

training course | 24 may - 1 june, 2024 | hollókő, hungary

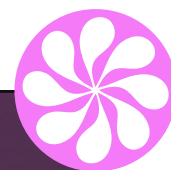
SUSTAINABLE MINDSET



 **RECREATIVITY**

 Co-funded by the
European Union

ABOUT THE PROGRAM



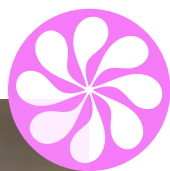
Sustainable Mindset is a training course for youth workers and all professionals working with young people. The program aims to enhance understanding of sustainability, enabling participants to discuss and take action on related issues, and fostering a world where resources are used and shared justly. The program will take place in Hollókő, Hungary between 24 May - 01 June 2024.

The training program was designed to support youth workers develop a fresh environmental perspective and explore new methods and tools for initiating a more sustainable lifestyle both personally and professionally. They will also practice how to promote the idea of sustainability and use different tools in their work with youngsters.



METHODOLOGY

The main method used is creative recycling, which is based on creativity, cooperation and crafting. We employ creativity and upcycling as effective tools for cultivating a variety of skills, supported by additional non-formal learning methods.



MAIN PROGRAM ELEMENTS

Fostering critical dialogue on sustainability

Establishing a shared framework and vocabulary to facilitate effective communication on the topic

Sharing tools among each other in order to tackle the climate/justice related issues

Building collaborative networks for future actions

Working individually and in small, large and mixed groups

Team building activities

Self-assessment

Sharing of best practices

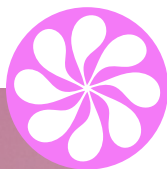
Outdoor activities

THE TEAM



The program is organized by ReCreativity, a Budapest-based social enterprise. We offer non-formal education programs that utilize creative recycling methods to help individuals develop innovative solutions in their everyday lives while also promoting environmental awareness. The program of this mobility is designed and conducted by a multicultural team of experienced trainers and assistants. The team includes experts on photography and graphic design, as well.





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 learning 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 also have to learn 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, training and workshops where they can practice all these. What will be your first step towards a more sustainable life?

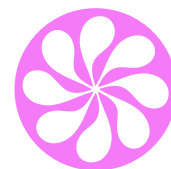
MEET THE TRAINERS

Boróka Bálint

As a trainer and community organizer collaborating with European NGOs, I am dedicated to refining the content, focus, and methodologies of civil society training programs, placing a strong emphasis on justice. My dedication to transformative change, rooted in the principles of community autonomy and liberation, fuels my vision of nurturing a caring, regenerative, and equitable society able to flourish within the constraints of planetary boundaries.



PARTICIPANTS



Participation is open to people who are over 18 years old, coming from Hungary, Italy, Greece, Romania, Czech Republic and Sweden.

We are looking for individuals open to explore innovative creative recycling and non-formal education methods, fostering personal growth, community engagement and contributing to sustainable practices. Designed for youth workers, trainers, and NGO members active in the field of non-formal education, this Training Course offers customized tools to enhance their work and its impact.

In case you are from a country that is not listed here, but you would like to participate, contact us on sustainablemindset2024@gmail.com





HIGHLIGHTS OF THE PROGRAM

DAY 1, 24 MAY

ARRIVAL

Arrival to the venue and introduction

DAY 2, 25 MAY

GROUNDING

Intro of the topic and team building

DAY 3, 26 MAY

INPUT

Deepening the topic

DAY 4, 27 MAY

CONNECTION

Connecting to the environment, Outdoor activity

DAY 5, 28 MAY

MINDSET

Living Library & open workshops

DAY 6, 29 MAY

TRY OUT

Preparation for the workshops

DAY 7, 30 MAY

WORKSHOPS ON DEMAND

Presenting the results

DAY 8, 31 MAY

ON THE GO

Evaluation and closing

DAY 9, 1 JUNE

DEPARTURE

Departure from the venue



LOGISTICS



24 May - 1 June, 2024 | Hollókő, Hungary

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

Transportation from Budapest to Hollókő and back will be organised by a common bus for the whole group. Accommodation is arranged at Kreatív Tér, a group accommodation space where participants will stay in rooms of 4-6.

