



AWWWARENESS

Youth Exchange



INFOPACK

Liptód,
Hungary

17-25 July,
2022

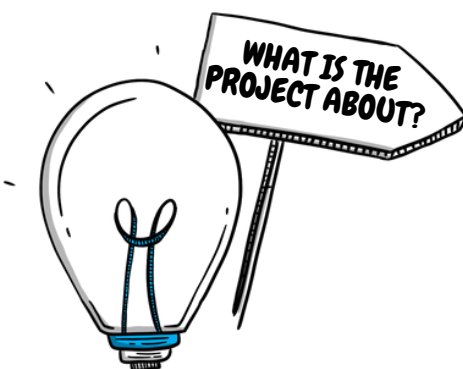


We are happy to welcome you on board of Awwwareness Youth Exchange!
For all of us to better prepare, we have collected the most important details about the project. Please read everything carefully and do not hesitate to ask any questions you may have!



The host and organizer of the project is the Hungarian association GYIÖT, which was founded in 1996. Our target groups are the affected members of the youth profession, primarily youth workers, volunteers, local municipalities, and the leaders and active members of the youth communities.

For them, we provide the opportunity for participation in developing programs that aim to create a deeper and more regular dialogue – typically at the local level– between the actors, to increase cooperation, and to recognise the benefits of collective thinking and work, both individually and at a social level. Our programmes offer a wide range of national and international opportunities for our target group, and we organise both national and international programmes (youth exchanges, trainings, conferences, etc.).



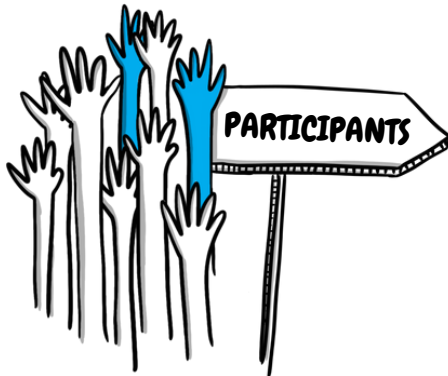
The project aims to raise awareness in different areas of our lives, find good examples of it and provide a safe place to share with others.

To do this, participants are divided into 3 groups on the following topics:

- mental and physical well-being (health, exercise, nutrition, etc.),
- environmental protection (e.g. how an individual level affects the global level),
- media awareness (social media, online world, fake news, etc.)

The youth exchange will be based on an interactive and participative approach. Non-formal learning methods will be used during the entire program of the youth exchange e.g. workshops, and simulational practices.

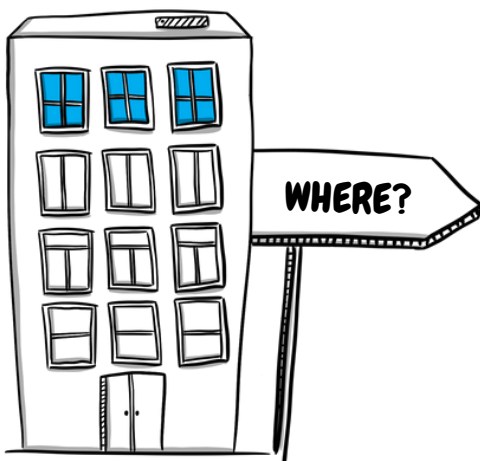
We would like to draw attention to the importance of outdoor activities, therefore we will place a significant part of our program in an outdoor environment. Also, at the end of the program, we will implement an outdoor volunteer action.



The participants come from Estonia, Finland, Italy, and Hungary. We are waiting for 7 participants from every country between 14-18, and one group leader who is over 18.



- Arrival: 17th of July (no later than 15:00) From Budapest, we organize the travel together to Liptód
- Program ends: on the evening of the 24th of July at Liptód
- Departure: 25th of July, transfer from Liptód to Budapest (Please book your flights departing later than 12:00)



The Youth Exchange will take place in Liptód which is a small village inhabiting around 200 people. Liptód is famous for its tranquility and nature. Gastronomy is also important! You can buy several local products and ask the guesthouse owners for help with this.

