



Call for

PARTICIPANTS



Shen Dao

4th - 10th. September, 2026 Bátonyterenye, Hungary

The Art of Balance through Daoist Wisdom



Co-funded by
the European Union



ORIGO
WORKSHOP

2026-1-HU01-KA151-YOU-000396163

For youth workers who are interested in developing new mental health approaches to resourcing and self-development through Daoist wisdom.



- I. What is The Art of Balance?**
- II. Method, proposed programme and facilitator**
- III. Current event details**
- IV. Application form to be filled in**
- V. Accommodation and board**
- VI. Conditions: Reimbursement of travel tickets for participants/ travel budget**

I. What is The Art of Balance through Daoist Wisdom?

Overview

The Art of Balance: Daoist Wisdom for Modern Life is an international experiential learning programme designed for youth workers who wish to strengthen their personal resilience while gaining practical methods to support the mental well-being of young people.

In a world that often rewards constant activity, visibility, and performance, many people experience increasing levels of stress, anxiety, burnout, and disconnection—from themselves, from others, and from nature. Rather than focusing solely on achieving more, this training explores how sustainable personal and professional development begins with cultivating balance.

Inspired by the principles of Daoist wisdom and supported by contemporary approaches to mental well-being, the programme combines experiential learning, movement, reflection, outdoor education, group processes and creative methods.

Participants will explore the dynamic relationship between Yin and Yang, learning how balance can be restored between action and rest, productivity and recovery, achievement and presence.

The training offers practical tools that participants can integrate into their own lives as well as into their youth work practice.



III. Method and facilitators:

The Yin and Yang 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 Yin&Yang 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.

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 last year programme for further inspiration:

<https://www.theorigoworkshop.com/three-treasures2025>

The team composition:

Qi Gong, martial art teacher and Five Elements Coach:

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

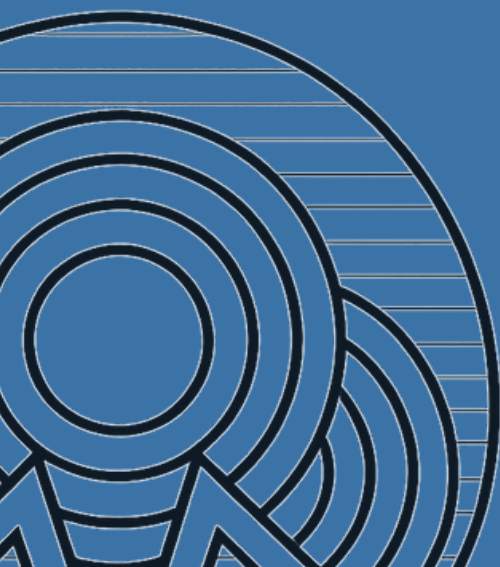
Qi Gong, Tai Chi martial art teacher and Five Elements Coach:

Gábor Baraksó

Host - well being and resilience:

Zsuzska Juhász

<https://www.salto-youth.net/tools/toy/juhsz-zsuzsanna.3533/>





The proposed programme (the schedule is subject to change):

Proposed Programme The Art of Balance through Daoist Wisdom

ABOUT the organizer Origó Műhely/Origo Workshop:

The Origó Műhely/Origo Workshop was founded in 2021 summer as a registered Nonprofit LTD. organization, however many of its original members had already been developing and testing mental health and related non-formal (online and offline) methods for more than 10-15 years. The aim of the workshop/organization is to create space and time for well-being, recreation and resilience building for young people and for their youth workers, psychologists, social workers, teachers, youth leaders. Its ars poetica is to find inner balance, healthy relationships in life and in purpose (work), run sustainable life, and the ability to resource oneself and others.

Website: www.theorigoworkshop.com

III. CURRENT EVENT DETAILS

- Facilitators: Etelka Szeghalmi, Gábor Baraksó, Zsuzska Juhász
- **Arrival date: 03.09.2026**
- **Programme days: 04.09 - 10.09.2026**
- **Departure date: 11.09.2026**
- Venue: Three Treasures Valley
- Participants: 24 participants.

From **EU countries plus Turkey and Georgia.**

PARTICIPANT PROFILE

- Youth workers, trainers, social workers, psychologists, teachers.
- Helping professionals working for 3-5 years continuously on the field.
- Helping professionals/volunteers/members/staff of partner organizations.
- Having a medium / good level of English.
- Able to participate during the whole “The Art of Balance” training course.





IV. HOW TO APPLY?

Till **2nd of August** please fill in the online application form at:

<https://forms.gle/6P8bA6jH2ZtsmMfT6>

You'll be informed about the results of the selection **by 5th of August**, 2026.

V. Accommodation and board:

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

Address: Hungary, 3078 Bátorlytereny, 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 4-5 beds are available with shared bathroom.
- 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. CONDITIONS

The Art of Balance programme is financed by Erasmus+ and requires co-funding from your side. All costs related to board and lodging will be covered by Erasmus+. Travel costs to Hungary will be reimbursed up to 100% if you manage your travel in the allocated budget and upon the presentation of the tickets, invoices and proof of payment. Whilst from your side, there is a **50 EUR participation fee** (contribution to the program) to be paid. Further details will be sent to the selected participants.

The allocated travel budget are as follows:

Country of origin - Maximum travel budget / person

Km	Green travel	
10–99 km	56 EUR	28 EUR
100–499 km	285 EUR	211 EUR
500–1999 km	417 EUR	309 EUR
2000–2999 km	535 EUR	395 EUR

FURTHER INFORMATION

Zsuzska Juhász at origomuhely@gmail.com or +36 302536919.



