



PACT4WORK SKILLS

YOUTH MOBILITY – INFOPACK

2022-3-HU01-KA210-YOU-000099102





THIS PROGRAM IS FOR YOU IF...

- You are looking for tools to boost your skills
- You are interested in the topic of soft skill development & mindfulness

- You are from Belgium, Slovenia or Hungary
- You are between the age of 18-30
- You can speak english fluently

WHERE? WHEN?

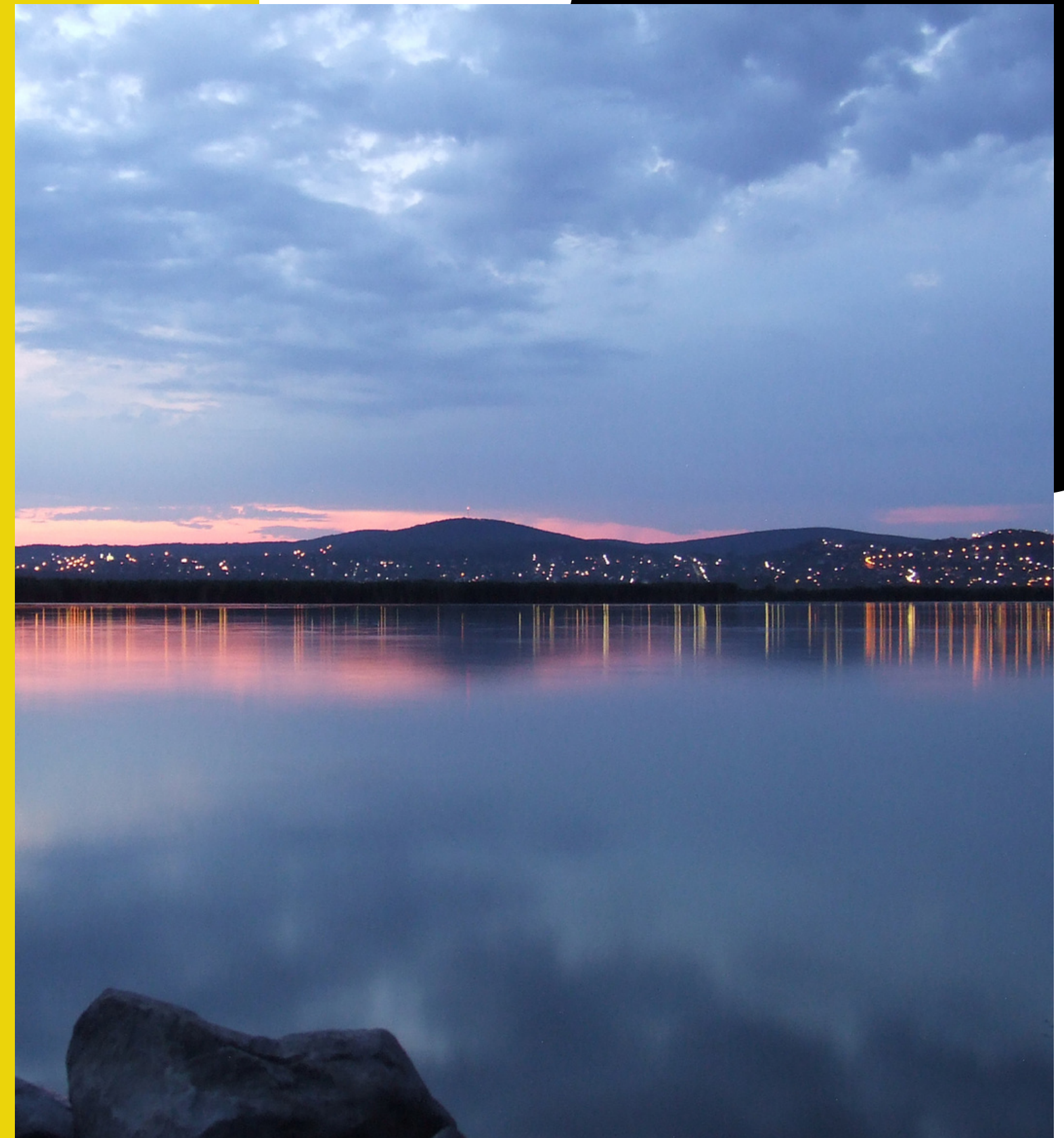
Venue: Velence, Hungary

Date: 2023 July 15-23.