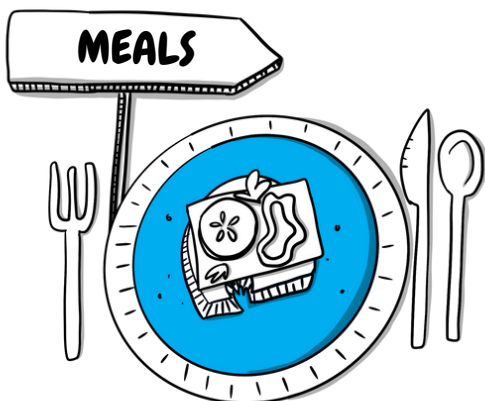
The village has just 5 streets, and there is no shop. Please so be sure that you bought everything before the trip or in Budapest.

The community of Liptód also has a youth house (even the number of the youth does not reach a quarter of the population), and the most interesting part is that the majority of the youth have a personal key to the youth house. Liptód is not so far from Mohács (17km) nor Pécs (30km) by car, it's challenging to leave the village by public transport.

We organize our programs more closely to nature where the connection with locals is also easier. The learning environment is crucial in any process. Please when you apply for this youth exchange note that it is a small village!



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).



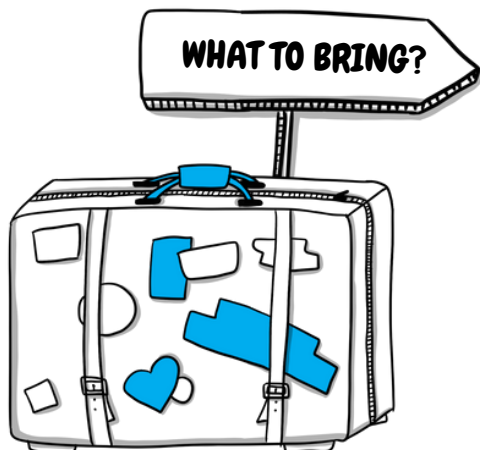
Every meal (breakfast, lunch, dinner) will be prepared by the owners of the accommodation.

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 toward alcohol! We ask you to keep that in mind when applying!



Personal things: hygiene-related, medicines you usually take, or other things you need. Please bring enough weather-appropriate clothing for 4 days. The average temperature at this time in Hungary is about 30-35 °C (nights can be 10 °C colder); you are recommended to check the weather forecast online.

Since it will be mid-summer and we will have a lot of outdoor programs, it's worth preparing with sunscreen, a cap, a mosquito repellent and comfortable clothing.

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.



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 20th of June 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 (which means a transfer provided by us). Please keep in mind that your local travel in Hungary will cost around 40-45 Euros(who come on the way from Budapest), which is also included in your total travel limit!

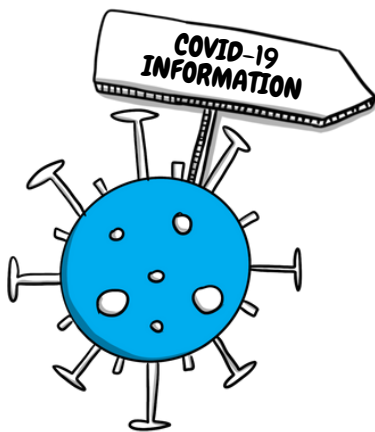
Amount of money available for travel by country:

- **Estonia, Finland, Italy: 275 €**
- **Hungary: 180 €**

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.





During the training, the training room is regularly ventilated and cleaned on a daily basis. We are going to take tests to the program site, so we can use them if anybody has any symptoms. The organizers isolate the patient in case of infection so that he/she cannot infect the others. If someone gets a positive result there is no need to despair, we will help and support them in everything.

To keep us all healthy, we encourage you to follow these rules:

- Compulsory wearing of the mask has been abolished in Hungary since March 7 (except in hospitals), so it is not mandatory to wear the mask either on public transport or indoors.
- The regulations for entering Hungary have been abolished since March 7 too. Nothing is needed to enter the country (only your travel document, e.g. ID card/passport). On the other hand, you will need the documents required by your country (EU Certificate, etc.) for your return journey. Please check this before you travel, as this may vary from country to country! If you need my help with this, feel free to contact me.
- We will decide together on wearing a mask during the APV at the beginning of the program.
- Please wash your hands regularly and use the hand sanitiser that will be displayed in the training room!

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



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If you have any questions feel free to contact us!

