



Co-funded by  
the European Union



# Shape your Mind

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Training Course for Youth Workers

15-23 November 2023  
Szeged, Hungary



# Who we are?

## Innonet n.o.



We are a non-profit organisation from Slovakia. Our main goal is to combat the societal and humanitarian problems of today's changing world by collecting and creating innovative methodologies and disseminating them via workshops and educational events. Our activities span from the promotion of healthy lifestyle through the protection of cultural and intellectual values and human rights to conducting research on environmental protection.

We are the lead applicant of this project.

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## Eurotender Association



Eurotender Association is a public benefit organization from Hungary. Our operations include the support of disadvantaged people in the region, primarily improving the conditions of ethnicities, youth, the elderly, and women.

Through our main activities – training and education, research, training material development – we would like to contribute to measures and initiatives which aim to foster the integration of disadvantaged groups, and support intercultural and intergenerational learning.

We are going to implement this project in Szeged.

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Contact with any questions:  
Zsanett Füg  
[fugg.zsanett@gmail.com](mailto:fugg.zsanett@gmail.com)



# About 'Shape your Mind'

**Mindfulness** is a human ability to **be fully present**, aware of where we are and what we are doing ignoring totally what is going on around us. It may seem simple, but it is not. But how can mindfulness **reduce stress** and lead to **mental health**? Mindfulness gives us the possibility to observe our own mind and body, immerse in the moment living it without judgment and STOP (Slow down, Take a breath, Observe what are you thinking and what are you feeling, Proceed considering different possibilities) facing stress. Mindfulness can help us control thoughts that lead to stress, since we are living in the present moment and not self-created thoughts and feelings in different situations. Mindfulness can be practiced anywhere at any time if somebody knows the right methods.



For this purpose, during the training, we will focus on:

- the importance and **benefits of mindfulness** in our daily life, the connection between mental and physical health;
- **non-formal methods and techniques** that help us be aware and reduce stress.

## We are looking for participants, who

- are currently involved in working with young people (in any format) or express serious commitment to get involved in the future;
- wish to develop professionally and personally;
- are over 18 years old;
- are willing to be an active participant for the entire duration of the course;
- are motivated, open-minded, and willing to cooperate, share and reflect on their experiences;
- are ready to organize 1 follow-up activity (workshop for youth/colleagues) using the experience from this project;
- able to communicate in English.

**APPLY**

**To apply, fill out the application form:**

<https://forms.gle/CSNfUyGb9x8b7zR49>



# Venue

The training will take place in Szeged. The city is located in the Southern Great-Plains region in Hungary, it takes 2 hours by train to get to from Budapest airport.

Further information about how to reach Szeged and the hotel itself will be announced for selected participants.



The accommodation for the participants will be in gender-based rooms with 3 separate beds and bathrooms, located in the city center at [Riva Hotel](#).

The training venue where most of the activities will take place will be at a comfortable walking distance from the hotel.



Your accommodation and food during the training course are covered by the Erasmus+ programme and therefore free for you, as long as you participate in the daily program of the training course.

# Travel and Reimbursement

- Arrival day: 15th of November 2023
- Departure day: 23rd of November 2023
- Only after your participation is confirmed by us, look for suitable tickets and send them to us **for approval** to fugg.zsanett@gmail.com
- Keep the environment in mind and look for the „**greenest**“ way of travel (trains, buses).
- **Don't buy any tickets without confirmation** from us. Tickets purchased without confirmation will not be reimbursed.
- It is obligatory for each participant to **obtain valid medical insurance**. The cost of insurance will not be reimbursed.

Travel costs will be reimbursed up to the following limit:

Country	Number of participants	Travel grant/ person
Hungary	3	-
Slovakia	3	180 €
Cyprus	3	275 €
Serbia	3	180 €
France	3	275 €
Portugal	3	360 €
Greece	3	275 €
Spain	3	360 €
Latvia	3	275 €



Travel reimbursement will only be made by bank transfer to the partner organizations and based on real costs. The bank transfer will be executed up to the grant limit after

- receiving all of the original documents (receipts, invoices, boarding passes),
- filling out the European Commission's online evaluation you receive via email after the project,
- sending proof of dissemination of results and follow-up activity.



# Rules of Reimbursement

**1** Only the cheapest means of transportation will be accepted between the country of residence and the venue. **Before purchasing anything**, you must send your travel plan to [fugg.zsanett@gmail.com](mailto:fugg.zsanett@gmail.com) for confirmation and consultation. We will not reimburse any costs that were not approved by us. Participants will be reimbursed on the basis of the least expensive route.

Please, keep in mind that **we do not accept invoices of taxis or from travel agencies** (e.g. skyscanner, momondo, kiwi, etc.), tickets should be purchased directly through the service-providing companies' websites (i.e. flight tickets through the airlines' websites, train tickets through the railways' websites).

**2** **You are expected to arrive on the 15th of November and leave on the 23rd of November 2023.** Only uninterrupted travel expenses incurred within 1 day before the activity start date and/or 1 day after the activity end date can be accepted for reimbursement if you find tickets for the same or lower value than those on the actual travel dates and you get confirmation from us. If you decide to arrive earlier or stay longer (maximum 1 day before and/or 1 day after the project), all costs related to that shall be covered by yourself, including food and accommodation for those days.

**3** If you use **any physical tickets** during your journey, we can only reimburse them if we get them from you physically – a picture is not enough, you need to give them to us in person or send them **by post after the training course**. Please note, that no scanned document will be reimbursed if the **original hard copy** is not provided as well. Similarly, screenshots of boarding passes are not enough, the **original PDF boarding pass** is required for reimbursement.

**4** In case a participant fails to engage in the activity's daily program due to late arrival or early departure and not attending 100% of the sessions, the amount granted per participant per day will be deducted from the travel reimbursement.

Thank you for keeping these in mind!

*The **European Health Insurance Card** is free card that gives you access to medically necessary, state-provided healthcare during a temporary stay in Hungary, under the same conditions and at the same cost as people insured in that country.*

*All participants, who are residents of EU countries, must obtain it!*

*Link: <http://ec.europa.eu/social/main.jsp?catId=559>*

