Erasmus+

VACCINATED

A youth Exchange about

Crisis Management Techniques and Conflict Resolution Plans for Unaccepted Situations

Youth Exchange in July:
7th - 16th of July 2023 (Travel days included),

Youth Exchange in August:
14th - 23rd of August 2023 (Travel days included),
Aba Hungary

WHAT IS VACCINATED?

The Youth Exchanges will have the specific goal of collecting practices and learning new techniques of crisis management and preventive methods which focus on mental health, practical time- and life-management issues and avoiding financial collapse that will take place in Aba, Hungary.
The methods collected rely heavily on the digital switchover, the use of virtual techniques not only in the subject matter, but also through the field work included.

OUR OBJECTIVES

This youth exchange intends to achieve the following objectives:

- Presenting and practicing a wide arsenal of mental health prevention techniques.
- Introducing methods of crisis management, stress release and mental health prevention; improving self-reflection, self-consciousness, self-management and self-esteem.
- * Gaining knowledge on communal crisis management, involving digital field work.
- Providing online community building techniques. Detailing effective methods and forms of digital community events.
- Developing initiative and entrepreneurship to achieve personal fulfilment in a crisis situation by encouraging the design of start-up ideas adapted to the changed world situation.
- Training financial skills with the flexibility to re-plan a budget in a crisis situation.
- * Defining future plans and start-up ideas based on identified personal attitudes and advantages of the changing world, also with crossing borders.
- Translating theoretical knowledge into practice by implementing digital field work and finalising a handbook.

HOW WE WILL DO IT?

VACCINATED will be based on a wide mix of non-formal education methods, experiential learning, discussions and creative workshops.

WHAT LANGUAGE WILL WE USE?

Despite many of you are speaking many different languages, the official training language will be English only

TASKS AND OBLIGATIONS FOR PARTNERS ORGANISATIONS

- All organizations are responsible for the preparation, support, and monitoring of your representatives in the youth exchange;
- Each partner will select their participants.
The selections will be made taking into account the skills of the youth leader/worker and their motivation, making sure that the profile of the participants is compatible with the planned activities.

- The partners undertake to sign and comply with the provisions of the mandate, which governs in detail the legal obligations and rights of partner organizations.

- Each partner will participate in and support the follow-up activities and will contribute to establish strategies for the dissemination and use of the project's results together with their participants.

PARTICIPANTS PROFILE

- communicative level of English
- age 18-30 years old
- Group leaders 18+
- YE: 6 participants from Italy, Bulgaria, Hungary, Portugal, Spain, and Romania
- Young people motivated to deepen the topics
- Youngsters who want to accomplish the project's objectives
- Youth leaders working in local communities

HOW TO ARRIVE IN ABA

There will be 2 youth exchanges, one in July and one in August.
The venue is close to Székesfehérvár, southerwards of the city, the little town is called Aba.
You need to reach the venue individually, there will not be organised trips..



NOTE! Before booking please confirm the tickets with the project coordinator (by email, contact details below)!
We will then check the available domestic connections in Hungary.

THE VENUE OF THE YE





https://www.facebook.com/ifiszallo.aba/

The house got Wi-fi, but with limited access.



The rooms

You will be accommodated according to gender,in bunk beds.
Max 8 people per room. Bathrooms are shared.
Bedsheets are provided, but you need to bring your own towel.

The maximum travel cost reimbursement is based on the distance calculator supported by the European Union

TRAVEL

Asociación Muévete por Europa: Spain	360€
FECE: Bulgaria	275€
Oriel: Italy	275€
Asociatia Culturala Banffy Boghis: Romania	180€
Brigada do mar: Portugal	360€
MOSTart NKKE: Hungary	2nd class bus or train ticket will be reimbursed. If you come by car as a group, the reimbursement will be made on road records.

We will NOT reimburse the amounts that get over the maximum budget for each participant.

COSTS

Board, lodging, and programme costs will be provided and paid 100% by grant from the Hungarian Erasmus+ National Agency.
Breakfast, lunch and dinner will be provided by the project budget, BUT the meals have to be prepared by the participants themselves.
Each day we'll have a mixture of nationalities of kitchen staff who will be responsible for the catering, for the meals. The recipes will be shared well before the youth exchange so you could be ready for the challenge.
We have a budget for travel costs.
According to the restrictions of the Erasmus+ Programme, we can only refund up to some of the travel cost if the following points are fulfilled:
- Your travel route is from your hometown to the venue in Hungary (Aba) and back (check for exceptional cases with the coordinator)
- You have chosen reasonable and economic means of transportation (e.g. APEX or student fares for flight tickets, cheap airlines, 2nd class trains)
- Your travel dates are according to the programme (1/2 days before or after the project dates is allowed, but lodging during these days is on your own expenses)
- You have a receipt or invoice for the cost of your plane ticket and the boarding cards or the train/bus tickets.

Tickets for the youth exchange will NOT be reimbursed, if not agreed previously with the coordinator.

COSTS

According to the Hungarian rules, all the companies are obliged to issue an invoice.
Unfortunately not all the ticket officers speak in English, so better if you write down ÁFÁS SZÁMLA (= VAT invoice).
Nyugta (Bill) is not equal with Számla. So if you see nyugta on the slip of paper you received, it will not be reimbursed. Then go back to the cashier and ask for SZÁMLA /Invoice.
For all the tickets you buy in Hungary you should ask an invoice for the following name:
MOSTart NKKE 2344 Dömsöd Wesselényi u. 15.
18713044-1-13

!! Important: Consult the organisers before buying tickets.
Only ticket options approved by the organisers will be reimbursed.

WHAT TO BRING

- Clothes: we don’t have any dressing code at our youth exchange.
Feel free to take whatever clothes make you feel comfortable.
We advise you to check the weather forecast before.
- Promo materials with main information to present your organisation during the evening of Organisation Market.
- Ideas, music, snacks, drinks etc. to present your country and culture in the Intercultural Evening!

CONTACTS

E-mail: mostart.org@gmail.com

If you have any questions concerning the programme or the organisation of the project, please contact us.

A WHATSAPP GROUP WILL BE SET UP A WEEK PRIOR
TO EACH YOUTH EXCHANGE