

INFO PACK
CUTE - Cooperate, Understand, Tolerate, Empower
youth exchange

with a focus on self-development, tolerance, cooperation and empowerment to take action in the local communities

Venue: Hortobágy, Hungary (a village in the middle of the Hortobágy National Park)

Dates: 22-31 July 2019 (8 days + 2 travel days)

Topic: An international youth program with the aim of increasing cooperation, understanding, tolerance or young people in order to empower them to become more active in their communities.

Age of participants: 14-20 years (the group leaders have to be older than 20!)

Number of participants: 6+2 from each country

Number of countries: 4

Accommodation: stone house (rooms with 4-6 beds, separate bathrooms for girls and boys), bed linens will be provided, the house has Wifi and solar energy supplied air-conditioning

Working language: English and body languages

This aim of the youth exchange is

- to raise the awareness of young people of their inner and community values while being in nature and doing outdoor activities individually or in groups,
- to highlight shared values and initiate tolerance and acceptance for other cultures
- to empower them to realize needs, plan and take actions and make a change in their smaller or larger communities,
- to realize their own strengths and goals by doing voluntary work in the bird park of Hortobagy (in the middle of the Hortobagy National Park).

Activities: workshops on international and intercultural communication and acceptance, team-working and team-roles, learning-styles and self-development, photography/ video workshop as self-expression, treasure-hunting in the pusta, horse riding, carriage-ride at the nature protected areas, traditional handcrafts in practice, trip to Debrecen (40kms away, the second biggest town of Hungary).

Possible voluntary work to be done on location - will be agreed by the group members, under the supervision of the workers: cutting grass, painting the gates, the fences, the bike stands, re-painting some of the recovery rooms

Financing: The exchange will be financed according the Erasmus+ Programme rules (cost of accommodation and food will be covered by the organisers, international travel cost will be reimbursed based on the distance calculator (http://ec.europa.eu/programmes/erasmus-plus/tools/distance_en.htm) after the submission of the necessary documents (flight: tickets/itineraries, boarding passes; train, bus: tickets indicating the price). The maximum travel reimbursement is as follows:

Macedonia 275 EUR/ participants

Romania 20 EUR/ participant

Poland 180 EUR/ participant

Hungary 20 EUR/ participant

The travel costs will be reimbursed in EUR during the exchange if all the documents are provided in original to the organizers.

There is no participation fee for this youth exchange.

How to get there:

Hortobagy is 40 kms away from Debrecen (the 2nd biggest town in Hungary). **The groups have to reach Debrecen**, from where transfer will be provided to them. At the train station or at the airport of Debrecen 1 of our colleagues will be waiting for the groups (with a notice of the name of the exchange) and will drive them to Hortobagy (minibus fitting 9 people).

- If you are flying to Debrecen - just indicate the time of your arrival and you will be picked up at the airport.
- If you are flying to Budapest airport - you need to get a train to Debrecen (there are trains every hour to Debrecen, but it is the best to calculate a bit of time to collect your luggage and take the airport bus to the train station. So do as follows: you will land on terminal 2A or 2B. Get out of the airport building and between terminal A and B there will be 1 bus stop at arrival level. You can buy a bus ticket at the bus stop at a vending machine, you can pay by card. 1 single ticket costs 350HUF. From Budapest airport the airport shuttle **bus 200E** will take you to **Kőbánya Kispest** stop (that is a metro + train station of Budapest, not the end station, so watch out for the screen). There you will need to change to a train to Debrecen. Train schedules are here: www.elvira.hu you can choose the English language. Once you have the exact time of the flights booked, I can also buy you the train tickets and send you over via email the e-ticket (and I get an invoice of it too), so there is no need to reimburse it, but you can buy it for yourselves too. At the trainstation my colleague will be waiting on platform 1 with the notice and drive you to Hortobagy.
- If you are taking a bus to Budapest (like Flixbus), you need to take Metro3 from Népliget station to Nyugati pályaudvar (Nyugati train station). 1 single ticket costs 350HUF. There you will need to change to a train to Debrecen. Train schedules are here: www.elvira.hu you can choose the English language. Once you have the exact time of the flights booked, I can also buy you the train tickets and send you over via email the e-ticket (and I get an invoice of it too), so there is no need to reimburse it, but you can buy it for yourselves too. At the trainstation my colleague will be waiting on platform 1 with the notice and drive you to Hortobagy.
- If you drive to Hortobagy - please come to the Bird Park: Hortobagy, Petőfi tér 6. <https://goo.gl/maps/5UZhRnq1f8E2> and message me once you are there.

