BRICKS

... FROM WHICH WE BUILD OURSELVES

training course

18-24 March 2024
Budapest, Hungary



Co-funded by
the European Union

Youth Bridges
Budapest



PROJECT CONTEXT

Bricks: solid, square building blocks. Nothing more. Or are they? If we stack bricks on top of each other, we can build, for example, a wall. What does the word 'wall' represent to you? What do you associate it with?

In this training course we will explore and activate our resources, with the help of which we can **develop healthier habits** both in our work and in our private lives. We will work with perseverance, self-control, and healthy optimism in order to **develop resilience**. During the program, the participants will acquire techniques, attitudes, and good practices that they can use in their work in **supporting youth mental health**.

All of this will be done by building ourselves brick by brick, supported by creative tools, and using the wall as a symbol throughout the entire training program.

OBJECTIVES

- Explore our own resources, using creative tools and methods.
- Give a toolkit that we will be able to use successfully in our youth work on mental health.
- Learn about how habits are formed, what happens in our brain when we overwrite an old habit and how a new habit can be adopted effectively.
- Discover the connection between perseverance and optimism, supporting the development of healthy optimism.
- Develop our resilience for better mental endurance.
- Learn from each other, share experiences on a European level, intercultural exchange and learning.

PARTNER COUNTRIES

Portugal, Spain, Greece, Italy, Croatia, Bulgaria, Serbia and Hungary



PROJECT DETAILS



Programme dates: 18-23 March 2024

Travel days: 18 & 24 March 2024

Venue: Budapest, Hungary

Number of participants: 24

Erasmus+ is the EU's programme to support education, training, youth and sport in Europe. The 2021-2027 programme places a strong focus on social inclusion, the green and digital transitions, and promoting young people's participation in democratic life.
https://erasmus-plus.ec.europa.eu/

Erasmus+ supports the professional development of youth workers through training or networking periods abroad.
Learning activities within the youth field are meant to have a significantly positive impact on young people as well as on the organisations involved, the communities in which these activities take place, the youth field itself and the European economic and societal sectors at large.
https://erasmus-plus.ec.europa.eu/programme-guide/part-b/key-action-1/mobility-youth-workers

TIMETABLE

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
7:00 – 9:00	Arrivals	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9:00 – 10:30		Welcome to the program	Another brick in the wall (Habits)	Through the wall (Resiliency and optimism)	The last bricks in the wall (Finding balance)	Project work (Presentations)	Departures
10:30 – 11:00		Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	
11:00 – 12:30		The first bricks in the wall (Teambuilding)	What shall we use to fill the empty spaces? (Creating habits)	Shall I go to the wall? (Optimism bias)	Out there beyond the wall	Project work (Presentations)	
12:30 – 14:30		Lunch & free time	Lunch & free time	Lunch & free time	Lunch & free time	Lunch & free time	
14:30 – 15:45		Tables around the wall (Our resources)	Is there anybody out there?	City Game in Budapest	Project work	Project work (Presentations)	
15:45 – 16:15		Coffee break	Coffee break			Coffee break	
16:15 – 17:30		The writing on the wall	Bricks to bricks (Art of resiliency)			Youthpass & evaluation	
17:30 – 18:00		Daily reflection	Daily reflection			Closing & farewell	
18:00 – 20:00	Dinner & free time	Dinner & free time	Dinner & free time	Dinner & free time	Dinner & free time	Dinner & free time	
20:00 – 21:30	Welcome evening	Welcome party	Intercultural evening	Free evening	Self-organised evening	Farewell party	

PARTICIPANTS

PARTNER (SENDING) ORGANISATIONS

- Civil society organisations (foundations, associations)
- Working with young people, including disadvantaged youth
- Are based in an Erasmus+ Programme country
- Are able to delegate at least one colleague or volunteer to the training course and 1-2 more participants from their country
- Select and prepare their participants, take care of the dissemination and follow-up

PARTICIPANTS

We are seeking for **3 participants per organisation** with the following profile:

- **aged above 18,** there is no upper age limit;
- **legal citizen** of his/her country or holds a valid residence permit;
- **youth workers**, youth leaders, youth activists, volunteers working with youth;
- able to work in **English**;
- willing to share the new knowledge with the members of his/her organization once he/she gets back, act as **multipliers**;
- **active learners -** available for the whole duration of the training course and ready to share their experience and knowledge;
- tolerant, open-minded and abstains from any exclusionary behavior.



MEET US

Youth Bridges Budapest was founded by three youth workers - Csenge, Éva and Szandra - in order to help young people to deal with challenges of the 21st century, with special regard to skill-oriented learning, development of transferable and intercultural competencies, encourage active citizenship both national and international level, prevent youth alienation and support early career planning. For this, we organise local and international workshops, youth exchanges and training courses for young people and youth workers.
https://www.youthbridgesbudapest.org/



Betti (Bernadett Balajthy dr.), senior trainer, PPC coach, freelancer
Trainer



Bálint (Bálint Kocsi), English teacher, trainer, freelancer
Trainer



Csenge (Csenge Kolozsvári), adult education manager, human resource counsellor, president of YBB
Organiser



Szandra (Szandra Varju), anthropologist and human ecologist, founder of YBB
Organiser

HUNGARY & BUDAPEST





Hungary is a landlocked country, situated in the Carpathian Basin. Its two longest rivers called Danube and Tisza. Lake Balaton, the biggest lake in Central-Eastern Europe, is a very popular touristic destination. Hungary is also famous for its thermal baths, athletes and inventors, typical paprika dishes, wines, and the national shot called pálinka.

