



training course | 28 June - 6 July, 2025 | Hollókő, Hungary

DISCONNECT TO CONNECT



Co-funded by the
European Union

ABOUT THE PROGRAM



This training is for experienced youth workers, trainers, mentors, and coaches. It offers new tools and methods to boost motivation, creativity, and support both personal and professional well-being.

Balancing work, family, and personal life is challenging—especially in the social sector, where burnout is common. This course focuses on soft skills, mindful practices, and personal development to help participants stay motivated and energized.

We've run similar successful trainings before and saw a clear need for programs that prioritize the well-being and self-care of youth workers. Based on participant feedback, we've created this new edition with fresh elements to support self-motivation and empowerment.

METHODOLOGY

The main methods we use are experiential learning, gamification, simulations and creative recycling which is based on creativity, cooperation and crafting. Furthermore, there will be some creative art therapies and team building.



MAIN PROGRAM ELEMENTS

Promote Mental Well-being
through Connection

Introduce Offline Tools for Well-being

Develop Facilitation
Competence

Explore the challenges of the
21st century

Self-assessment
Sharing of best practices

Creative recycling
Design thinking

Simulation games,
Gamifications

Outdoor, teambuilding

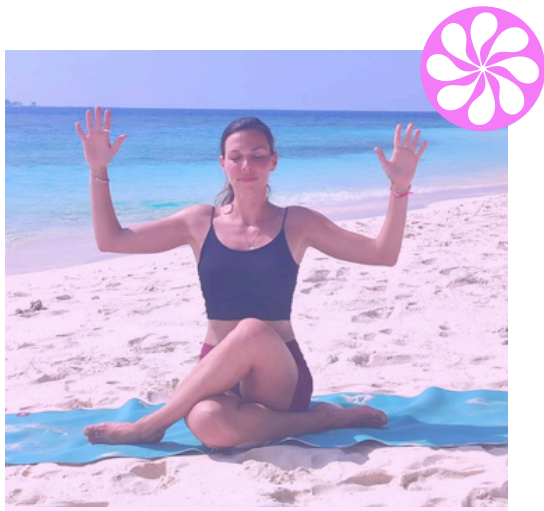


THE TEAM



The program is organized by ReCreativity, a Budapest-based social enterprise. We offer non-formal education programs that utilize creative recycling methods to help individuals develop innovative solutions in their everyday lives while also promoting environmental awareness. The program of this mobility is designed and conducted by a multicultural team of experienced trainers and assistants. The team includes experienced trainers on the topic of mental health and well-being.





Dóra Preszeller

I am Dora Preszeller, hatha and yin yoga teacher, a meditation educator and DANCEmandala movement meditation instructor.

I worked for 2,5 years directly with Thai Buddhist monks and gained my extensive knowledge and experience through everyday practice and organizing and attending various types of meditation retreats (Dhammakaya, Goenka vipassana). As an NLP master, I did international business coaching practice since 2016. Recently I work for a financial institution where I offer my extensive experience to create powerful soft skill development programs regarding stress management, self-empowerment, motivation, habit development, leadership.

Overall I have 15+ years' experience offering workshops, facilitating training courses worldwide in 11+ countries in Europe and Asia for thousands of people who look for self-development.

My role will be to bring you mindfulness and bodywork with the base of yoga and meditation.

MEET THE TRAINERS

Richard Kotrč

I teach psychology, career counselling, and personal growth at an alternative high school ScioŠkola in Prague. My goal is to create a supportive space where students explore their values, strengths, and motivations, gaining confidence for life's challenges.

With nine years of experience in non-formal education, I've worked with non-profits and corporate partners, designing workshops on career guidance, mindfulness, and resilience. My psychology background shapes my approach—I developed the "Bee in Flow" project to help high school students with self-discovery and decision-making. At ScioŠkola, I lead "Compass to oneself," a course on personal values and motivation, and "Mindful Movement," integrating movement, mindfulness, and stress management. Education, to me, is not just about careers but about deeper self-connection.



PARTICIPANTS

Participation is open to people who are over 18 years old coming from Spain, Greece, Slovakia, Czech Republic, Lithuania, Belgium and Hungary.

We are looking for individuals open to explore innovative non-formal education methods, fostering personal growth, authentic interpersonal relationships and skills. The program is designed for youth workers, trainers, and NGO members active in the field of non-formal education, and is customized to offer tools that you can build in your organisational/ professional lives in order to support youth in the area of mindfulness. There will be a special focus on mental well-being and healthy balance between digital and offline engagement.

In case you are from a country that is not listed here, but you would like to participate, contact us on disconnecttoconnect2025@gmail.com



CONTRIBUTION OF THE PARTICIPANT

You are not just a participant — you are also a co-creator of this training course. We warmly invite you to enrich the program by bringing your favourite icebreaker, team-building activity, tool, or anything else you're passionate about. Your unique contribution can make a real difference!

Your involvement doesn't stop there — your actions have an impact! That's why we would love you to take part in spreading the word about this training. You have been given this opportunity because you are a change-maker in your community. With that comes a shared responsibility: to give back, to inspire, and to share your experience within your network. Our collective goal is to ensure that at least one newcomer discovers the incredible opportunities Erasmus+ can offer.

