

Speak Up: Communicate Effectively

Experiential Learning Youth Program

21st - 30th September

Hollókő, Hungary



Erasmus+



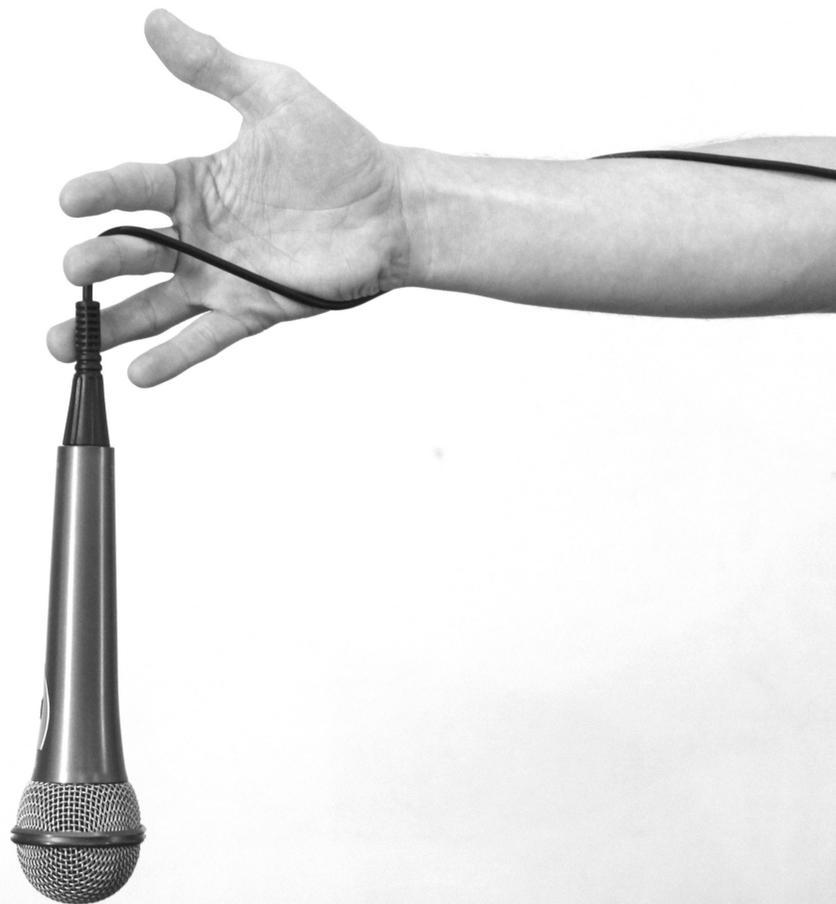
ABOUT THE PROJECT

We are in constant communication.
With oneself, and with others.

Are you aware how much we communicate non-verbally?
What are your communication patterns?
Do you communicate what you want to communicate?
Do you want to discover new gates for a more efficient
and true communication?
With yourself, and with others.

In “Speak up: Communicate Effectively” you will have
the context to explore these concepts through an
experiential learning approach in which you will be
the creator of your own experience, guided by the
facilitators and supported by the group.

Your individual learning process will take place in a
safe space and in a community-oriented and group-
supported environment.



THIS PROGRAMME IS FOR YOU IF:

- you resonate with the previous sentences
- you are officially resident of Hungary, Spain, Czech Republic, Cyprus, Greece, Italy
- you are over 18 years old
- you are able to work in English
- you are highly motivated and willing to actively participate during an intensive 8-10 hours daily program full of experiences

PROGRAM:

Preliminary program per day:

- 1: Connecting with each other
- 2: Embodied communication
- 3: Communication in a team
- 4 and 5: Sharing is caring: workshops from participants
- 6: Learning from the experience
- 7: Communication with oneself
- 8: Future applicability



METHODOLOGY:

Our methodology includes:

- Body Expression and Movement methodologies
- Game based learning
- Challenge Based Learning
- Theatre of the Oppressed
- Nature-Based methods
- Participatory Leadership approach
- Compassionate Communication
- Many more surprises!



FACILITATORS



Bob

Bob creates experiential contexts in which meaningful learnings can germinate. He has experience in facilitating projects focused on re-connecting with Nature, Contact Improvisation applied in youth work and gamification as an educational tool, among others.



Jordan

Jordan is a Learning Facilitator who loves creating and facilitating experiential learning programmes for others. What drives his approach is to create a safe space for people where they can learn, connect with themselves and connect with the ones around them.



Hanny

Hanny is a non-formal educator who finds most pleasure on facilitating processes orientated to the expansion of our comfort zones and world awareness. Her experience comes mainly from working with outdoor sports and in intercultural environments.

VENUE

The program will take place in Creative Space Training Centre (<http://kreativter.hu>), situated in the UNESCO World Heritage village Hollókő.

There is wireless internet connection in the house that you can use. You will be accommodated in 4-6 bedded rooms, each of them with its own showers and toilets. In the building of the group accommodation you can find the training room, common social areas and dining area.

