



**BUDAPEST ASSOCIATION FOR
INTERNATIONAL SPORTS**

BE ACTIVE, BE HEALTHY!

Youth Exchange - Information pack vol.1.

**23 SEPTEMBER 2019 - 30 SEPTEMBER 2019
PILISMARÓT, HUNGARY**

Useful preliminary information pack for the Partners of the Be
Active, Be Healthy! Youth Exchange

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





BRIEF INTRODUCTION

BE ACTIVE, BE HEALTHY!

This Youth Exchange is designed to promote healthy and active lifestyle among young Europeans and to raise awareness of the European Week of Sport (EWoS).

Throughout the programme we will use the Education Through Sports (ETS) methodology. In this project we will primarily focus on the following topics:

- Raise awareness of the importance of healthy and active living among young Europeans;
- Develop young people's knowledge on Health Enhancing Physical Activity (HEPA), healthy nutrition and sport-based volunteering;
- Develop young people's skills and competences to become more health-conscious and active European citizens;
- Make young people advocates of healthy and active living in their local communities;
- Introduce the EU sport policy goals and the European Week of Sport (EWoS), thus bringing closer EU sport policy to young people;

Participating Organisations:

Budapest Association for International Sports (HU)
Associação Move.T+ (PT)
Active Youth (LT)
Bulgarian Sports Development Association (BG)
Move To Be You (AT)



PREPARATION

PARTICIPANT SELECTION GUIDELINES

- Strongly motivated to learn more about the benefits of physical activity and healthy nutrition
- With limited or no previous exchange experience.
- Gender balance, select equal number of male and female participants.
- Participants age range: between 17 and 25 years old.
- Group leaders must be at least 18 years old and adequately experienced with a good level of English.
- Include participants who come from different cultural backgrounds, geographical or economic obstacles ,

Partner organisations are responsible for disseminating the call, coordinating the selection of participants (5 young participants between 17-25 plus a group leader over 18) and disseminating the project's results in their network and on local events.



TRAVELS

GUIDELINES

The travel costs from your home town to Budapest will be covered according to the rules of the Erasmus+ Programme and the regulations of the hosting organisation. According to these rules the hosting organisation will reimburse the travel costs on the basis of the cheapest possibilities provided they are in line with the principle of cost-efficiency (e.g. 2nd class railway tickets, 2nd class flights etc.)

Travel itinerary and plans must be shared with the Project Coordinator prior to purchasing them. **Original invoices, receipts, tickets or boarding passes should be kept and provided to the hosting organisation. Invoices shall be created if possible, when you purchase travel tickets. Please use these details: Name: BENS, Address: Ferenc tér 2-3. 7/2., Budapest, 1094, Hungary.**

Please keep in mind that this is not a reimbursement covering all travel costs but a 'contribution to the travel costs of participants, from their place of origin to the venue of the activity and return'. This contribution was calculated through the utilization of Erasmus+ distance calculator and does not entitle automatically for the reimbursement of the full travel grant.

Maximum travel grant per participant:

(Portugal: 360 EUR; Lithuania, Bulgaria: 275 EUR; Austria: 180 EUR)

Each group leader (or the representative of the partner organisation) will be responsible for managing the administrative tasks of his/her group (e.g. travel documents, reimbursements), and provide us with the necessary information.

The group must send all original travel documents and invoices (if not collected at the venue) with registered post at latest 31 October to the following address: Erika Juhasz, Kakukk út 16/A/4., Budapest, 1126, Hungary.

Every participant must have insurance for the full duration of the Youth Exchange. You can issue yourself a European Health Insurance Card (EHIC) in your home country.

Participation fee: 20 Euro /participant - it will be collected at the first day of the event at the registration point. It is non-refundable and can not be deducted from travel costs.



ARRIVAL & ACCOMMODATION

GUIDELINES

DURATION OF THE PROGRAMME:

23 September 2019 – 29 September 2019.

7 days of working activities + a travel day (30 September)

ARRIVAL DATE:

23 September (Monday) This is already an activity day! Transfer will be organized to the venue from Budapest Deák Ferenc square at 17:00

Arrival dates should be maximum two days prior to the start of the event, on participants own cost. More information regarding the transfer will be provided in the updated edition of the infopack and in the facebook group (to be created soon).

DEPARTURE DATE:

30 September (Monday) Optionally you can also leave Hungary later, but expenses of the extra stay (maximum 2 days) are not covered by the project. Try to book your tickets for Monday afternoon or evening since the venue is not located close to the airport. On the departure day's morning (around 9:00) a transfer will be organised to Budapest Deák Ferenc square.

ACCOMMODATION:

Participants will be hosted in rooms with 3 or 4 beds and separated bathrooms. The accommodation is located near the Danube bend. Opposite the accommodation, there is a big field where we can organise outdoor activities and hikes around the hills.

MEALS:

Food will be provided three times a day in the guest houses' restaurant. Coffee and water will be served during the breaks of the morning workshops, while fruits will be provided for the afternoon activities. **In case you have any special dietary needs or allergies you should indicate it on the registration form and inform your group leader about it.**



WHAT TO BRING WITH YOURSELF?

BE PREPARED!

- Comfortable clothes for outdoor activities,
- Trainers,
- Rain coat and warm clothes for the nights,
- Towels,
- Sanitary products, eg. soap
- Some Hungarian forints as the village is quite small, you may not be able to pay by card in the shops.
(325 HUF is approx. 1 EUR)
- Some snack/drinks from your home country for the intercultural nights as you will hold a short introduction for the others. Please keep it fun and interesting!
- Happy mood! :-)

A Facebook group will be created later on for the participants – there we will share all relevant info. If you have any questions, feel free to contact us!:-)

Contacts and communication

Project Leaders:

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