Your contribution as a co-creator:

- Sharing one social media post during or after the training course at your personal social media or at you NGO's social media
- Organizing one local activity — individually or with your national team
- Filling out the EU survey



DAILY ROUTINE

8:00-9:00 - BREAKFAST
9:00-9:30 - FREE TIME
9:30-13:00 - WORKSHOPS 1 & 2
WITH A COFFEE BREAK
13:00-14:00 - LUNCH
14:00-15:30 - FREE TIME
15:30-19:00 WORKSHOP 3&4
WITH A COFFEE BREAK
19:00-20:00 - DINNER
20:00 - OPTIONAL PROGRAMS

HIGHLIGHTS OF THE PROGRAM

DAY 1, 28 JUNE

ARRIVAL - LANDING

Arrival at the venue, settling in, first informal connection moments

DAY 2, 29 JUNE

CONNECTION - BUILD THE FOUNDATIONS

Mingling activities, overview of project goals, methods, expectations and common agreements

DAY 3, 30 JUNE

PRESENCE - BEING HERE

Practices for mindful presence -Breathwork, mindful walking, body awareness exercises; nature-based group reflections

DAY 4, 1 JULY

NATURE - OUR TEACHER

Full day outdoors: solo time in nature, sensory exploration, nature mandala creation, silent walks, group sharing circles

DAY 5, 2 JULY

EXPRESSION - HEART TO HEART

Personal stories, creative workshops: art, movement, music, writing

DAY 6, 3 JULY

INTEGRATION - FROM INSIDE OUT

Deep reflection sessions, co-creating mini-rituals, preparing personal well-being projects with mentoring support

DAY 7, 4 JULY

CELEBRATION

Presentation of participant-created workshops or projects; feedback and celebration evening.

DAY 8, 5 JULY

REFLECTION & GOODBYE

Final reflections, evaluation circles, creating take-home action plans, closing ceremony.

DAY 9, 6 JULY

DEPARTURE

Departure from the venue and personal journeys continue

LOGISTICS



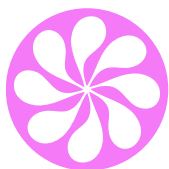
28 June - 6 July, 2025 | Hollókő, Hungary

The program will take place in the beautiful small village of Hollókő in Hungary.

Transportation from Budapest to Hollókő and back will be organised by a common bus for the whole group. Accommodation is arranged at Kreatív Tér, a group accommodation space where participants will stay in rooms of 4-6.

See more information here: <https://kreativter.hu/>

Address: 3176 Hollókő, Orgona út 31.



HOW TO APPLY

You can apply by filling in the application form by 27 May, **2025**.

Please, do NOT buy your ticket, until you get a confirmation letter!

The conditions of reimbursement are described below. Please, read it carefully and contact us if you have any questions in advance!

- Arrival - 20:00 - 28 June
- Program starts - 9:00 - 29 June
- Program ends - 20:00 - 5 July
- Departure - 8:00-10:00 - 6 July

You have to arrive to the center of Budapest by 16:00 at the latest on 28 June! A common bus will take the whole group to the accommodation from there.

APPLY HERE!



COSTS



The following costs are **covered by the Erasmus+ programme**:

- Accommodation
- Food
- Cost of the program
- Travel cost (according to the conditions of reimbursement - see below)

Participants need to cover the following:

- Insurance

There is NO Participation fee!

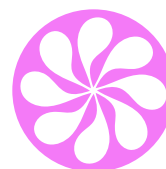
Condition of the reimbursement:

The reimbursement of your travel cost will be paid after the program and will be done by bank transfer. You can only receive your reimbursement if you participate in the entire program and you fulfill all the conditions of the contribution of the participants.

Please note that we cannot reimburse any taxi costs!

All the following **documents** will be needed:

- all your tickets and boarding passes
- invoices of tickets
- passport or ID
- resident permit if you are a not citizen in any of the partner countries



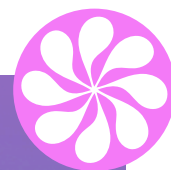
GREEN TRAVEL

When looking for travel options, make sure that you choose the greenest option!
Use public transport, carpool, take a bus or a train!

Reimbursement/Country	Not Green travel (plane)	Green travel (bus, car sharing, train)
Spain	395	535
Belgium	309	417
Lithuania	309	417
Greece	309	417
Czech Republic	211	285
Slovakia	211	285
Hungary	-	23
Other countries - Please get in contact with us regarding your travel limit on disconnecttoconnect2025@gmail.com		



CONTACTS & ORGANIZATIONS



- Spain - [Intercambia](#) - Clara - info@intercambia.org
- Greece - [Go Alive](#) - Maria - maria.stefanidou@goalive.eu
- Slovakia - [Bee in Flow](#) - Richard - beeinflow@proton.me
- Czech Republic - [Brno for you](#) - Pavlína - pavlina@brnoforyou.cz
- Lithuania - [Tavo Europa](#) - Donatas - donatas@tavo-europa.eu
- Belgium - [Paragraf International](#) - Ilias - ilias_sfikas@hotmail.com
- Hungary - [ReCreativity](#) - Blanka - disconnecttoconnect2025@gmail.com
- Other - [ReCreativity](#) - Blanka - disconnecttoconnect2025@gmail.com

With general questions about the program, please contact us on
disconnecttoconnect2025@gmail.com