The house will be self managed by our group, which will be responsible for living together during the course. It is a normal part of our educational approach, and encourages community spirit, responsibility and sharing.

Alcohol is not allowed in the venue, and in order to keep yourself physically and mentally healthy for the intense program, we encourage you not to consume alcohol at all during the whole program.

Egyesek will rent a private bus that will bring you from Budapest to the venue and from the venue to Budapest on the arrival and departure days. More detailed information on the Meeting Point will be included in the confirmation letter that will be sent to participants after their acceptance.



FINANCIAL ARRANGEMENTS/ COSTS AND FEES

This experiential learning youth program is funded through the Erasmus+ program, therefore accommodation, food, materials, the program and the travel costs up to the maximum allowed amount will be fully reimbursed.

Participant's contribution is a range between **30€ and 50€ per person**, to be decided by each participant individually during the program. It is paid in cash.
(If you can't afford to pay the fee, contact us and we will discuss individual agreements)



Conditions of reimbursement:

- You must travel in the most cost-efficient way available to you. Before attending the training course, you must provide details of your travel plans to us for verification and approval.
- You must supply all the ORIGINAL travel documents (receipts, invoices, tickets and boarding passes) for BOTH your journeys to and from the training course. Digital copies of travel documents are also very useful, so please also email these to us before you come to Hungary at szevja.szloboda@egyesek.hu.
- You must attend all the sessions and commit yourself fully to the activities.
- You must complete and sign a Reimbursement Form.
- After coming back home, you should send the remaining ORIGINAL boarding passes and any other documents from your return journey by post to:



