



Five Elements
Flow with Your Element

“Center and Flow” training course

03.-14 August 2025, Bányterenyé, Hungary
2025-1-HU01-KA153-YOU-000303130



INFORMATION LETTER

Dear Participants,

We are happy to invite you to the “Center and Flow” - Five Elements Wisdom training course supported by the Erasmus+ Programme of the EU!

I am Zsuzska (Zsuzska Juhász), coordinator of the project, and responsible for hosting you around on behalf of the team of Shen Dao Association.

So let me share with you some **useful information**:

- I. Date**
- II. Profile of Participants**
- III. Method and facilitators**
- IV. Application form to be filled in**
- V. Accommodation and board**
- VI. How to get there?**
- VII. What to bring with you?**
- VIII. Reimbursement of travel tickets for participants/ travel budget**
- IX. Participation fee**
- X. Programme**

I. Date:

- **Arrival day: 3rd August, 2025** (afternoon/evening). The first informal programme will be the dinner and the official programme will start on the 4th of August.
- Program days: **4th - 13th. August, 2025**
- **Departure day: 14th August 2025** (breakfast will be served).

II. Profile of participants:

The course is designed for members of partner organizations, including youth workers, social workers, psychologists, group leaders, teachers, and volunteers who work with groups aged 20 and above. It aims to enhance their skills and competences in well-being and mental health. We specifically invite youth workers, trainers, and leaders who have a close collaboration with partner organizations. This ensures that the knowledge gained will be effectively utilized in their group activities and disseminated through further projects and initiatives at both local and European levels.

The course is tailored for youth workers, trainers, facilitators, and other helping professionals who wish to enhance their competences in mental health and well-being using oriental methods such as Chikung and the wisdom of the Five Elements principles.

III. Method and facilitators:

The Five Elements System has a several thousand years oriental origin, and it is based on the **taoist concept** of being in **harmony** both with yourself and the world. This harmony can be translated as your own personal wellbeing, considering all concepts and methods creating and maintaining the physical, emotional and mental health of the individual. And the other essential aspect of harmony is resilience realized in the sense of **how you handle and react to the impacts the world is presenting to you.**

Since the Five Elements can be understood as a philosophy (and practical aspect) that permeates everything existing in this universe, it can offer you an overview of all walks of life helping you in increasing and deepening your awareness of what the current situation is, then depending on your intentions and desired destinations it offers you a very pragmatic approach and tool how to get there.

Five Elements can offer you benefits in several levels, and depending on your personal goals, you can choose either or all of them to your advantage. These can be categorized into 2 main areas: individual and interpersonal level.

First there is an **individual level**, where you can explore your particular perspective, understand **how you work**, what are your basic motivators and greatest inspirations, moreover where are your shortcomings and what are the skills and talents you can capitalize on. This can also be understood as establishing harmony with yourself.

The second step is - on one hand - how you apply everything you've learned and realized to the world by investigating **your connection to the world**, especially your relationships. On the other hand this level is also about how you manage your everyday life given the external circumstances you cannot control.

The effectiveness of the system primarily builds on the cyclical nature of things and in this case **Elements**, considering the understanding of the characteristics of each Element (Wood, Fire, Earth, Metal and Water) and how they interact with each other. By using and applying the cycles to your daily life you can learn how to nurture and support or how to regulate a situation, a person or a communication, or how you can command them by guiding the conflict or process to the right direction.

For achieving harmony on a personal level movement and **Qi Gong is an essential support**, helping you embody and connect the Elements (which also you are made of) and adapting your physical body and emotions through simple motions, easy to learn breathing techniques and uncomplicated visualizations.

Awareness and proper management of all emotions including the negative ones is another crucial part of harmony and integrity of both individual and interpersonal level.

