

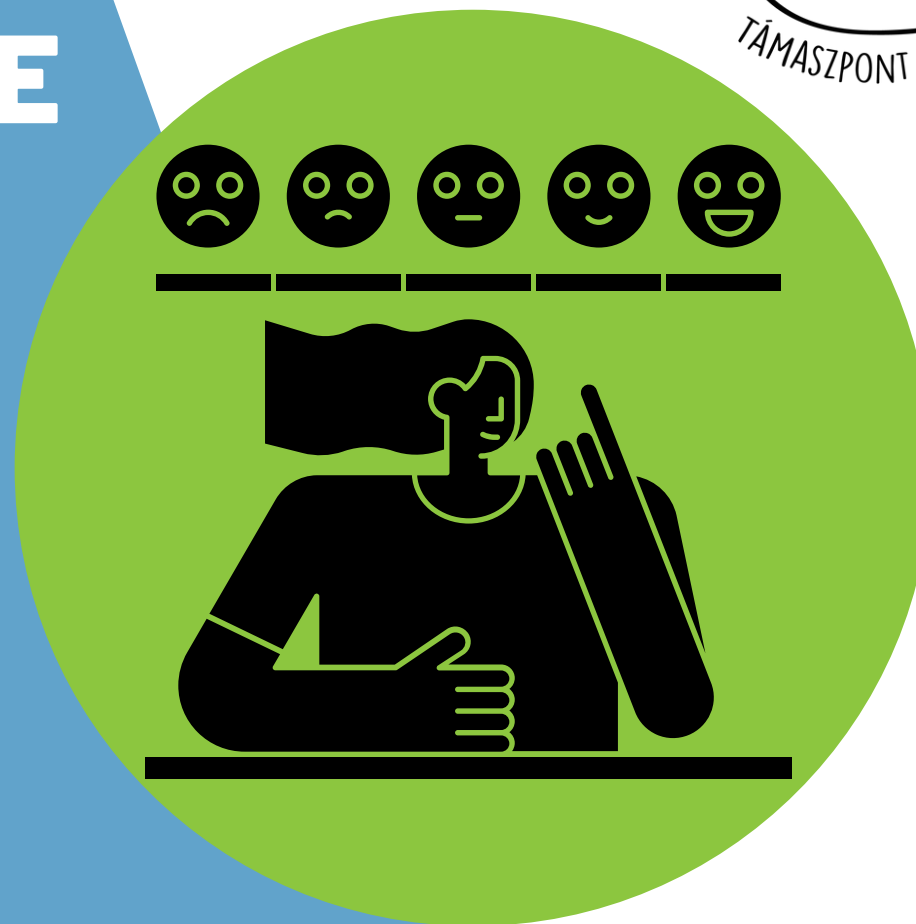
FEEL IT OUT YOUTH EXCHANGE



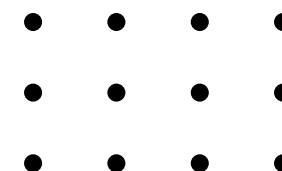
8 JULY - 16 JULY
2023

ERASMUS+ YOUTH EXCHANGE,
VERESEGYHÁZ, HUNGARY

CALL FOR PARTNERS



Erasmus+



ABOUT THE PROJECT

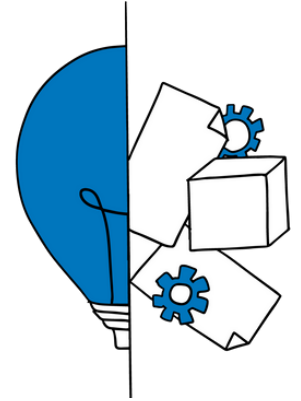
"Feel it out" is an Erasmus+ Youth Exchange which will be held in Veresegyház, Hungary from the 8th of July (arrival day) to the 16th of July (departure day).

The project will gather 30 youngsters (5 from each country + 1 group leader) from Hungary and 4 other countries: partners are to be confirmed.

Our target group are young people (aged between 14-25) interested in mental health and 1 group leader (with no age limit, but 18+).

