints.

Please note, that there is no money exchange possibility in or around the venue and shops do not except Euros in Hungary!

3. WEATHER

The climate of Hungary is humid continental. Spring is a changing season, it can be wet and cold as well as very hot and sunny and clean in Hungary. Please be prepared for all kind of weather conditions.

A few days before the event you may check the weather in Hollókő.

4. ELECTRICITY

Hungary has the 220 Volt 2 pin electricity plugs - bring adaptors if needed (and your chargers for mobile phones, cameras etc.)

HANDY TO TAKE WITH YOU

- Personal things: hygiene-related, medicines you usually take, or other things you need
- Toiletries and towel - not provided at the venue
- Shoes/socks/slippers to wear indoors

MUST have indoor footwear!

- Comfortable cloths and shoes for outdoor sporty activities and forest walk - outdoor temperature is about 10°C
- Typical food/drink to share during the intercultural nights
- Warm cloth - indoor temperature is about 20°C
- Medicines if you need any and health insurance proof
- Documents for reimbursement: flight ticket, visa papers, invoices, original boarding passes
- Little present (costs max 3 Euros) to give to your Secret Friend
- Pocket money (you need to exchange Hungarian Forints)
- Fancy dress to wear at the farewell party

DON'T FORGET!



BEFORE YOU ARRIVE

JOIN THE WHATSAPP GROUP

for quicker communication.



MORE INFO



VIRÁG Komenda

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See you soon!



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Erasmus+