

# CALL FOR PARTNERS

**KA152-YOU project  
"Waves of Sustainability"**



# INTRODUCTION



We are looking for enthusiastic partner organizations to join the **Waves of Sustainability** – an **Erasmus+ KA152-YOU (youth exchange)** project addressing one of the most pressing environmental challenges of our time: **water pollution and water ecosystem conservation**.

The project will take place at **Lake Tisza, Hungary, summer 2026**, in collaboration with local environmental activists. Through **hands-on activities, outdoor experiences, and creative methods**, participants will explore how local communities can contribute to the **protection of water ecosystems** while **fostering a more sustainable lifestyle**.

This will be the **First Wave** of an envisioned **long-term project series**, where each edition takes place in a different country, addressing site-specific environmental issues through international cooperation.

We are looking for like-minded partner organizations passionate about **sustainability, youth empowerment, and environmental education** to co-create this experience and contribute to building an international network of young changemakers.

**Join us in making waves for a more sustainable future!**



# PROJECT GOALS & KEY MOTIVATIONS



## Raising awareness & education

- ◆ Highlighting the urgency of **water pollution and sustainability**
- ◆ Exploring **causes, consequences, and solutions** for water pollution
- ◆ Sharing **knowledge and best practices** on water conservation

## Action-oriented engagement

- ◆ **Identifying effective strategies** to mitigate water pollution
- ◆ **Encouraging communities** to adopt sustainable water practices
- ◆ **Inspiring collective action** to drive positive environmental change

## International collaboration & growth

- ◆ Exchanging knowledge across **Europe** through **Erasmus+**
- ◆ Fostering **partnerships & cross-cultural cooperation**
- ◆ Promoting **personal growth & leadership** among participants

## Advocacy & mobilization

- ◆ Creating **impactful awareness campaigns & engagement activities**
- ◆ Inspiring communities to take **meaningful action** against water pollution
- ◆ Culminating in a powerful **“No Clean Water, No Life” showcase**

🌍 **Ultimate goal: To inspire, educate, and empower individuals and communities to protect our most precious resource – water.**



# BASIC DETAILS OF THE PROJECT (DRAFT)

**Open call:** Mobility of young people (KA152-YOU); Call 2025 | Round X

**Submission deadline:** 01/10/2025 12:00 PM (Brussels time)

**Planned venue:** Lake Tisza

**Planned implementation date:** Summer 2026

**Number of days:** 9 including travel days (1 - 1 day for arrival and departure)

**Age group:** 18-25 (group leader can be 30+)

**Participants with fewer opportunities:** 3 participants per country (50%)

**Gender equality in groups:** 50% male - 50 % female

**Countries:** TBD

**Number of participants:** 37 (5 participant + 1 group leader / country) + 1 facilitator from Hungary

**Form:** Co-creation (each country must contribute with one workshop idea and implement it)

**APV:** Prior the youth exchange, 1 group leader (must participate in the youth exchange) + 1 participant (expected to participate in the youth exchange)



# LAKE TISZA



# LAKE TISZA ADVENTURE MAP

Man-made paradise

Lake Tisza is the area of the Hortobágy National Park and has been a UNESCO World Heritage Site since 1998.  
Protect nature! Watch out for Lake Tisza, don't litter!  
When hiking, take nothing but your memories and leave nothing but your footprint! Thank you!



## WHY LAKE TISZA?

The Kisköröi Reservoir, more known as Lake Tisza, was built in 1973 and is the second largest lake in Hungary with an area of 127 km². The nearly 30 km long artificial lake was created for irrigation, flood protection and power generation. Today it is the most important ecotourism attraction of the area with rich fauna and flora. A piece of water paradise, offering a variety of experiences all year round for those who like nature and active recreation.

Lake Tisza was created by damming the river Tisza. The biotope river meanders across the artificial lake as it feeds the aspen forests through 12 fish canals. Hundreds of islands, wooded areas, small lakes and canals have been created within the basin.

