

# *RECHARGE YOURSELF*

YOUTH WORKERS  
MOBILITY

27 AUGUST - 2 SEPTEMBER  
2021  
ALSÓTOLD, HUNGARY



Erasmus+



ReCreativity





## ***ABOUT THE MOBILITY***

ReCharge Yourself is a 9 months long project with a 7 days training course what has been developed especially for people who work in the field of nonformal education. For trainers, youth workers, mentors, social workers - professionals from the youth field. The training course will take place in Hungary, Alsóttold at Toldi Ház between 27 August - 2 September 2021 and it will be continued by the follow up activity. In this project we are all 7 partners from 7 countries: Italy, Hungary, The Netherlands, Romania, Spain, Slovakia and Poland.

This training program was created to support other trainers and NGOs in order to reduce stress and self-destruction during work and international programs and create a more effective way of living as a social / youth worker. On the other hand, this project is to share with the other trainers and youth workers the importance of self-motivation in the area of non-formal and lifelong learning education.

# HOW?

## Methodology



The main method we use is creative recycling which is a method based on creativity, cooperation and crafting. We use creativity and upcycling as a tool to develop various skills.

We involve in this method the body as well - with support of meditation, yoga and dance mandala.

## Main program elements:

- skill-development workshops on cultural awareness, art and design
- working individually and in small, big and mixed groups
- teambuilding activities
- self-assessment
- improvement of key competences
- sharing of best practices
- outdoor activities
- meditation, yoga, dance mandala





# WHO?

Participants of the youth exchange

## The Team

The program is organised by **ReCreativity**, a social enterprise from Budapest which is providing non formal educational programs using the method of creative recycling, in order that people build creative solutions in their everyday life and in the meantime acquire environmental awareness.

**The program of the mobility is designed and conducted by a multicultural team of experienced trainers and assistants.**



ReCreativity

[www.recreativity.net](http://www.recreativity.net)



## The Trainers

### Barbara Földi

"I am Barbara Földi, one of the co-founders of ReCreativity Social Enterprise. I am an adult educator and youth worker and I am so lucky to do what I truly love!

As a trainer and coach I support people to create a lifestyle where they can focus on self development, self motivation and learn how to organize their life in a sustainable way. To live a sustainable life, you do not only have to think about the environmental aspect, but have to learn also how to sustain our motivation, curiosity and creativity so that we can live a life where we support ourselves, others and the planet as well.

Our skills can be developed and we are sharing our routines and attitudes. I support people with coaching sessions, trainings and workshops where they can practice all these.

What will be your first step towards a more sustainable life?"





## Dora Preszeller



"I am Dora Preszeller, a meditation trainer, coach, DANCEmandala movement meditation instructor, thai massage and aquatic bodywork practitioner. I have 10+ years' experience offering successful workshops, facilitating training courses worldwide in 11+ countries in Europe and Asia for 1000+ people who look for self-development. 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 have been actively involved in international business coaching practice since 2016. My extensive experience enables me to offer highly effective programs covering meditation, mindful communication, self-empoweremtn, motivation, habit development, mindfulness and bodywork."

## Participants

Participation is open for people who are over **18 years** old, coming from **Spain, Italy, The Netherlands, Slovakia, Poland, Romania and Hungary**.

We are looking for people who are open to learn new techniques of creative recycling and are open to develop themselves through meditation, art and design. The Training Course is open for youth workers, trainers, members of NGOs who are working in the area of non formal education and who are interested in learning new techniques and methods which they can use in their work in regard of self motivation, stress reduction during their work.





# WHEN & WHERE?

27 August - 2 September 2021

Alsótold, Hungary



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

The transportation from Budapest to Alsótold and back will be organised by a common bus for the whole group.

The accomodation will be at **Toldi Ház**, a group accomodation where participants will stay in rooms of 4.

See more information here:

[www.toldihaz.hu](http://www.toldihaz.hu)

**Address:** 3069 Alsótold,  
Szabadság street 4





# ***PARTICIPATION***

How to apply?

You can apply by filling in the application form by  
**13 July.**

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

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

## **Program - timeline**

Arrival	20:00	27 August
Program starts	9:00	28 August
Program ends	20:00	2 September
Departure	10:00	3 September

You have to arrive to the centre of Budapest by **16:00** the latest on  
**27th August!** A common bus will take the whole group to the  
accomodation from there.





**APPLY HERE!**

# Costs

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

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

Participants **need to cover** the following

- Insurance
- Participants' contribution: **60€**/person to be paid in cash in HUF or euro on arrival.

## Conditions of reimbursement

The Reimbursement of your travel cost will be paid in HUF after the program and will be done by bank transfer.

You can only recieve your reimbursement if you participate at the **whole program**.

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

- all your **tickets and boarding passes**
- **invoices** of tickets
- **passport or ID**

## Reimbursement/Country

275 EUR

Spain, Italy, The Netherlands

180 EUR

Slovakia, Poland, Romania

20 EUR

Hungary



# CONTACTS

Do you have any questions? Contact us!

Country &  
Organisation

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With general questions about the program, please contact us on

***rechargeyourself.tc@gmail.com***