

Transform your Life



Call for PARTICIPANTS

26th September - 2nd October 2026



Co-funded by
the European Union



Shen Dao

2026-1-HU01-KA151-YOU-000396163

For young people who are interested in developing new mental health techniques to self-development through Daoist wisdom.

I. Method, proposed programme

II. Current event details

III. Application form to be filled in

IV. Accommodation and board

V. Conditions: Reimbursement of travel tickets for participants/ travel budget



II. Method, proposed programme

Transform Your Life

They say a new era is beginning.

Across many ancient traditions, the years ahead are associated with the energy of Fire—a time of transformation, courage, creativity and rapid change. Old structures are dissolving, new possibilities are emerging, and life is asking us one simple question:

Who do you choose to become?

Whether you see this as ancient wisdom or simply as a reflection of the world around us, one thing is undeniable: change is everywhere. The only question is whether we resist it—or learn to grow with it.

During this Youth Exchange, we will explore transformation through the lens of the Five Elements System from the element of Fire, an ancient Taoist approach to understanding ourselves, our emotions and the natural cycles of life. Through movement, Qi Gong, reflection, outdoor experiences and intercultural living, we will discover how lasting change begins from within.

This is not about becoming someone else.

It is about discovering who you already are beneath old habits, fears and expectations—and finding the courage to bring that person into the world. Because the greatest transformation doesn't happen when the world changes. It happens when you do.

Proposed program: [HERE](#)





III. CURRENT EVENT DETAILS

- Facilitators: Etelka Szeghalmi and Zsuzsi Szalkó
- **Arrival date: 25.09.2026**
- **Programme days: 26.09 - 02.10.2026**
- **Departure date: 03.10.2026**
- Venue: Three Treasures Valley, Hungary, Kisterenyé
- Participants: 21 participants. From **EU countries**.

PARTICIPANT PROFILE

- Young people aged 16-30 - minimum 4 young people from one country + 1 group leader (optional above 30 years)
- Open to Daoist oriental techniques and approach
- Willing to learn about yourself and share with other
- Having a basic/ medium / good level of English.
- Able to participate during the whole Youth Exchange.

IV. HOW TO APPLY?

Till 10th of August please fill in the online application form at:

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

The selection is ongoing - but you'll be informed about the results of the selection **by 12nd of August, 2026** the latest.

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 Bányaterenyé, 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 house
- Rooms with 4-6 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 “Transform your Life” programme is financed by Erasmus+. All costs related to board and lodging will be covered by Erasmus+. Travel costs to and from 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. Further details will be sent to the selected participants.

The allocated travel budget are as follows:

Country of origin - Maximum travel budget / person

Hungary	28 EUR
Italy	309 EUR
Portugal	395 EUR
Romania	211 EUR
Spain	309 EUR
Lithuania	309 EUR

If you come from a different country similar km budget applies.

MORE about the organizer Origó Műhely:

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

FURTHER INFORMATION

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