**Egyesek Youth Association
Szévja Szloboda
1137 Budapest, Radnóti
Miklós utca 14/B I/5.**

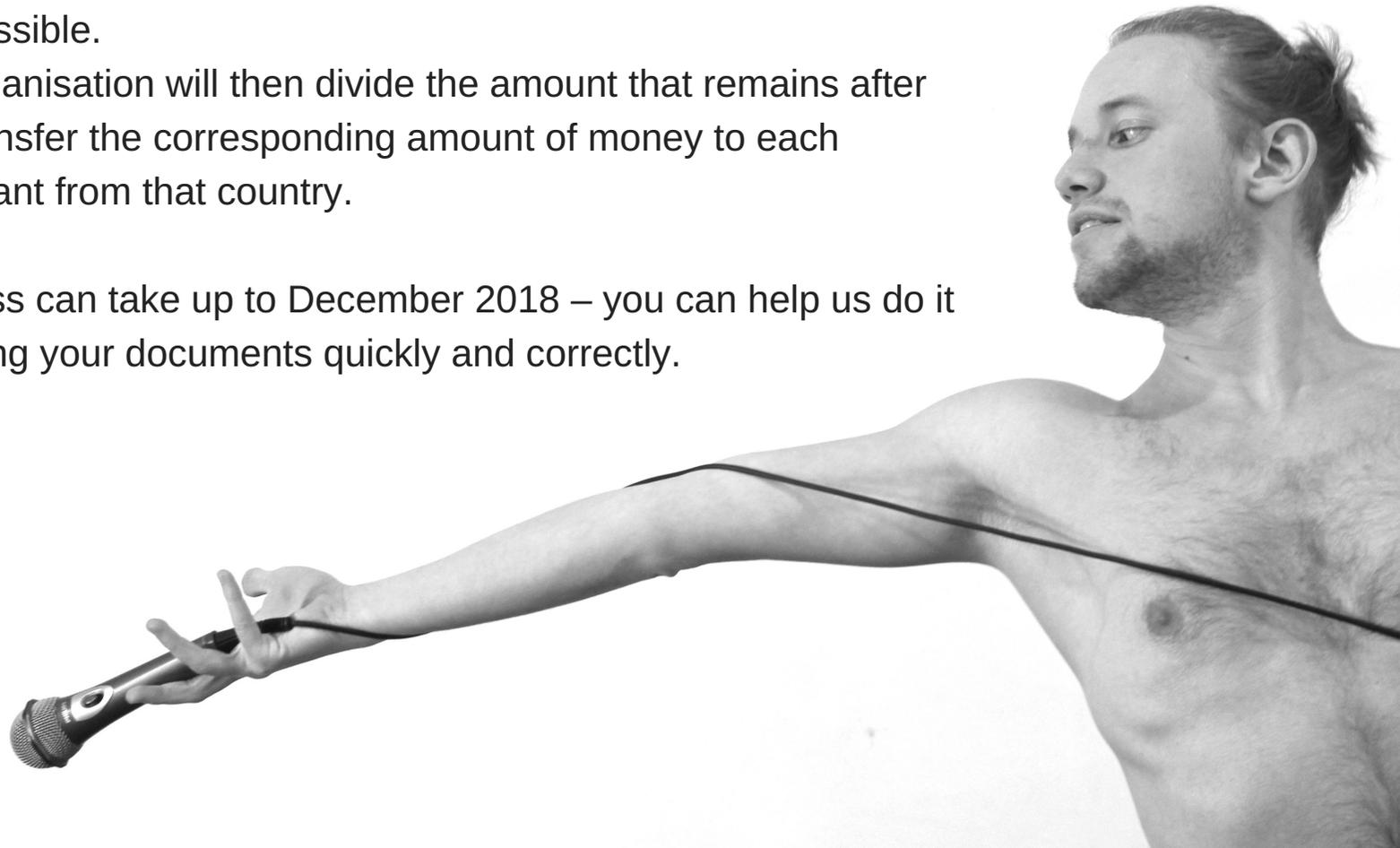


We recommend that you ask for a confirmation of receipt when you post. Also, before you post your tickets, please scan them and keep the scanned copy.

The process for receiving your reimbursement is as follows:

1. After you have successfully completed the training course and returned home, you will send any remaining ORIGINAL travel documents to us for validation.
2. Once we have approved all the documents of ALL the participants from a country, we will send the collective reimbursement money to our partner organisation in that country – we use a lump sum payment to keep bank fees as low as possible.
3. Our partner organisation will then divide the amount that remains after bank fees and transfer the corresponding amount of money to each individual participant from that country.

This whole process can take up to December 2018 – you can help us do it faster by submitting your documents quickly and correctly.



PARTNER ORGANIZATIONS



Hungary

**Egyesek Youth
Association**

szevja.szloboda@egyesek.hu

0 Euro

Spain

Amagi Projects

amagi.projects@gmail.com

245 Euro

Czech Republic

**Brno
Connected**

brnoconnected@gmail.com

150 Euro

Cyprus

**Plan Be, Plan it
Be it**

planbe.youth@gmail.com

245 Euro

Greece

**Solidarity
Mission**

training@solidaritymission.org

245 Euro

Italy

Vagamondo

infoyouthprojects@gmail.com

245 Euro

- Note that we already deducted 30€ in the table above from your travel grant to cover the cost of the private bus that will bring you from Budapest to venue and from the venue to Budapest on the arrival and departure days.

PRACTICAL INFORMATION

Travel and Health Insurance

Health insurance will NOT be provided or reimbursed by the mobility organisers. However, it is a mandatory requirement for all participants to provide your own health insurance. This should cover you for the full duration of your time in Hungary. When you have arranged your insurance policy, please provide us with the details of it before you attend the training course, by sending us a scanned copy at szevja.szloboda@egyesek.hu.

If you are an EU resident, you can use the free European Health Insurance Card (EHIC) to allow you access to public hospital treatment. Having this card means you may be able to receive free medical treatment in the event of an emergency, but it is NOT guaranteed. To learn more, please go to ehic.europa.eu/

General travel insurance to cover the safety of your possessions, lost luggage, delays to flights, etc is NOT a mandatory requirement, but it is advisable.



Dietary, health and other special requirements

The food provided during the program will be a healthy, compassionate and environmentally conscious diet: plant-based by default.

Please inform us as soon as possible if you have any food allergies or special dietary requirements so that we can inform the caterers and so that they can prepare meals that are suitable for you. If you have any other allergies, need to take regular medications or foresee a need for general medicines during your time in Hungary (for example bug spray, headache tablets, travel sickness pills, etc) please arrange these yourself as we are unable to provide them for you.

Likewise, if you have any health conditions, disabilities or mobility issues that you feel we need to be aware of or that may affect your participation in the training course activities, then please let us know what they are and how best to assist you.



PROGRAM TIMEFRAME

Arrival day: 21st September from 5pm until 7pm

Start of the program: 22nd September at 10am

End of the program: 29th September around 7pm

Departure day: 30th September until noon

We expect you to participate in the whole programme. (It means coming later or leaving earlier is not allowed)

You are allowed to arrive or depart max. 2 days before or 2 days after the mobility. In case you decide to use that extra time, bear in mind that it will NOT be supported with food or accommodation. Should your stay be longer than 2 days, we will NOT reimburse part of your travel costs.



HOW TO APPLY?

Fill in the application form provided in this link

<https://goo.gl/forms/VOjmfBEml2b8moxs1> , latest by the 23rd of June.

We ask you to fill in the application and answer ALL the questions in it.

The participants will be selected by sending organisations, in cooperation with Egyesek.

Selection is done based on the profile and motivation of applicants.

If you are accepted for the project you will receive a "Confirmation letter" with more practical information regarding the accommodation, the exact address of the venue and directions how to reach it.



CONTACT DETAILS

Any questions related to the experiential learning youth program or travel to Hungary shall be addressed to the project coordinator **Szévja Szloboda** on **szevja.szloboda@egyesek.hu**.

This project is co-funded by the Erasmus+ programme of the European Union. If you would like to find out more about the program, please visit <http://ec.europa.eu/programmes/erasmusplus/>