Currency:

The currency is Hungarian Forint (HUF). 1 EUR = ~ 310 HUF. You can change at many places but in Hortobagy there are no exchange offices. We advise you to change at home before coming or to exchange in Budapest before you get on the train. You can use any of the exchange offices or banks. Do not exchange too much money. During the exchange we will be in Debrecen for 1 day, you can make more changes if you need for shopping. In Hortobagy you can pay by card in the central shop and there is a cash machine there too.

Weather:

The summer in Hungary is usually very hot, it can be really dry to but we often have rains for a couple of days. Before coming please check the weather here: <https://www.accuweather.com/en/hu/hortobagy/1257097/may-weather/1257097#>
Better be prepared for sunny and rainy days too.

What to bring:

good shoes that can get dirty, flip-flops for showers and inside use, clothes for sunny weather and also for cold days, rain-jacket, comfortable clothes that can get some blurs of colour during painting sessions, sunscreen (cream, glasses, hat), mosquito spray, favourite music, instruments if you play

one, **towels**, clothes&souvenirs&postcards&food&drinks from your country for Country Evenings, camera or smart-phone for the photo workshop, some pocket money for extra drinks, souvenirs etc.

Emergency/ insurance/medicine:

Make sure to have a valid European Health Card or any other insurance that can cover emergency medical situations. If you take medicine regularly, make sure you bring that too. All participants who are under 18 years, have to bring a parental agreement in which the group leader is authorized to be responsible and take action for the participant during the program.

Meals:

We will be cooking together. Dinners will be mostly cultural dinners + 1 dinner pizza, 1 dinner BBQ and 1 dinner a special Hungarian shepherd meal. Breakfast and lunch will be provided by the kitchen staff, but each day 2 participants will help out with setting the breakfast and lunch table, dish-washing and cutting and cleaning vegetables for the whole of the group. They will accompany the adult kitchen staff.

Tasks and Cultural Evenings:

Each country group will be responsible for the following:

- Morning **energizers** of 1 day, including group games and activities - get prepared with 3-4 games
- **1 Cultural Evening**: this will include the preparation of the dinner for that day too - please plan dishes that are easy to prepare and give a taste of your culture and can be sufficient for **dinner for 32 people**. The national groups will have access to the kitchen (including the stove) for 3 hours to prepare it. Please send the planned meal and the list for the needed ingredients (for 32 people) to hangkepe@gmail.com till 25th June the latest. Please also plan some **evening games and activities** that represent your country/culture/values (can be songs, music, dance, games, quizzes, short presentations/ videos) - be creative and interactive!
- delegate **2*2 people to help** the kitchen team with setting the breakfast and lunch table, helping out with dish-washing and cleaning/cutting vegetables. They can be agreed by the national group who will do these or will be appointed by the group-leaders of your team.

About the organizers:

The youth exchange is organised by Hang-Kép Egyesület (Sound Picture Association), Hungary. The association is training young people to prepare photos, videos and animations on local and international values. We have 11 years of experience with organising youth exchanges and training courses. Our organisation is continuously working with local and international volunteers. We have a wide network of NGOs, we have been working together with the Bird Hospital Foundation for 15 years. Local contact: Andrea Keresztesi (hangkepe@gmail.com, WhatsApp/Viber/Phone: +36204558283)

This youth exchange will be followed by an other 8+2 days youth exchange in Struga, Macedonia, in the summer of 2020, organised by Volonterski Centar Skopje. We plan to involve the same participants in the 2 youth exchanges but is it also possible to participate in only one.

About the location of the first youth exchange:

Most of the activities and the voluntary work will take place in the facilities of the Bird Hospital Foundation (Madárkórház Alapítvány - www.madarpark.hu). The Foundation's goal is primarily the veterinarian treatment of protected birds and their release to freedom in nature following their recovery.

The Bird Saving Station operated since the summer of 2002 has been one of the interesting tourist attractions of Hortobágy. The bird hospital is open to visitors, however, due to hygienic reasons entry into the operation room and into the lab is not allowed. There are a lot of children groups and professionals coming to visit, who like animals and nature and wish to get to know the activity of the bird hospital. The treated patients can be seen in the flying rooms and outdoor big voliers.

The Bird Hospital is annexed to the Bird Park, where - besides the outdoor voliers - there are other facilities too that help the engagement of the visitors and help the visiting children enjoy nature. These are: natural playground, flying eagle slides, small traditional hill with the flora of the pusta, speaking raven, etc.

The accommodation of the youth exchange will be about 10 minutes walk from the Bird Park.

In case of questions, please contact: Andrea Keresztesi (hangkepe@gmail.com)