Please visit the **webpage of the previous years programme** for further inspiration:

<https://www.theorigoworkshop.com/flowwithyourelements>

Youtube video:

<https://www.youtube.com/watch?v=8VOMWCquxT0>

The team composition:

Qi Gong, martial art teacher and Five Elements Coach:

Etelka Szeghalmi - https://szeghalmietelka.com/en/homepage_eng/

Five Elements Coach and business consultant:

Nóra Varga - <https://hu.linkedin.com/in/n%C3%B3ra-varga-77761ab3>

Qi Gong, Tai Chi martial art teacher and Five Elements Coach

András Havasi

Local Host - well being and resilience and team building activities:

Zsuzsanna Szalkó

IV. Application form to be filled in

In case we learn all our future participants please fill in the following application form **till 25th of June 2025. Participants will be selected until the 27th of June.**

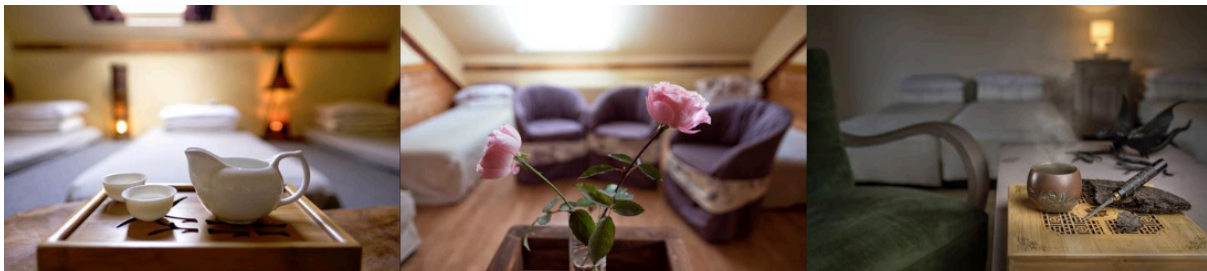
<https://forms.gle/dkFbNp4wrXBEewJy6>

V. Accommodation and board:

Venue of the event: Három Kincs Völgye - The Three Treasures Valley,
https://haromkincsvolgye.hu/en/homepage_eng_v02/

Address: Hungary, 3078 Bátorfyerenye, Bükkvölgyi major 1; Három Kincs Völgye

- The Three Treasures Valley, created by the ancient rules of taoist Feng Shui, is lying on 5 acre with a little lake and a 200 years old demesne house
- Rooms with 2-5 beds are available with a private or shared bathroom.
- Expect that mobile services are limited as well as the internet connection
- The water is drinkable.
- Bed sheets are provided, but you should bring your own towel.



You are going to be provided **vegetarian food** (breakfast, lunch, dinner and some snacks) **and accommodation** for the whole period of the training. On the arrival day dinner will be the 1st meal to be served, whilst for the departure day breakfast will be served.

If you plan to arrive earlier or stay longer, remember to book your own accommodation!

VI. How to get there?

1. Take a flight from your country to Budapest Liszt Ferenc Airport (previously Ferihegy).
2. Buy tickets at the automat outside the building, at the exit of the airport. The same spot you will catch the **100E bus**. Keep in mind that you might need tickets for the way back as well. Depending on your stay, buy at least 2 tickets. (price: 1500 HUF/ticket - ca. 4,5€/ ticket).
3. Take **the 100E BUS** (with 1 ticket) from the airport to **Deák Ferenc tér /Deák Ferenc square** (last stop).
5. To reach the bus station to Bánytereny - take the RED METRO (line 2) (another ticket) till Puskás Ferenc Stadion (directions Örs vezér tere)!

At Puskás Ferenc Stadion look for the “Stadion autóbusz-pályaudvar” (Stadion Bus Station) and take a bus to Bánytereny, Kistereny station (you’ll need to buy a separate ticket for that (approx. 2010 HUF) - you need to ask an invoice for the name & **address of your organization** at the counter desk. This last ride will last a bit more than 1,5 hours.

The timetable of the direct buses are as follows:

Departure time	Arrival time
16:40	18:07
17:00	18:49
17:20	18:47
17:40	19:07
18:40	20:07
19:30	21:13
19:45	21:12
20:40	22:07
22:40	00:12

For travel information/timetables visit the following web page: <https://menetrendek.hu>

4. From the bus you need to take off at station “**Kistereny - ózdi útelágazás**” and there you will have a lift by car or if you prefer you can take a nice 30 minutes walk until you reach your destination ☺
You can follow the route on the google maps - <https://goo.gl/maps/LZKFFXtrqgmButdTA> - or the ORIGO signs on the lamp posts will guide you to the venue.

In case you arrive **by car**: The Három Kincs Völgye - Three Treasures Valley can be reached easily on a serpentine road from Bátonyterenye. Open parking space is provided in front of the buildings.

