



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

FIND YOUR WAY

Erasmus+ Youth Exchange
Mohács - Hungary, 16-24 July 2023



ABOUT THE PROJECT

Are you about to step into the world of work? Are you feeling lost?
Maybe you are thinking about changing your job or studies?

This youth exchange is for you.

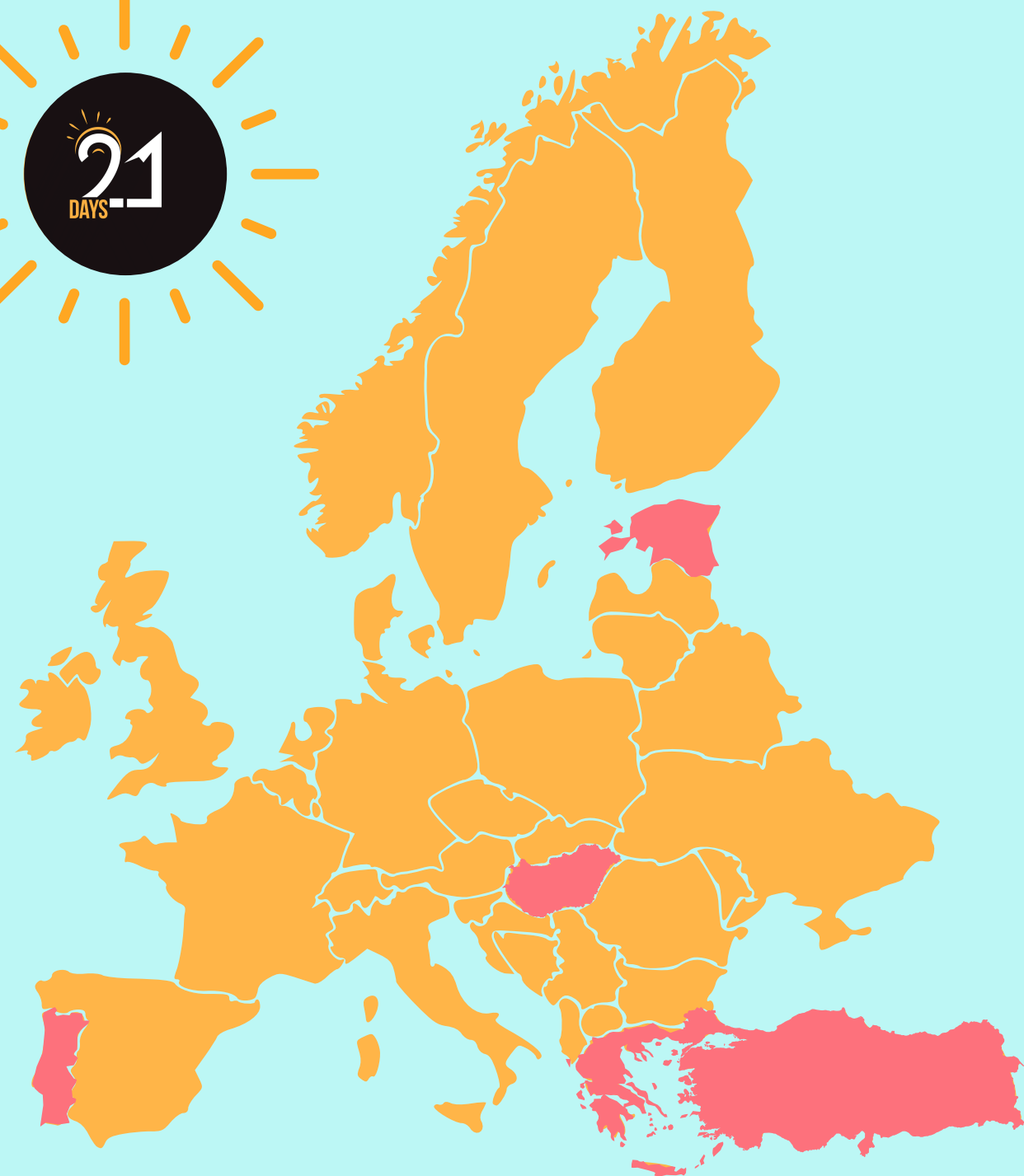
Lately, the key to succeed in a career is to be aware of our strengths and weaknesses and to learn how to sell ourselves on the market. It is even more important to find the ideal profession that suits our skills and competencies the most and makes us excited every day when doing it. When we found that, all we need to do is follow the labour market changes and handle career-related mental health.

Throughout the 7 (+2 travelling) days together, we aim to equip you with different tools that help you clarify which path to take to be an outstanding candidate and improve your chances in the labour market.
Sounds interesting? Scroll down for more, we bet you will like it. 😎





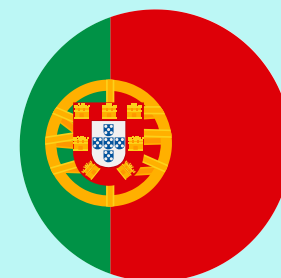
PARTICIPANTS



31 young people from Turkey, Portugal, Greece, Estonia and Hungary between the age of 18-25* who are interested in career management, want to improve their skills and develop new ones in an international setting.

6 participants per country (+1 from Hungary)

*Group leaders can be older.





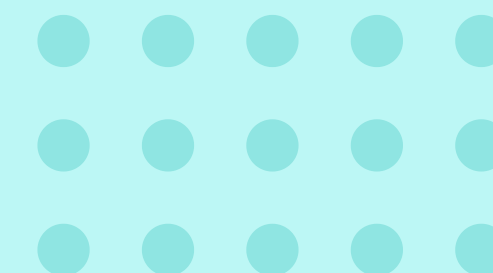
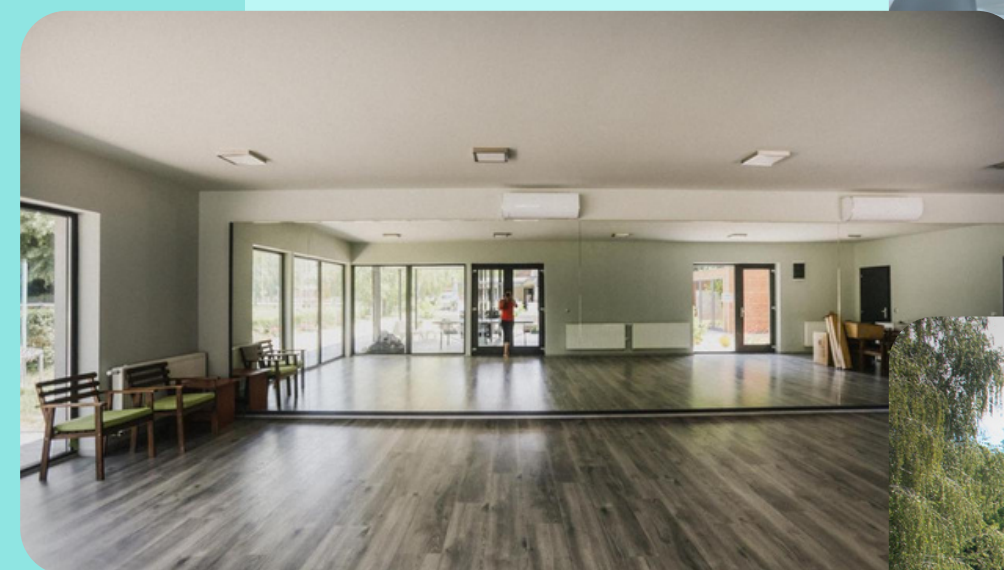
THE VENUE

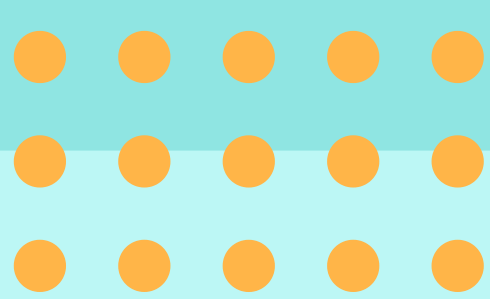
The youth exchange takes place in Mohács, Hungary. Check out the venue: [**HERE**](#)

The accommodation is a modern holiday place designed for various camps. Participants of the same gender will be placed in 4-bed and 6-bed rooms with double beds and separate bathrooms for each room.

3 meals per day and smaller coffee breaks will be arranged during the program in the venue's dining area.

In our free time, we will be able to cool ourselves down in the pool or even play a volleyball match. 😎





PROGRAM

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	
Arrival	Getting to know each other & Team-building	Find Your Way - Getting to know yourself more	Looking for and applying for a job	Career management	Self-branding, selling yourself on the market	Inclusion & Diversity at the workplace	Reflecting on what we learned, Planning the Follow-up & Closing	Departure



TRAVEL & REIMBURSEMENT

Arrival date: 16 July 2023

Departure date: 24 July 2023

As soon as you get your confirmation letter, you may book your tickets according to the rules sent to you in the confirmation letter. We require that you take part in the whole youth exchange. Arriving earlier in Hungary or departing later is possible for a maximum of 2 extra days. In this case, you should arrange your stay in Hungary for the extra days by yourself. Should you choose to stay in Hungary for extra days, your additional costs will not be covered by the organizers.

The project is co-funded by the ERASMUS+ Programme of the European Union, you can get your travel costs reimbursed up to the amount stated in the programme guide. We recommend that you proceed with the booking process as soon as you receive the confirmation letter since tickets are often much cheaper when bought earlier.





COSTS

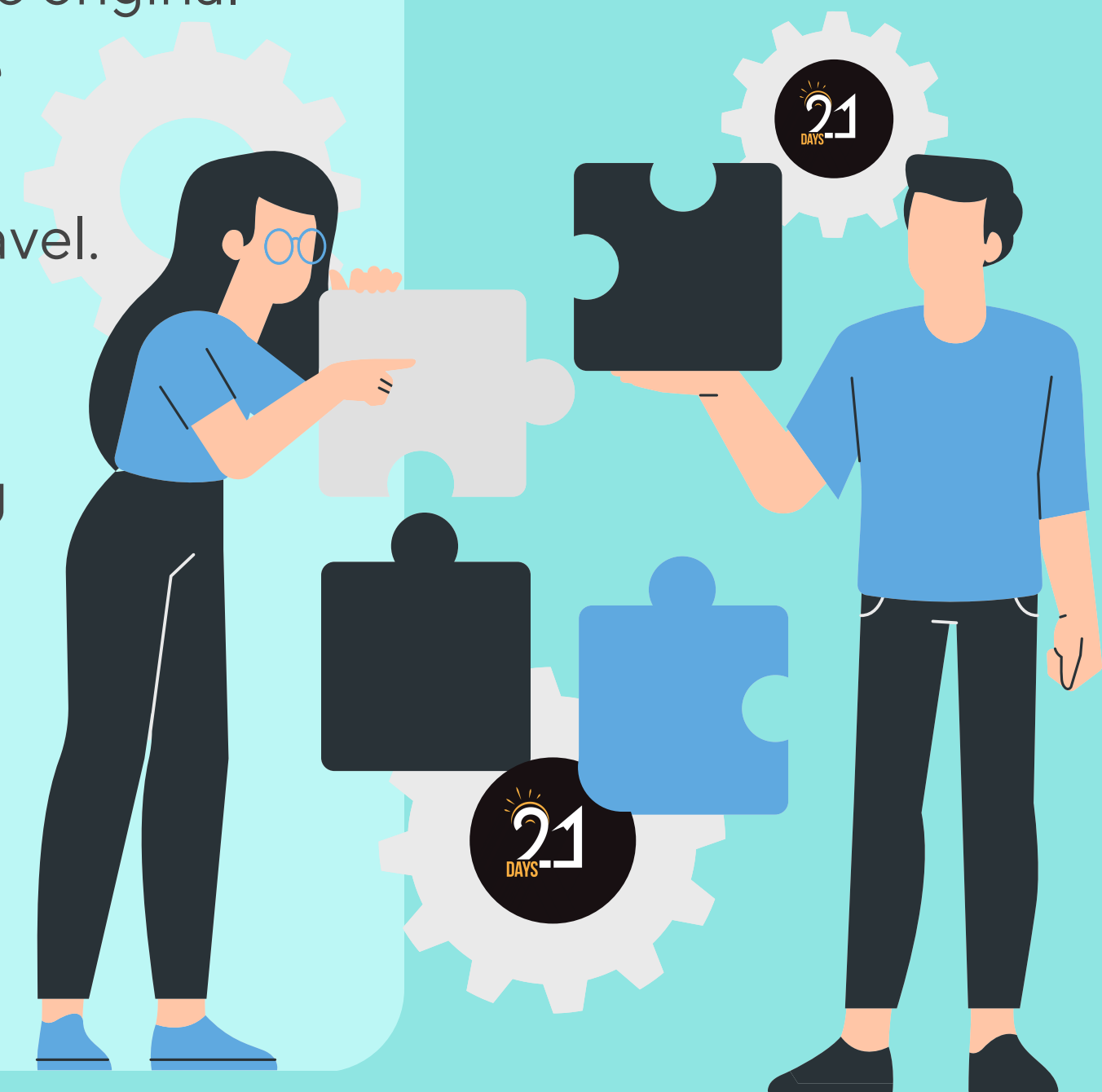
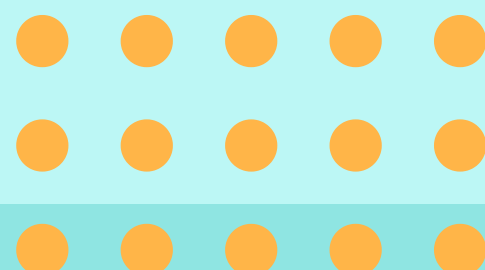
The travel, accommodation, food and the program itself are co-funded by the Erasmus+ Programme of the European Union.

The organizers will reimburse travel costs for the amount shown in the original boarding passes, tickets and invoices, up to the limits indicated in the ERASMUS+ programme guide. For this reason, it is essential that you keep and bring with you all the original tickets and invoices for the travel.

Please note that the amounts in the programme guide are the **MAXIMUM*** amounts that will be reimbursed, all the costs exceeding these amounts will have to be covered by you.

NB: Keep in mind to check the guidelines for the booking process. Only if you follow the process, bring all relevant documents and take part in the whole project, will you be reimbursed.

*To be found on the next page





MAX TRAVEL BUDGET

Portugal

360 €

Green travel* : 410 €

**Estonia
Greece
Turkey**

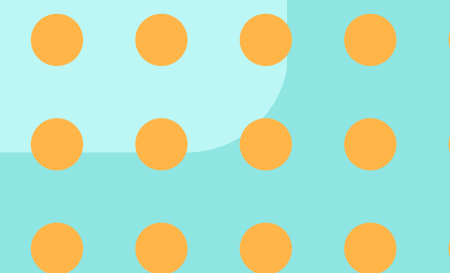
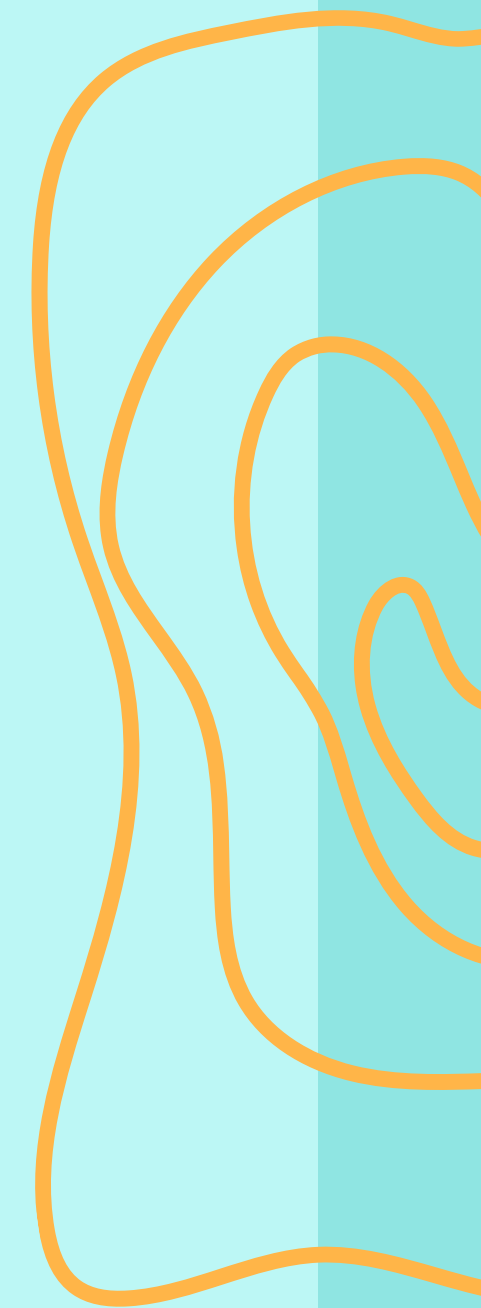
275 €

Green travel* : 320 €

Hungary

180 €

*Green Travel: choosing the most sustainable way of transport to & from your destination. Means of travelling: bus and train.



HOW WOULD IT LOOK LIKE?