Young people feel many different emotions on a daily basis, majority of the time not being able to regulate it, or not being aware of what they actually feel. Our aim is to give young people a better understanding of feelings and how to handle them in their everyday lives.

The APV meeting will be held online on the **5th of June**, where 1 leader from each group has to be present.

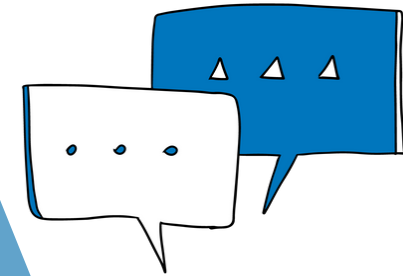


THE GOALS OF THE PROJECT ARE:

- To learn about different kind of emotions through non-formal methods
- To raise awareness about the importance of mental health
- To improve self-awareness and help young people recognize their feelings and emotions
- To learn about the cultural differences in emotional expression through sharing experiences and learning from one another
- Teaching young people how to say no and set boundaries for themselves
- To learn about ways of regulating emotions, and learn about certain methods, like dog therapy
- To learn about prejudices and biases around emotions and mental health



WORKING METHODS

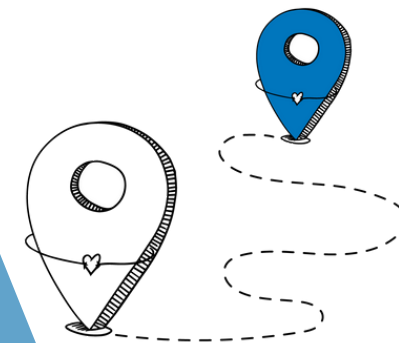


All workshops and activities involved in the youth exchange will be done using non-formal education methods. A "learning by doing" approach will be proposed where each activity has a specific learning objective.

The project activities will include group and individual activities, roleplay, discussions groups, team building, art, story-telling, different group games, energizers, ice breakers and many others.

It's crucial for us to create a safe space where young people can express themselves freely to others in the group.

TRAVEL SUPPORT



Let's be green as much as possible!

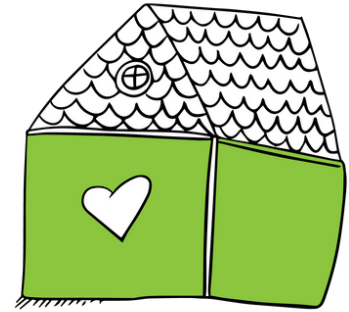
Travel distance will be calculated according to the main office location of partner organizations and to the Travel Distance calculator of the Erasmus+.

Participants will be refunded after the end of the activity upon the presentation of their travel documents.

The refund process will be done directly to the sending organizations bank account, not to the participants' bank accounts.

TRAVEL DISTANCE	STANDARD TRAVEL	GREEN TRAVEL
10 - 99 KM	23 €	-
100 - 499 KM	180,00 €	210,00 €
500 - 1999 KM	275,00 €	320,00 €
2000 - 2999 KM	360,00€	410,00 €

ACCOMODATION AND VENUE



We will stay in Veresegyház (25km from Budapest), in a building complex of a local kindergarten called: Kéz a Kézben Kindergarten. The venue is close to the town center yet it is located in a green area.

The participants will be accomodated in small houses with the capacity of 10-12 people. Each house has a small kitchen, a bathroom and a terrace.

Indoor sessions will be held in the gymnasium of the central bulding. The on-site park and sport fields are providing us opportunity for outdoor sessions as well.

Meals, accommodation and activities are fully covered.



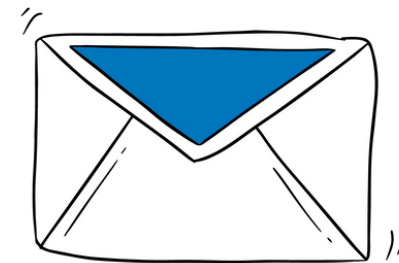
**Kéz a Kézben
Kindergarten**



Veresegyház



CONTACTS



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