Each basin offers a different experience and opportunity. The Tiszavirág Basin is the shallowest (0.7 m on average) and the most protected, mainly visited by birdwatchers and canoeists. The Poroszló Basin (0.3 m) is a popular hiking and fishing destination with educational nature trails and birdwatchers. The wide water surface of the Sarud Basin (1.5 m) is ideal for water sports enthusiasts and beachgoers. The Abádszalók Basin (2.5 m) is a water sports pond and is the northern part of the resort islands even a inner lake can be found. Another special area is the meadow in Tiszafüred and Tiszadorogma, which is ideal for canoeing and SUP tours or water front relaxation.

## APPROACH

**BY CAR**  
Budapest - Poroszló: 140 km on M3 motorway, and Tiszaeszlár on route 33  
Debrecen - Tiszafüred: 80 km on route 33  
Karcag - Tiszafüred: 80 km on route 34  
Szolnok - Abádszalók: 82 km on route 34  
Jászberény - Kisköre: 88 km on route 31

**BY TRAIN**  
Tiszaeszlár and Poroszló stations on the Budapest - Tiszaeszlár - Debrecen line  
On the Karcag - Tiszafüred line Tiszaszőlős and Tiszafüred stations  
On the Kiskörösi - Kiskörösi line Abádszalók and Kisköre stations

## ADVICE

The thousands of reed islands and floodplain swamps of the vast, remote Lake Tisza are an ideal habitat for mosquitoes. From "toxic" food can be very uncomfortable for humans. In the morning and from the early evening until 18 pm be prepared for the mosquito invasion. Protect yourself with a suitable mosquito repellent spray and wear long sleeves and trousers. Mosquito infestation does not only decrease mosquitoes, but also other useful insects, so the lake cannot be completely mosquito-free, as it would drastically interfere with natural cycles. When bathing, it is recommended to use swimming gloves due to a dry, prickly aquatic plant called water caltrop. The fruit of the protected plant is an anchor-shaped, chestnut-like formation with four needle-like tips. It will hurt if you step on it.

## BICYCLE ROUTE OF THE YEAR 2021\*

**SMALL CIRCLE LENGTH** 65 KM  
**GREAT CIRCLE LENGTH** 80 KM  
**KISKÖRE BYPASS** 45 KM

Uninterrupted bike path along the water front, full of exciting sights and activities! Lake Tisza can be divided into two cycling circles. The smaller one runs along the paved embankment around the lake. Between Tiszafüred and Poroszló there is a two-lane bicycle path with four bicycle bridges. The big circle is actually an extended version of the small circle, which also bypasses the Tiszavirág basin - with a ferry crossing at Tiszadorogma. Between Poroszló and Tiszafüred, the bicycle route was not paved. The Kiskörösi bypass (45 km) gives a glimpse into the downstream section of the river course and the ancient Tisza meadows, where you can cross the bridge over the Fairy Lake Bridge. Expect easy off-road trails, strong sunshine and mosquitoes at sunset.

TIP: Shorten the small circle with the new bike ferry between Tiszaderzs and Dörnyösdűlő!

\* The section between Tiszafüred and Poroszló of the Lake Tisza bicycle path won the title "Bicycle path of the year" in 2021.

## ACTIVE RECREATION ON LAKE TISZA

Lake Tisza offers active recreation both on land and on water! In addition to cycling, you can rent a small motorboat, canoe, kayak or SUP to explore the reeds and canals safely in a large bodies of water. If you are not yet familiar with the canals of Lake Tisza, we recommend that you choose guided water tours, or canoe and kayak tours, that are available in all 16 parts. The 7 open-water beaches of Lake Tisza provide safe, comfortable bathing, as the water gradually deepens and lifeguards take care of you everywhere.

List of Lake Tisza hiking suggestions and bicycle and canoe rentals: [www.aktivmagyarorszag.hu](http://www.aktivmagyarorszag.hu) (QR code)

A traffic permit is required to drive a car on the dam.  
Buy online: [www.gyuhajajavakirandulas.hu](http://www.gyuhajajavakirandulas.hu)  
During traffic, bicycle traffic always has the right of way.  
Fishing is free for children between 5 and 14 years of age.  
Details: [www.sportinfo.gov.hu](http://www.sportinfo.gov.hu)



The layout of the map is different from reality!

Aktiv  
Magyarország



# WHO WE ARE?



**BENCE BALLA**

Project Manager



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For more information see our PIF.



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