



# Flow with your “ELEMENT” course

(19.-28 May 2023, Bátonyterenye, Hungary)

## INFORMATION LETTER

Dear Participants,

**We are happy to invite you to the Flow with your “ELEMENTS” - 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.

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. **COVID Regulations**
- X. **Participation fee**
- XI. **Programme**

### I. Date:

- Arrival day: 18th May, 2023 (afternoon/evening). The first informal programme will be the dinner and the official programme will start on the 19th of May.
- Program days: **19. - 28. May, 2023**
- Departure day: 29th May 20223 (breakfast will be served).

### II. Profile of participants:

The course is for partner organizations' members - youth workers, social workers, psychologists, group leaders, teachers, volunteers working with groups aged 20+ - who would like to develop their skills and competences on well being and mental health. We aim to invite youth workers/trainers/leaders that are closely cooperating with the partner organizations, so they will bring back the acquired knowledge, they will use it in their group work and disseminate it with further projects and initiatives, both at local and European level. The course is targeted for youth workers, trainers and facilitators (or any helping professionals) who want to develop their competences in the field of mental health and well being through oriental methods - like chikung and the wisdom of the 5 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 last year programme** for further inspiration:

<https://origomuhely.wixsite.com/my-site/project-1>

#### **The team composition:**

##### **Qi Gong, martial art teacher and Five Elements Coach:**

Etelka Szeghalmi - [https://szeghalmietelka.com/en/homepage\\_eng/](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

##### **Host - well being and resilience:**

Zsuzska Juhász

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

#### **IV. Application form to be filled in**

In case we learn all our future participants please fill in the following application form **till 20th of April 2022.**

<https://forms.gle/27SueYS61wZ1UYjK6>

We give priority to partner organizations to choose their candidates in case they do not want to choose them upon the application forms the FE TC team will do the selection.

#### **V. Accommodation and board:**

**Venue of the event:** Három Kincs Völgye - The Three Treasures Valley,

[https://haromkincsvolgye.hu/en/homepage\\_eng\\_v02/](https://haromkincsvolgye.hu/en/homepage_eng_v02/)

**Address:** Hungary, 3078 Bátorfyerénye, 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 2-10 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>

- From the bus you need to take off at station “**Kisterenye - 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 Bátorterenye. 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:*

- **Small item of beauty**- to be placed on a centerpiece, art offering space that has meaning for you.
- **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
- **Swimsuit, towel**
- **Mosquito repellent**
- **Favorite films** downloaded or on DVD for optional evening entertainment

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.

### **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 than 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 themselves and related invoices to the name of your sending organization.**

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

<b>Country of origin</b>	<b>Maximum travel budget / person</b>	<b>Sending organization</b>
<b>Hungary (4 pax)</b>	25 EUR	Origó Műhely Nonprofit Kft.
<b>Latvia (2 pax)</b>	275 EUR	Izglītības pārvalde
<b>Portugal (3 pax)</b>	360 EUR	Lugar Específico
<b>Slovakia (2 pax)</b>	180 EUR	SYTEV
<b>Italy (3 pax)</b>	275 EUR	Libero Pensatore
<b>Turkey (3 pax)</b>	360 EUR	Hasat
<b>Georgia (3 pax)</b>	360 EUR	RICDOG
<b>Lithuania (2 pax)</b>	275 EUR	Vilniaus Antakalnio
<b>Spain (3 pax)</b>	360 EUR	Estrellas del Sur
<b>Poland (2 pax)</b>	275 EUR	Wiedza Powszechna

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

**Travel by car** can also be financed, for this we'll need to fill out **special documents**. Should you plan to travel by car, please let me know!

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

## **IX.COVID Regulations:**

General information about traveling in Europe can be found at the EU's Reopen EU website, but please note that this page is not as often updated as pages below.

Information about recognized vaccines can be found here: <https://www.ema.europa.eu/en/humanregulatory/overview/public-health-threats/coronavirus-disease-covid-19/treatments-vaccines/covid-19-vaccines>.

When planning and preparing for your travel, we strongly recommend informing yourself carefully about the latest developments and regulations in Hungary:

<https://visithungary.com/category/covid-19-information>

At this moment of issuing the information letter **Hungary is unrestricted** - but it might change when you plan to travel here - please be aware of regulations concerning the entry.

Information on entry restrictions in Hungary **depending on the country you come from** please study well the situation relating to travel from your country!

**If restrictions come back** you need to present the following documents to the carrier or any other person entitled to check them:

1. Duly filled out Passenger Locator Form (or dPLF), either digital or in paper format; In order to make traveling go smoothly we recommend participation to those fully vaccinated. As unfortunately, we will not be able to provide quarantine before or after the event. Therefore, when planning and preparing for your trip, we strongly recommend informing yourself carefully about the latest developments and regulations as the situation is changing every day.

As a part of your planning and preparation, please make sure that your travel insurance covers COVID19 related situations and expenses, and advance it if necessary. Having travel insurance has been proven to help travelers with financial support and comfort to continue their journey without worries. We will not be able to cover any of those expenses should there be any delays, travel changes or quarantine related costs.

2. EU Digital Covid Certificate/Green Pass attesting that you have completed a vaccination cycle with an EMA authorized vaccine (or equivalent certificate); or

3. EU Digital Covid Certificate/Green Pass showing proof attesting that you have fully recovered from COVID-19 and you are no longer subject to self-isolation (or equivalent certificate); or

4. EU Digital Covid Certificate/Green Pass or equivalent certificate attesting the negative result of a molecular or antigenic test carried out by means of a swab in the 72 hours (molecular) or 48 hours (antigen test) prior to entering Hungary.

Passenger Locator Form under point 1 is always mandatory. Failure to present a dPLF may result in denied boarding. Documents listed under points 2 to 4 are alternatives. If you fail to present one of the documents listed under point 2, 3 or 4, you may still enter Hungary but you are subject to five (5) days of self-isolation and you must undergo a test, either molecular or antigenic, after those 5 days. With reference to validity of EU Digital Covid

Certificate issued upon completing a full vaccination cycle, kindly note that for the sole purpose of entering Hungary, such certificates continue to hold the validity established under EU Regulations (9 months).

### **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:

<https://docs.google.com/spreadsheets/d/1B80dPOdcBho8tZp7Yf8YntFRjW7U0bS4hp76NW MbfX4/edit?usp=sharing>

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: origomuhely@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 Origó Műhely

