



**25 MARCH - 02 APRIL
2023**

**ALSÓTOLD
HUNGARY**



**Co-funded by
the European Union**



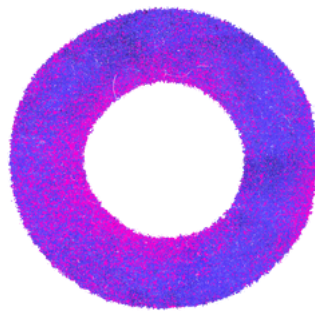
ReCreativity

What is the purpose of this project?

Often people lose their motivation and find it difficult to find their core values why they started to work with people first hand. The daily work, administration and little problems to solve overcome on real stories and successes.

On top of the daily challenges, youth workers also had to deal with their own personal lives and while supporting their target groups as well. Youth workers, trainers, facilitators, mentors etc. who start their profession out of joy, dedication and the commitment to support others also need to learn techniques and methods how they can be always recharged, fresh and motivated to face challenges day by day.

The objective of this training course is to give new tools and methods to the youth workers' hand with what they can learn how to keep up their motivation, how to tackle personal issues and down points, how to refresh their energies and learn best practices from each other.



We want to show participants / fellow colleagues that it is important to stay fresh and healthy in this field

ABOUT THE MOBILITY

The 'Step 0' Training Course has partners from 6 countries: the Republic of North Macedonia, Greece, Italy, Slovakia, Romania and Hungary. The project is designed for those who are open to gain new knowledge regarding well being, learn new methods and discover how they can support young people and themselves more in this area.

Partner countries:



This training program was created in order to allow youth workers to learn new methods and tools on how they can support their own target groups in finding their paths, preparing for modern work and the challenges of the modern society.

They will also practice how they can design their own educational materials 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 creative recycling with various other non formal educational methods where we focus on learning to learn, creativity, soft skills and digital competences. During this training course, there will be a big focus on meditation and mindfulness processes as well.



Main program elements:

- skill-development workshops
- Meditation, mindfulness processes
- Creative recycling workshops
- Teambuilding activities
- Self-assesment
- Improvement of key competences
- Sharing of best practices
- Outdoor activities
- Living library
- Designing educational materials
- Practicing facilitation skills



Highlights of the program

Day 1 25 March	Day 2 26 March	Day 3 27 March
Arrival day	Art of Hosting	Connect
Arrival, registration and introduction	Getting to know the topic & each other	Connecting to our environment and the group - OUTDOOR ACTIVITY

Day 4 28 March	Day 5 29 March	Day 6 30 March
Core Value	ReFocus	Love what you do
Workshops on self-awareness and values <ul style="list-style-type: none"> • Meditation practice • Value statement • Creativity 	Focusing on individual skills - Get to know yourself better! Meditation for Empowerment	Living Library Workshops on mindfulness, self-awareness and well-being Designing educational materials

Day 7 31 March	Day 8 01 April	Day 9 02 April
Self love practice	What you bring home is	Departure
Designing educational materials Preparing for facilitation Presenting the results	Evaluation Closing Planning for home	Departure from the venue

WHO?

The Team

The program is organised by **ReCreativity**, a social enterprise based in Budapest that is providing non formal educational programs in order that people build creative solutions in their everyday lives.

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



www.recreativity.net



Meet the Trainers

Barbara Földi

I am Barbara Földi, one of the co-founders of ReCreativity Social Enterprise. I am an adult educator and youth worker and I am so lucky to do what I truly love!

As a trainer and coach I support people to create a lifestyle where they can focus on self development, self motivation and learn how to organize their life in a sustainable way. To live a sustainable life, you do not only have to think about the environmental aspect, but have to learn also how to sustain our motivation, curiosity and creativity so that we can live a life where we support ourselves, others and the planet as well.

Our skills can be developed and we are sharing our routines and attitudes. I support people with coaching sessions, trainings and workshops where they can practice all these.

What will be your first step towards a more sustainable life?"



Dora Presszeller

"I am Dora Presszeller, a meditation trainer, coach, DANCEmandala movement meditation instructor, thai massage and aquatic bodywork practitioner.

I have 10+ years' experience offering successful workshops, facilitating training courses worldwide in 11+ countries in Europe and Asia for 1000+ people who look for self-development. I worked for 2,5 years directly with Thai Buddhist monks and gained my extensive knowledge and experience through everyday practice and organizing and attending various types of meditation retreats (Dhammakaya, Goenka vipassana). As an NLP master, I have been actively involved in international business coaching practice since 2016. My extensive experience enables me to offer highly effective programs covering meditation, mindful communication, self-empowerment, motivation, habit development, mindfulness and bodywork."



Participants

Participation is open for people who are over 18 years old, coming from the Republic of North Macedonia, Greece, Hungary, Italy, Slovakia and Romania.

We are looking for people who are open to learn new methods and tools how they can support young people they are working with in their employment - and for that they are ready to develop their own skills as well!

WHEN & WHERE?

25 March - 2 April, Alsófold, Hungary



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

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

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

See more information here:

Address: 3069 Alsófold,
Szabadság street 4
www.foldinhaz.hu



GOING VEGETARIAN FOR THE WEEK



We do believe that one of the biggest - if not the biggest - challenges of humankind is the climate changing. To make this project as sustainable as we can, we will introduce some sustainability practices.

As we try to lower our environmental footprint, we choose to provide vegetarian menu during our project.

We try to create a menu that is seasonal and as sustainable as possible - while also supporting local producers.

We invite you to take this as an opportunity to try something new - we will make sure that you will get to know great new delicious meals and recipes as we work closely with the accommodation and their kitchen for years!

PARTICIPATION

How to apply?

You can apply by filling in the application form by

15 February 2023

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	25 March
Program starts	20:00	26 March
Program ends	20:00	1 April
Departure	09:00	2 April

You have to arrive to the centre of Budapest by 16:00 the latest on 25 March! A common bus will take the whole group to the accomodation from there.



**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

There is NO Participation fee!

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
- resident permit if you are the a citizen in any of the partner countries

Green travel

When looking for travel options, make sure that you choose the greenest option! Use public transport, carpool, take a bus or a train!

Reimbursement/Country	Using a green travel option (bus, car sharing, train)	No green travel (plane)
the Republis of North Macedonia	320 EUR	275 EUR
Italy, Greece	275 EUR	275 EUR
Slovakia, Romania	210 EUR	180 EUR
Hungary	16 EUR	16 EUR

CONTACTS

Do you have any questions? Contact us!

**Country &
Organisation**

Name

E-mail address

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With general questions about the program, please contact us on

step0.fc@gmail.com