



Co-funded by the  
Erasmus+ Programme  
of the European Union



# ENGAGE AND EMPOWER YOUTH THROUGH VOLUNTEERING

HUNGARY

13.-24.04.2024.



## About the project

The aim of the training is to equip participants to use **volunteering as a tool in youth work with vulnerable young people**, using experiential learning tools and group activities.

During the program participants will have the opportunity to share their ideas and experience about volunteering and also as a group they will have a chance to plan and actually do their own volunteering project as part of their learning process. This practice project of volunteering during the training will provide an opportunity to learn about **how to facilitate volunteer groups and how to support the growth of vulnerable young people**.

With the experience of building a volunteering project together you can learn about volunteering as a tool of social inclusion and active citizenship. You can challenge yourself to try different roles in a group, experiment with your boundaries, think about what change you wish to bring into this world and have a go at making it come true. You will have a chance to meet fellow professionals from other countries, make new friends and form potential partnerships for any future projects you may wish to create, building on what we hope you will experience at this TC: there is more in you than you think!





# Aims of the project

- preparing participants to use volunteering as a tool when working with vulnerable target groups in youth work
- to be able to involve young people with disabilities in their programmes
- give youth workers the tools to facilitate the learning of their participants
- be able to create safe, trusting learning spaces
- engage youth workers to work with vulnerable young people
- promote active citizenship amongst youth workers and equip them to address this topic with their youngsters - facilitate learning through volunteering and address topics related to active citizenship and democratic values
- experience the 13 years of good practice of the Élményakadémia, where participants design, implement and evaluate a volunteering process

reflection on professional competences of youth workers through the ETS competences framework



## Programme



2024. 04.13	04.14	04.15	04.16	04.17	04.18
Travel day	Welcoming and Introduction of TC	Context	Team building	Team building	Planning
	Frames and safe learning environment	Working with vulnerable youth; Volunteering and social inclusion	Volunteering and experiential education	Teamcoaching and solution focused approach	Cooperative learning and group dynamics
04.19	04.20	04.21	04.22	04.23	04.24
Planning	Volunteering action	Volunteering action	Evaluation of volunteering	ETS and youth worker competences	Travel day
Active Citizenship	Volunteering and democratic values	Limits and competencies	Recognition of learning	My role as a youth worker	



# Participants profile

- we need 2-4 participants from each country, who are
- youth workers - work with young people at the moment at local - or even international level
- have good level of English

Ideally, but not necessarily:

- works with vulnerable target groups
- has experience in volunteering
- 2 men and 2 women per country



## Partner Organizations

Italy: Associazione Joint  
Romania: Outward Bound Romania,  
Asociatia Umanista Romana  
Slovakia: TANDEM, n.o.  
Georgia: Youth for the World  
Spain: Las Niñas del Tul  
Poland: Europe4Youth  
Hungary: Élményakadémia KHE

## Trainers



**Bárnai  
Árpád**



**Gergely  
Zsófia**





# Reimbursement

Before you buy your ticket, please send the itinerary to me:  
moni.horvath@elmenyakademia.hu

You will be reimbursed the exact amount of your travel expenses (from your home town to the venue of the event) inside the limit assigned to your country if you provide us with ALL your original travel tickets and invoices, and if you take part in the whole duration of the program. Taxi and first class tickets are (unfortunately) not covered.

Reimbursement will be done by bank transfer in Euro to the sending organizations and sent further by them to the

participants.

The amounts are based on the costs that were calculated by the European Commission.

Travel distances in case of standard travel

10 - 99 KM: 23 EUR per participant

100 - 499 KM: 180 EUR per participant

500 - 1999 KM: 275 EUR per participant

2000 - 2999 KM: 360 EUR per participant



## Travel tips

To Budapest:

- flight to BUD - Liszt Ferenc Airport or to Debrecen
- train
- bus - Flixbus for example



From Budapest

- train to Szolnok or Törökszentmiklós and then bus to Tiszaroff

We will give you more detailed tips later.



Tickets:

- train: you can buy it online: <https://elvira.mav-start.hu/elvira.dll/x/index?language=2> or from MÁV app
- bus in Budapest - you can buy in app or at the automat
- bus from Törökszentmiklós: you will need cash HUF

## Location

Borbély Kastély

Tiszaroff, Aradi út 28, 5234

- rooms for 2-4 persons
- 3 meals a day + snacks
- towel and bedlinen
- private bathroom





# What to pack?

- Personal first aid- bring all medicine that you might need
- Personal hygiene items (towel, body wash, tooth brush ect...)
- All your documents and tickets
- Valid passport or ID card. Check if it is valid for the whole duration of the programme
- Hungarian currency “HUF”
- Waterproof clothing (rain coat)
- Water bottle
- Small rucksack, backpack so you can be hands free while walking
- Indoor slippers
- Protection for the sun - cap, sunscreen
- Positive attitude
- Enough clothes for eleven days and shoes for movement work outdoors and being comfortable and suitable for the weather. You can check the weather forecast here:

<https://www.accuweather.com/en/hu/di%C3%B3sjen%C5%91/189573/weather-forecast/189573>



## How can I apply?

Please fill out this form

<https://forms.gle/aWg3ULWuSQ4U5g7z9>

by 25th February 2024.

**See you soon!**

## Contact details

Please do not hesitate to ask any question, if you have!



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