Hungarian, the official **language**, is the world's most widely spoken Uralic language, and among the few non-Indo-European languages widely spoken in Europe. Considered by many to be one of the most difficult languages in the world.

Hello - Jó napot! (literally: Have a nice day!)

Thank you - Köszönöm

I love you - Szeretlek

Cheers - Egészségedre! (literally: For your health!)

Ruin bar - Romkocsma

Goodbye - Viszontlátásra (literally: See you again)



The capital city, **Budapest** is among the top tourist destinations in Europe as it regarded as one of the most beautiful cities worldwide.





Currency: HUF, 1 € is ~ 380 HUF; check the prices here. We recommend to use your card or exchange money in the city centre.
Weather: days can be either sunny around 10-20 degrees or wintertime - check the weather forecast before packing. Nights are cold! Do not forget to bring warm clothes, jacket, umbrella.

TRAVELLING

Travel days are: 18 and 24 March. Participants are allowed to stay 2-3 days more before and/or after the training course. Accommodation and meals will **not** be provided for the extra days.

You can reach Budapest in several ways. We encourage you to travel by train or bus if you can. However, many low-cost flight operates from/to Budapest (Wizz Air, Ryanair, EasyJet, Eurowings, etc.).

Please keep in mind that only the **reasonably cheapest tickets** can be reimbursed. We will not cover tickets with any detours and unnecessary stops, layovers. Please avoid seat reservation fees, leisure plus tickets, extra travel insurances, exclusively priority boarding fees. One checked-in baggage of maximum 23 kg will be covered. We do not cover taxi or private transfer either. Please try to avoid travel agencies and book your flights directly.

Please **keep every tickets, boarding passes and invoices** and send or give them to us. If you use smartphone application for flight boarding, please make a screenshot about the boarding pass. We recommend to copy or photograph every travel document just in case. **In case of missing documents, refund is not possible!**

TRAVEL COST LIMITS:

100-499 km: €180 with plane, €210 with green travel
500-1999 km: €275 with plane, €320 with green travel
Above 2000 km: €360 with plane, €410 with green travel

Distance calculator

We will collect the **travel documents** on the training course. Boarding passes for the return journey should be sent to us by email or by post. Based on the travel documents, we will reimburse the travel costs (as soon as we received every document) via bank transfer to the organisations' accounts.

From the Liszt Ferenc International Airport (BUD) you can easly reach the venue by public transportation:
Get bus 200E (450 HUF) or 100E (2200 HUF) until the final station and change to Metro line 3 until **Deák Ferenc tér**. Change to Metro line 2 (red line) until the final station **Örs vezér tere**, then change to bus 44 or 45 for 4 stops or 176E or 276E for 3 stops (**Egyenes utcai lakótelep**).
You can buy a 90-minutes ticket (750 HUF) from these machines or Budapest GO app.



ACCOMMODATION

Our accommodation will be CEU Residence and Conference Center. It is a residence complex in the 10th district of Budapest – an easy distance to the buzz of the city center. Basically, it serves as a private college for university students, but on the 10th floor also offers three-star rooms. The reception desk is open 24 hours, and there is a gym, community space with foosball, billiard and terrace.







You will be accommodated in two-bed rooms with private bathrooms, divided by gender. Towels and toileteries will be provided in the rooms.



Meals, coffee breaks and training room will be in the same building.

Three meals and two coffee breaks will be provided every day according to the participants' needs (e.g. vegetarian, lactose-free). You can choose your meals from 4 different menus. Expect simple meals!

Please note that the pool, sauna and the bar at the venue is **not operating**.

YBB IS GREEN

We do care about sustainability! The accommodation provides cleaning service only on demand. Please consider using your towels and bed linen during the whole week and save some energy :)



You can take clean, filtered water on the ground floor form a machine. We will not provide water in plastic bottles - please bring your own bottle!



IN CASE OF SELECTION, YOUR TASKS ARE...

before the training course:

- **cooperate** with the hosting and sending organisations and the trainers during the preparation phase, join and follow the Facebook group of the project
- participate in a **preparatory meeting** with the sending organisation
- prepare your EHIC or take out a **travel insurance**
- inform us about your **special (dietary) needs**
- do a little "**homework**"

What wall represents to you...

1. In your daily work with youth?
2. In your private life?

Find a picture or citation which represents it for each and upload them here.
Don't forget to think about the "why", we will share it with each other!

during the training course:

- **respect** the house rules of the hotel, the trainers and other participants
- present your sending organisation and its exciting projects and initiatives on the **NGO market**
- present your country and culture shortly and bring some typical food and drink to taste on the **intercultural evening**
- **be active!** Of course nothing is obligatory but your active participation is needed for the best learning outcome

after the training course:

- fill in the **evaluation form** to give us feedfack
- fill in the **Youthpass** to achieve the best learning outcome
- participate in an **evaluation meeting** with your sending organisation, share the learning experience and project results with your colleagues
- with the help of the hosting and sending organisations, take care of the **dissemination** of the project to spread the results widely in your home country and community (organise a workshop, write a blogpost or article, create and share a short video, social media post etc.

By applying to the training course, you agree to fulfill the above mentioned tasks and responsibilities.

APPLICATION

To apply for this training course, please fill in the form below.

APPLY HERE

Be aware that for the application, you need to provide us your personal data. If you need more information about our data protection, read our Privacy Policy or contact us!

The final application deadline is 24 January.

If you are not sure you can participate during the whole training course, please leave the opportunity to others!

OUR CONTACTS

projects@youthbridgesbudapest.org

https://www.facebook.com/youthbridgesbudapest

https://www.instagram.com/youthbridges_budapest/



We are looking forward to welcoming you in Budapest! :)