See more information here: <https://kreativter.hu/>

Address: 3176 Hollókő, Orgona út 31.



We believe that one of the greatest - if not the biggest - challenges of humankind is climate change. To enhance the sustainability of this project, we will implement various sustainable practices. As we try to lower our environmental footprint, we choose to provide a vegetarian menu during our project. We aim 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!

VEGETARIAN FOR THE WEEK





HOW TO APPLY

You can apply by filling in the application form by **10 April, 2024**.

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

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

- Arrival - 20:00 - 24 May
- Program starts - 9:00 - 25 May
- Program ends - 20:00 - 31 May
- Departure - 8:00-10:00 - 1 June

You have to arrive to the center of Budapest by 16:00 at the latest on 24 May! A common bus will take the whole group to the accommodation from there.

[APPLY HERE!](#)



COSTS



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

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

Participants need to cover the following:

- Insurance

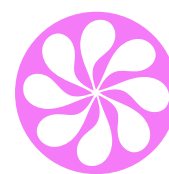
There is NO Participation fee!

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 receive your reimbursement if you participate in the entire program.

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

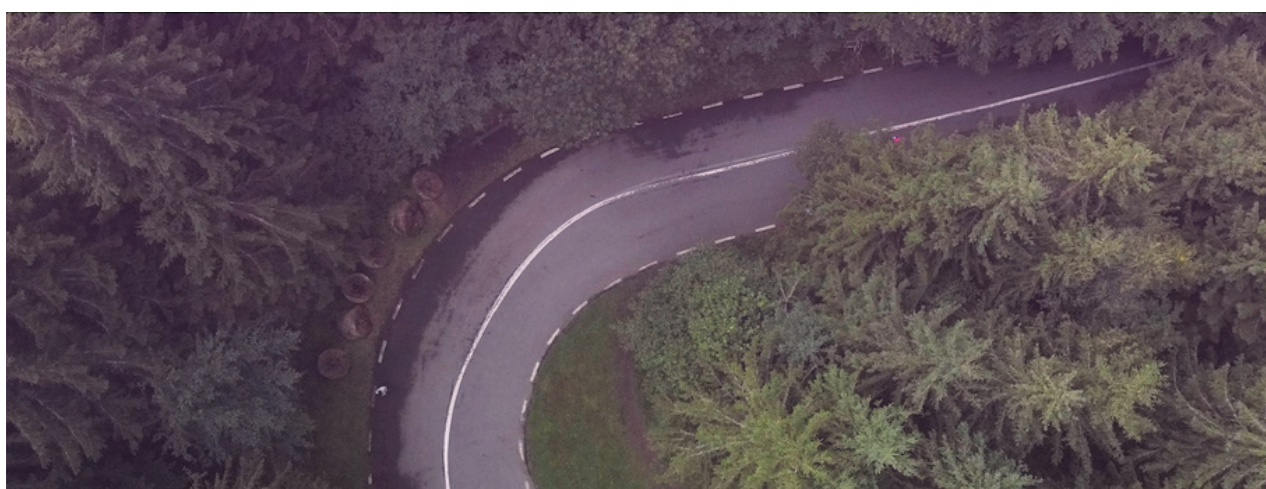
- all your tickets and boarding passes
- invoices of tickets
- passport or ID
- resident permit if you are a not citizen in any of the partner countries



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	Not Green travel (plane)	Green travel (bus, car sharing, train)
Greece	275	320
Czech Republic	180	210
Sweden	275	320
Italy	275	320
Romania	180	210
Hungary	-	23
Other countries - Please get in contact with us regarding your travel limit on sustainablemindset2024@gmail.com		



CONTACTS & ORGANIZATIONS



- Romania - Prisma - Janka - ajtay.g.janka@gmail.com
- Greece - Hopeland - Eszter - hello@hopeland.gr
- Czech Republic - Be International - Darin - projects@beinternational.cz
- Sweden - Globala Kronoberg - Sara - sara.bjornald@globalakronoberg.se
- Italy - YMCA Parthenope - Luca - luca.paolisso@gmail.com
- Hungary - ReCreativity - Blanka - sustainablemindset2024@gmail.com
- Other -Blanka - sustainablemindset2024@gmail.com

With general questions about the program, please contact us on
sustainablemindset2024@gmail.com