Duration: 7 days + 2 travel days

Participants

- 9 person /country
- 1 coordinator or group leader/country



VENUE

*Székesfehérvári
Gyermek és Ifjúsági
Tábor - 2481,
Régiposta u. 1.*

ROOMS

*There will be
separated rooms for
girls and boys. 3-4
participants / room*

TRAINING VENUE

*The training venue is
at the same place as
the accomodation.*

MEALS

*Breakfast, lunch,
dinner & coffee breaks
will be served at the
accomodation.*

SURROUNDING

*Lake Velence is
located only 20
minutes walk away
from the
accomodation.*

TRIP

*We will organize a trip
to Lake Balaton, where
you will have some free
time to enjoy one of the
most favourite holiday
destination of
hungarians during
summertime, 'The
hungarian sea'.*

ACCOMMODATION



EXPENSES

Accommodation and food is fully covered by the Erasmus+ program. The travel is covered by the sending organization.

Belgium: Talented Youth Network

Slovenia: No Excuse Slovenia

Hungary: Ifjúsági Paktum Egyesület



From Belgium

- **Travel:** 275 euro/person

From Slovenia

- **Travel:** 180 euro/person

From Hungary

- **Travel:** 20 euro/person



- Everyday, there will be a possibility to do & lead morning sport activities
- Breakfast will be available from 08:00 till 08:45
- Lunch will be served between 12:30-13:30
- Dinner will be served between 19:00-20:00
- Coffee breaks will be served between the morning and afternoon workshops

ARRIVAL DAY 15TH JULY



- We will meet around 5 pm at Budapest Déli train station, and we will go together to the accomodation. (Train ride takes around 40 minutes.)
- Dinner will be served at the accomodation.
- First moments of connecting with each other!

The final program of the exchange might have slight changes!

PROGRAM

Day 2 – Day 3

MORNING

- *Morning Activity*
- *Introduction of the project*
- *Getting to know each other*

AFTERNOON

- *Team Building*
- *Zooming into Employability*

EVENING

- *Comfy group*
- *The boss of Velence game*

MORNING

- *Morning activity*
- *Skills for employability through sport*

AFTERNOON

- *Looking into our habits*
- *Visualise your dream job!*

EVENING

- *Comfy Group*
- *Intercultural night*

The final program of the exchange might have slight changes!

PROGRAM

Day 4 – Day 5

MORNING

- *Morning activity*
- *Dealing with change and ambiguity*

AFTERNOON

- *Stress management workshop*
- *Self-care workshop*

EVENING

- *Comfy group*
- *Intercultural night*

MORNING

*Trip to Lake Balaton
Program can be: Urban
Meditation / sunset yoga,
pizza party, free time*

AFTERNOON

*Trip to Lake Balaton
Program can be: Urban
Meditation / sunset yoga,
pizza party, free time*

EVENING

- *Free night*

The final program of the exchange might have slight changes!

PROGRAM

Day 6 – Day 7

MORNING

- *Communication workshop*
- *Non-verbal communication workshop*

AFTERNOON

- *Entrepreneurship workshop*

EVENING

- *Comfy groups*

MORNING

- *Time management*
- *Conflict management*

AFTERNOON

- *Environmental, financial and social sustainability*
- *How to build your portfolio*

EVENING

- *Comfy groups*

The final program of the exchange might have slight changes!

PROGRAM

Day 8 – Day 9

MORNING

- *Morning activity*
- *Open space*

AFTERNOON

- *Erasmus+ workshop*
- *Evaluation of the project*

EVENING

- *Goodbye Yoga*
- *Youthpass ceremony & Farawell party*

MORNING

- *Departure of participants*

TRIP TO LAKE BALATON



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More info will be sent to selected participants