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the HEROES

Youth Exchange



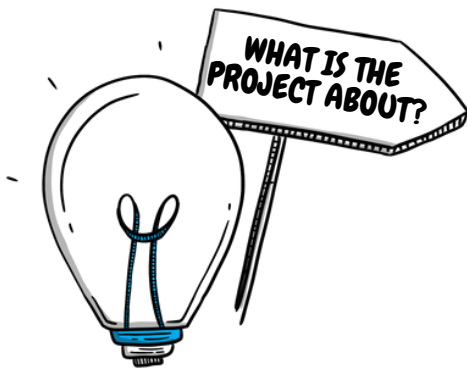
INFOPACK

Liptód,
Hungary

25-30 October,
2022



We are happy to welcome you on board of the HEROES Youth Exchange!
For all of us to better prepare, we have collected the most important details about the project. Please read everything carefully and do not hesitate to ask any questions you may have!



The "Heroes" youth exchange aims to provide an opportunity for young people to experience intercultural and civic learning through the topic of everyday heroes. The programme is designed to give space for the young participants to learn about each other's cultures, learn about social and civic responsibilities and explore the concept and the importance of heroes in our everyday lives.

Participants will go through a non-formal educational pathway where they discover more about active participation and social responsibility through different learning-by-doing activities and experiential learning opportunities.



The participants come from Portugal, Latvia, Slovakia, Croatia, Italy, Spain and Hungary.

Altogether 5 participants per country including the official group leaders. The group leader is a youth worker participating in the process of the Facilitation Academy.



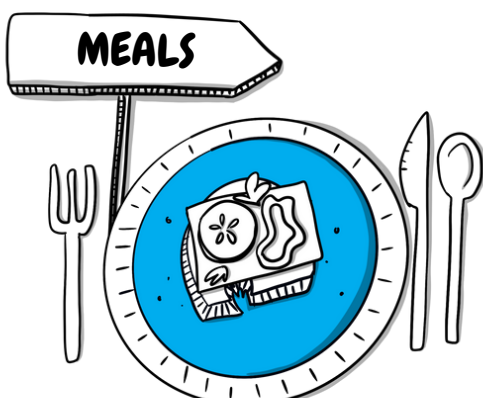
- **Arrival day: Tuesday, 25 October 2022 before 16:00 in Budapest**
- **Departure day: Sunday, 30 October 2022 after 12:00 from Budapest**



The Youth Exchange will take place in Liptód which is a small village inhabiting around 200 people. It is about 210 km from Budapest, but the nearest town to Liptód is Mohács, 17 km away and easily accessible by car. The village has just 5 streets, and there is no shop.

Please so be sure that you bought everything before the trip or in Budapest!

Please when you apply for this youth exchange note that it is a small village!



Every meal (breakfast, lunch, dinner) will be prepared by the owners of the accommodation.

All of them will be provided in the main building of the Youth Camp, where you can expect Hungarian cuisine with respect to your special dietary restrictions if you have any. During the day we will provide 2 coffee breaks with some snacks and fruits.

We are kindly asking all of you to provide very concretely your dietary restrictions in order to be prepared! If you don't do that we won't be able to address it.

**Please note that all of our programs have zero-tolerance towards alcohol!
We ask you to keep that in mind when applying!**

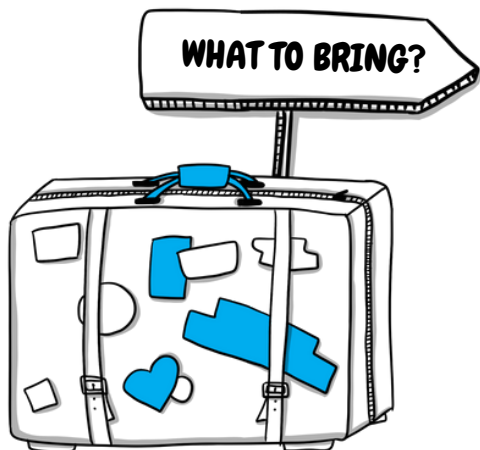


You will be accommodated in the Youth Camp of Liptód (calls Jómadár Ifjúsági Szálló). This Youth Camp has 3 separate houses close to each other. There are 2 or 4 showers and toilets to be used separately for boys and girls (the number of the bathrooms depends on the size of the house).