Link for google maps: <https://goo.gl/maps/nyT2ydVdJkeFSUvR6>

You can also **plan your travel** here: <https://www.google.com/maps>

VII. What to bring with you?

1. For the training activities we recommend you to bring the following:

- **Publicity or promotional material** or information you would like to share on the work you do. There will be a display area for all organization's and participants to show / share their work.
- **Clothes and shoes for movement work** outdoors and are comfortable and suitable for the weather.
- Lightweight **waterproof clothing** for summer showers
- Water bottle
- **Small rucksack**, backpack so you can be hands free while walking.
- **Indoor slippers** (the studio and some other spaces we will use are no shoe environments)
- **Protection for the sun** - cap, suntan lotion
- **Mosquito repellent**

2. For the trip itself, remember to bring/check:

- Your valid (during the whole event days) **ID or Passport**
- Your **boarding pass** (please check if you should do your check in online) printed (as we will ask you for it for the project account procedures)
- **Luggage size** - please check the correct measures that you are allowed to bring.
- The **European Health Card** (ask for it in your health system) for any case. Please check if this European health card is valid until the end of the event! In addition to this, we also recommend you to have travel **insurance**!
- **HUF money**! At Liszt Ferenc Airport it is possible to change, but with bad rates. We advise you to change some money in your country or in the city with a trusted money exchange office. You will need money for: the **tickets** to travel from the airport to the event venue, **eventual souvenirs, shopping** that you might do after the events if you stay around Budapest.
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VIII. Reimbursement of travel tickets for participants/ travel budget:

As included in the call for participants, travel costs will be reimbursed up to 100% if you manage your travel **within the allocated budget** (see below) and upon the presentation of

the tickets, invoices and proof of payment. We will reimburse the travel costs on the basis of the cheapest possibilities, e.g. second class railway tickets, low budget airlines. Thank you! You are entitled for the amount of travel bills/invoices you used in reality up to the maximum amount of budget cost in below list, but if you used less you will get less then the maximum budget cost - it means you get back exactly what you have used. .

Please keep in mind that only direct travel costs **between your “home location” and the venue of the event** can be reimbursed (private traveling cannot be financed by the fund).

You are entitled to the reimbursement of your travel costs, if you present **the tickets and boarding passes - this is to prove you took the trip it might be checked by the National Agency if you use apps (Ryanair etc) make sure you make a screen photo of your boarding passes to present them and the related invoices.**

The allocated travel budget and the details of the sending organizations are as follows:

Country of origin	Maximum travel budget / person	Sending organization
Hungary	80 EUR	Shen Dao Association
Italy	309 EUR	Libero Pensatore
Georgia	395 EUR	Youth Center of Georgia
Lithuania	309 EUR	VšĮ AY Institutas
Spain	309 EUR	Estrella Magec
Austria	200 EUR	Amity Sternenzelt
Greece	309 EUR	F.C. ETHNIKOS KOZANI
Turkey	309 EUR	OBA DOGA
Croatia	200 EUR	Udruga U Šumi

Warning! If you do not have the receipt AND the tickets and the boarding passess we CAN NOT reimburse your expenses!

Travel by car can also be financed, for this we'll need to fill out **special documents and we will need the car registration paper for that.** Should you plan to travel by car, please let us know!

Travel cost reimbursement will be done **via bank transfer to you or to your sending organization after having received all your travel documents within 2 months after the TC.**

X.Participation fee:

Furthermore a financial contribution from each participant is required - this is your contribution to the success of the TC:

Fee: 50,00 €

The participation fee can be paid **in cash during reception & registration** on the arrival day.

Please note: The amount cannot be reduced from the travel cost reimbursement. Please inform us in advance which of the both mentioned options you are planning to use AND if you are paying as an individual or as an organization.

XI: Programme

The draft programme of the event you can find below.

Please consider it might changes upon receiving your application forms:

+ Program Plan Center and Flow

Last but not least, if you have any questions please do not hesitate to contact me ! You can reach me at:

- Name: Zsuzska (Zsuzska JUHÁSZ)
- E-mail: shendaoassociation@gmail.com
- Phone/WhatsApp number: +36 302536919

Looking forward to hearing from you and meeting you personally very soon!

Warm regards,

Zsuzska and the team of Shen Dao Association

More information about the organization - <https://www.shendaoegyesulet.hu/>

