



BUDAPEST ASSOCIATION FOR  
INTERNATIONAL SPORTS

# ACTIVE CITIZENSHIP THROUGH SPORTS

Youth Exchange - Information pack vol.1.

25 AUGUST - 1 SEPTEMBER 2019  
PÁKOZD, HUNGARY

Useful information for the Partners and Participants of the  
Active Citizenship Through Sports (ACTS) Youth Exchange

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







# INTRO

## ACTIVE CITIZENSHIP THROUGH SPORTS - ACTS

This Youth Exchange is designed to promote active citizenship by using sport to empower young people to be more involved in democracy and to raise civic spirit in the participating countries. Throughout the programme we will use the Education Through Sports (ETS) methodology.

In this project we will primarily focus on addressing 5 of the key summarised topics:

- better awareness of the European project and the EU values,
- active participation in society and inspiring active European citizenship,
- a sense of initiative by young people,
- promotion of diversity and intercultural dialogue,
- tolerance and respect for human rights through the competences and methods needed for transferring the common fundamental values of our society particularly to the hard to reach young people.



### Participating Organisations:

- Budapest Association for International Sports (HU)
- Associação Move.T+ (PT)
- Altropallone ASD Onlus (IT)
- Asociatia D.G.T (RO)
- Bulgarian Sports Development Association (BG)
- Youthfully Yours SK (SK)



# PREPARATION

## PARTICIPANT SELECTION GUIDELINES

- Strongly motivated to get more involved in active citizenship, EU democratic life.
- With limited or no previous exchange experience.
- Gender balance, select equal number of male and female participants.
- Participants age range: between 16 and 26 years old.
- Group leaders must be at least 18 years old and adequately experienced with a good level of English.
- Include participants who come from difficult social backgrounds/geographical obstacles,
- 2-3 participants from ethnic or cultural minorities.

Partner organisations are responsible for disseminating the call, coordinating the selection of participants (5 young participants between 18-26 plus a group leader over 20) and disseminating the project's results in their network and on local events.

This link shall be filled by all participant 1 month before arrival:

<https://forms.gle/pDXLCrsyBM4rTR6x5>





# TRAVELS

## GUIDELINES

The travel costs from your home town to Budapest will be covered according to the rules of the Erasmus+ Programme and the regulations of the hosting organisation. According to these rules the hosting organisation will **reimburse** the travel costs on the basis of the **cheapest possibilities** provided they are 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 the Project Coordinator prior to purchasing them. **Original invoices, receipts, tickets or boarding passes** should be kept and provided to the hosting 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.**

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'. This contribution was calculated through the utilization of Erasmus+ distance calculator and does not entitle automatically for the reimbursement of the full travel grant.

### **Maximum travel grant per participant:**

Portugal: 360 EUR

Italy, Bulgaria: 275 EUR

Romania, Slovakia: 180 EUR

Each group leader (or the representative of the partner organisation) will be responsible for managing the administrative tasks of his/her group (e.g. travel documents, reimbursements), and 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 **30 September** to the following address: **Erika Juhasz, Kakukk út 16/A/4., Budapest, 1126, 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.

**Participation fee:** 20 Euro/participant - it will be collected at the first day of the event at the registration point. It is non-refundable and can not be deducted from travel costs.





# ARRIVAL & VENUE

## GUIDELINES

### DURATION OF THE PROGRAMME:

**25 August 2019 – 1 September 2019.**

7 days of working activities + a travel day.

### Arrival date:

25 August (Sunday) This is already an activity day! Transfer will be organized to Pákozd from Budapest Deák Ferenc square at 18:00

Arrival dates should be maximum two days prior to the start of the event, on participants own cost. More information regarding the transfer will be provided in the updated edition of the infopack and in the facebook group (to be created soon).

### Departure date:

1 September (Sunday) Optionally you can also leave Hungary later, but expenses of the extra stay (maximum 2 days) are not covered by the project. Try to book your tickets for Sunday afternoon or evening since the venue is not located close to the airport. On the departure day's morning (around 9:00) a transfer will be organised to Budapest Deák Ferenc square.

### Accommodation:

Pákozdi Ingókő Vendégház

Address: Honvéd street 168., Pákozd, 8095, Hungary

Participants will be hosted in rooms with 4 or 5 beds and separated bathrooms. The accommodation is located close to one of Hungary's most popular lakes, Lake Velence. Opposite the accommodation, there is a big field where we can organise outdoor activities and hikes around the hills.

### Meals:

Food will be provided three times a day in the guest houses' restaurant. Coffee and water will be served during the breaks of the morning workshops, while fruits 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.** (shared above)



# PROGRAMME

## DRAFT

Please note this is only the draft plan of activities. The program of the youth exchange can change according to the needs of participants and after the discussions with the Partners or it can change due to weather conditions, etc.

	25 August	26 August	27 August	28 August	29 August	30 August	31 August	1 September
8:30- 9:30					Breakfast			
09:30- 11:00	Arrivals	Official Opening & Ice Breakers!	ETS Team Building activity	ETS game	ETS game	Create Sport Games	Erasmus + Presentation	
11:30- 13:00		Program Expectations/ Contributions & Safety	Word Cafe	Value of sport Eu perspective	Game structure Team formation	Game Implementation	Future Project Planning	
13:00-15:00		Lunch						
15:00- 16:30		Mission impossible I	Active Citizenship in your community	Ed BY, FOR & THROUGH Sports	Create Sport Games	Game implementation	Final Evaluation Youth Pass	
17:00- 18:30		Mission impossible II	Perfect citizen Group dynamics	Ed BY, FOR & THROUGH Sports	Create Sport Games	Game implementation	Farewell activities	
18:30- 19:00		Reflection groups	Reflection gr.	Reflection gr.	Reflection gr.	Feedback	Free Time	
19:00- 20:00		Dinner						
21:00	Welcoming & Getting to Know Each Other	Cultural night	Cultural Night	Free Night	Cultural Night	Creative Night	Farewell Party	

More pictures of the venue can be found on their website  
<http://www.pakozdi-ingoko-vendeghaz.hu/>





# WHAT TO BRING WITH YOURSELF?

## BE PREPARED!

- Comfortable clothes for outdoor activities,
- Trainers,
- Swimsuit and summer clothes,
- Rain coat and warm clothes for the nights,
- Towles,
- Some Hungarian forints as the village is quite small, you may not be able to pay by card in the shops.  
(1 EUR is approx. 325 HUF)
- Some snack/drinks from your home country for the intercultural nights as you will hold a short introduction for the others. Please keep it fun and interesting!
- Happy mood! :-)

A Facebook group will be created later on for the participants - there we will share all relevant infos. If you have any questions, feel free to contact us!:-)

### Contacts and communication:

#### Project Leader:

Erika Juhasz - erika.juhasz36@gmail.com

#### Facilitator:

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