DON'T FORGET TO CHECK THE WEATHER BEFORE YOU PACK! YOU WILL NEED COMFORTABLE CLOTHING, AND HAVE IN MIND THAT THE WEATHER IN THIS TIME OF THE YEAR IS A LITTLE BIT UNSTABLE (SO BE PREPARED!). ALSO, IF POSSIBLE, BRING SOME TRADITIONAL FOOD AND/OR BEVERAGES, IN ORDER FOR EVERYONE TO TASTE DURING THE INTERNATIONAL NIGHTS.



- personal things: hygiene-related, medicines you usually take, or other things you need
- comfortable, sporty clothes and shoes for a week
- toiletries
- towel
- sunscreen, cap, mosquito repellent
- swimsuit

Please bring enough weather-appropriate clothing for 6 days. The average temperature at this time in Hungary is about 16°C, but rain can also be expected. You are recommended to check the weather forecast online.

Please remember that in Hungary the currency is Forint (HUF) and not Euro! You can not exchange your currency in the village, so be sure that you exchange your money before the trip or in Budapest.

LAST BUT NOT LEAST, YOU WILL NEED AN EXTRA GOOD MOOD! YOU'LL KNOW A LOT OF DIFFERENT PEOPLE, AND IT WILL BE AMAZING TO SHARE AND EXCHANGE CULTURES. BELIEVE US - IT'LL BE ONE OF THE BEST EXPERIENCES EVER!



When you are looking for options to travel to Hungary make sure you choose the most economic way of travelling. If you can, choose low-cost flights or travel by train! You must buy an economic class flight ticket or a second class train ticket to get reimbursed. Please when planning your trip refer to the travel times. Don't forget to consult with us about the travel and only buy tickets after confirmation from us.

When you have found a suitable way of travel and you are about to book your tickets: You must ask for an invoice which shows the name (attention: full name is required) and address of our organization:

Name: GYIÖT

Address: Serháztér utca 9. Hódmezővásárhely, H-6800, Hungary

Tax number: 18088445-1-06

Please make sure you ask for an invoice, otherwise, we will NOT be able to reimburse your expenses. Please let us know if you can't request an invoice:

- Your name, the dates of your travel and the ticket's price must be clearly written on your ticket;
- In case of travelling by train, the ticket must show your name and the dates of your travel too;
- You **MUST** keep your boarding passes and tickets. After the event, you will be kindly asked to post it back to us. In case you arrive by train, you will need to post us your original tickets;
- Please book your ticket on yours or your organization's expenses. We plan to reimburse your travel costs after the youth exchange via bank transfer upon showing all proof of documents;
- Please buy your tickets on your own no later than the XXth of XX 2022. Before buying them, please send us the details to international@gyiot.hu in order to get a confirmation from us that it fits the time and costs. Thanks!

Once we have received all your travel details to Hungary, we will inform you with more details on how to arrive to the venue.

Local travel between Budapest and Liptód will be organised by GYIÖT.

Please note that the travel cost for each country should include the Budapest-Liptod-Budapest bus trip, which is approximately 40€/person (except for Croatia).

The possibility of Green Travel is only available for the Youth Exchange, we cannot afford the extra costs for the APV!

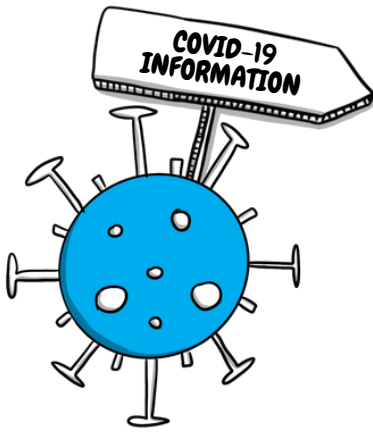
There is no participation fee for this program.



Amount of money available for travel by country:

- Portugal - 360€/person
- Latvia - 275€/person
- Slovakia - 180€/person
- Croatia - 20€/person
- Italy - 275€/person
- Spain - 360€/person
- Hungary - 180€/person





There are no regulations entering Hungary for now, but we will update you if something will change.
Please take care of your health.

We are going to take tests to the program site, so we can use them if anybody has any symptoms.

Please do not participate in the program if you feel ill or have symptoms!



international.gyiot@gmail.com

WhatsApp:

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If you have any questions feel free to contact us!



PARTNERS:

