

# CREATE!

## TRAINING COURSE



28 MAY - 05 JUNE  
2022

ALSÓTOLD  
HUNGARY



Erasmus+



ReCreativity

# ABOUT THE MOBILITY

'crEATe!' is a Training Course in which we are partners from 5 countries: Estonia, Hungary, Greece, Italy and Spain. The project is designed for those who are open to innovative methods in youth work in the topic of food-climate nexus and build it in their daily work, especially while working with disadvantaged groups. The program will take place in Alsóttold, Hungary between 28 May - 05 June 2022.



This training program was created in order to allow youth workers to gain a new environmental attitude, to learn new methods and tools on how one can make the first steps towards a more sustainable food consumption both personally and professionally.

They will also practice how they can promote the idea of sustainability through games and how they can use different tools in their work with youngsters.

# HOW?

## Methodology

The main method we use is creative recycling which is a method based on creativity, cooperation and crafting. We use creativity and upcycling as a tool to develop various skills. We mix this method with outdoor and online and offline gamification in order to reduce waste and raise awareness in the topics of sustainable dining. We focus on learning to learn, social and civic activism, entrepreneurship, creativity, language and digital competences.



## Main program elements:

- skill-development workshops on food consumption related awareness
- working individually and in small, big and mixed groups
- teambuilding activities
- self-assessment
- improvement of key competences
- sharing of best practices
- outdoor activities
- gamification workshops
- living library

# WHO?

## The Team

The program is organised by **ReCreativity and Heroes of Responsible Dining Foundation**. Both organizations are from Budapest and providing non formal educational programs in order that people build creative solutions in their everyday life and in the meantime acquire environmental awareness.

**The program of the mobility is designed and conducted by a multicultural team of experienced trainers and assistants.**



ReCreativity

[www.recreativity.net](http://www.recreativity.net)



## The Trainers

### Zsuzsanna Lehel

"Hello! My name is Zsuzsanna Lehel, director of Heroes of Responsible Dining Foundation or Felelős Gasztrahős Alapítvány, a 10 years old NGO based in Budapest, Hungary. I'm an economist specialized in environmental management and HR. I'm quite interested in how we can engage young people and make a change in their attitude; and I found my path in gamification. At the Foundation my favourite task is to transform information into engaging games working as gateways to sustainable dining. I know that this topic is enormous and sometimes difficult but I believe that the more easy and practical aspects we show the more little steps people can make toward a sustainable lifestyle."



## Kata Dietrich



"Hi, I am Kata Dietrich. I have been involved in international youth projects for over 11 years - first as a participant, then as a volunteer, later as a project manager and training coordinator. 6 years ago I started to work closely with ReCreativity and that was a turning point for me, since being part of the organisation gave me the first push to look for more sustainable solutions in my life in general and try to change my attitude towards the environment. For 5 years now I have been facilitating international programs related to this topic and have led a great amount of workshops and activities with the method of creative recycling as a part of the ReCreativity team."

## Participants



Participation is open for people who are over **18 years** old, coming from **Estonia, Greece, Hungary, Italy and Spain.**

We are looking for people who are open to learn new techniques of creative recycling, gamified awareness raising and are open to develop themselves through outdoor challenges. The Training Course is open for youth workers, trainers, members of NGOs who are working in the area of non formal education and who are interested in learning new techniques and methods which they can use in their work in regard of raising awareness related sustainable food consumption.

# WHEN & WHERE?

28 May - 05 June 2022

Alsótold, Hungary



The program will take place in the beautiful small village of **Alsótold** in Hungary.

The transportation from Budapest to Alsótold and back will be organised by a common bus for the whole group.

The accomodation will be at **Toldi Ház**, a group accomodation where participants will stay in rooms of 4.

See more information here:

[www.toldihaz.hu](http://www.toldihaz.hu)

**Address:** 3069 Alsótold,  
Szabadság street 4



# PARTICIPATION

How to apply?

You can apply by filling in the application form by **12 April**.

Please, do **NOT** buy your ticket, until you get a confirmation letter!

The conditions of reimbursement is described below. Please, read it carefully and contact us if you have any questions in advance!

## Program - timeline

Arrival	20:00	28 May
Program starts	20:00	28 May
Program ends	20:00	04 June
Departure	10:00	05 June

You have to arrive to the centre of Budapest by **16:00** the latest on **28th of May**! A common bus will take the whole group to the accomodation from there.

A close-up photograph of a green leaf, showing its intricate vein structure and the textured surface of the leaflets. The veins are a lighter green color, contrasting with the darker green of the leaflets. The lighting is bright, highlighting the texture and color of the leaf.

**APPLY**  
**HERE!**



# Costs

The following costs are **covered** by the **Erasmus+ programme**:

- Accomodation
- Food
- Cost of the program
- Travel cost (according to the conditions of reimbursement - see below)

Participants **need to cover** the following

- Insurance
- Participants' contribution: **60€**/person to be paid in cash in HUF or euro on arrival.

## Conditions of reimbursement

The Reimbursement of your travel cost will be paid in HUF after the program and will be done by bank transfer.

You can only recieve your reimbursement if you participate at the **whole program**.

All the following **ORIGINAL** documents will be needed:

- all your **tickets and boarding passes**
- **invoices** of tickets
- **passport or ID**

## Reimbursement/Country

Spain	360 EUR
Italy, Greece, Estonia	275 EUR
Hungary	20 EUR

# CONTACTS

Do you have any questions? Contact us!

Country &  
Organisation

Name

E-mail address

Spain  
AJ Intercambia

Rocío

info@intercambia.org

Greece  
Solidarity Mission

Anna

training@solidaritymission.org

Greece  
Change Multipliers

Iphi

iphigeniakam@gmail.com

Italy  
Vagamondo

Fabiano

info@vagamondo.info

Italy  
Esplora

Aline

aline@esploriamo.org

Hungary  
ReCreativity

Zsuzsi

create.tc.2022@gmail.com

Estonia  
ESTYES

Martha Liise

estyes@estyes.ee

With general questions about the program, please contact us on

**[create.tc.2022@gmail.com](mailto:create.tc.2022@gmail.com)**