WANNA BE PART OF IT?

APPLY IF

You are between 18-25* & come from Estonia, Greece, Portugal, Turkey or Hungary, or have a residence there.

*Group leaders can be older.

You would like to become an excellent manager of your own career to be an outstanding candidate for future workplaces.

You are keen on sharing your best practices, working in an international setting, and being part of an intercultural exchange and in the follow-up part of it.



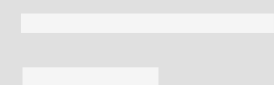
APPLY HERE!



ABOUT 21 DAYS NGO

21 Days NGO is an organization based in Békéscsaba. We are a group of young people interested in self-development and the creation of good habits with the aim to have a mindful community. Through this project, you will see how you and we can achieve all these.





PARTNERS

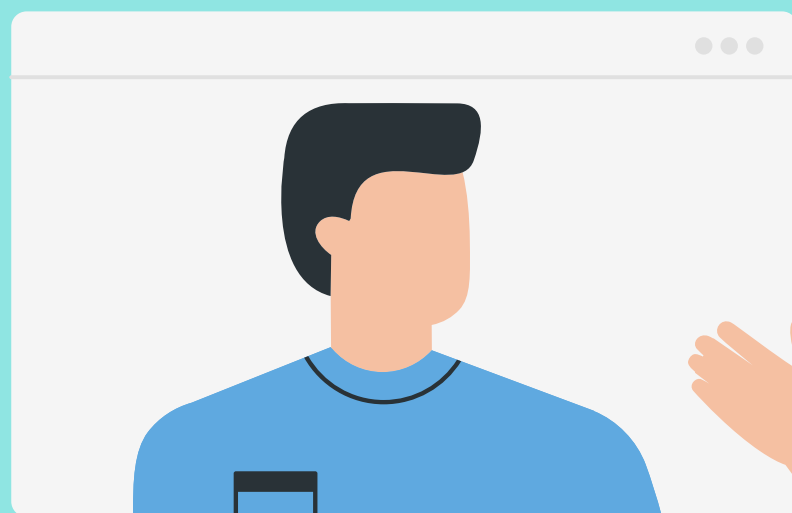
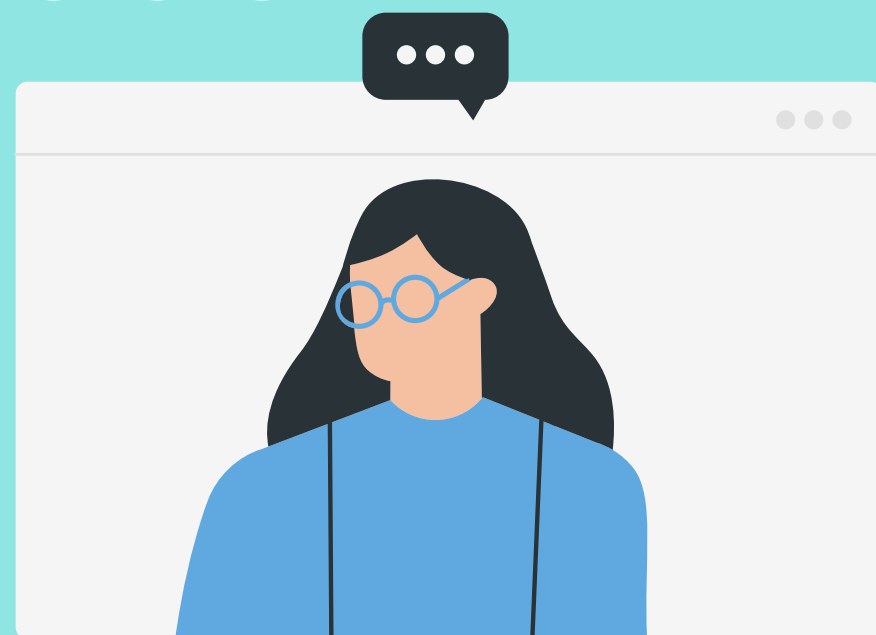
Hungary - 21 Days

Greece - GO Alive

Estonia - Seiklejate Vennaskond

Portugal - Gerar Oportunidades

Turkey - ESIGED



CONTACT INFO

- E-mail:
findyourway.21days@gmail.com
- FB:
[21 Nap Egyesület](#)
- Webpage:
[21 Nap Egyesület](#)
- Project coordinator:
Renáta Uferbach