



Show me your plate

Youth Exchange
2-10 April 2024
Balatonalmádi, Hungary

In Partnership with

II.D.E.A. - Greece
AKIRA - Italy
Ringsend Irishtown YS - Ireland
Transylvanian Youth Center - Romania
YOUTH BCN - Spain
Youth Space - Ukraine

Organized by

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Erasmus+ Programme
of the European Union



During the youth exchange, we wish to

DISCOVER // LEARN // SHARE

Know more about the cultural heritage of the participating countries and celebrate cultural diversity

Learn more about the geography, history, society and culture of the participating countries through their emblematic dishes and stories.

Reflect to our own identity and culture

Through storytelling, activities and discussions related to intercultural learning

Develop competencies related to teamwork, communication and creativity

Challenge and try out ourselves in different roles and teams to know better our strenghts and grow through experiences.

Boost our cooking skills

Get ready! We are going to cook a lot! We will exchange kitchen methods, techniques and practice skills related to cooking, and kitchen management.

Share recipes

We will learn the secrets of recipes from 7 countries and beyond!

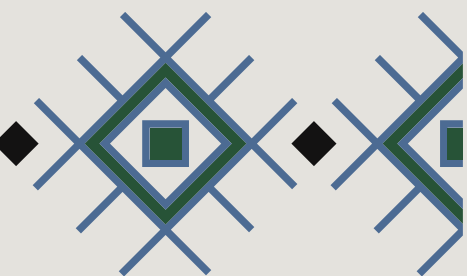
Discover the beautiful lake Balaton

Start the Spring at the Hungarian sea, we will have some time to discover the countryside as well!

Share games, songs, dances and more

Besides of the cooking sessions, we invite you to unleash your creativity and organize activities to celebrate cultural diversity!





What will we do?

Food lessons

We will ask each national team to prepare one traditional dish, one dessert, one (video)story, and entertainment (traditional dances, games, songs, music..)during the program, and to involve the rest of the group in the preparation.

Sounds challenging?

We believe, that when food is involved, everything just gets much more fun!

Intercultural learning

We will tackle the different elements of intercultural learning through creative individual and group tasks, challenges and storytelling, and we would like to show you the natural and cultural heritage of the region! You will definitely find out, what the “heck”, how, where and when you should eat “lángos”..!

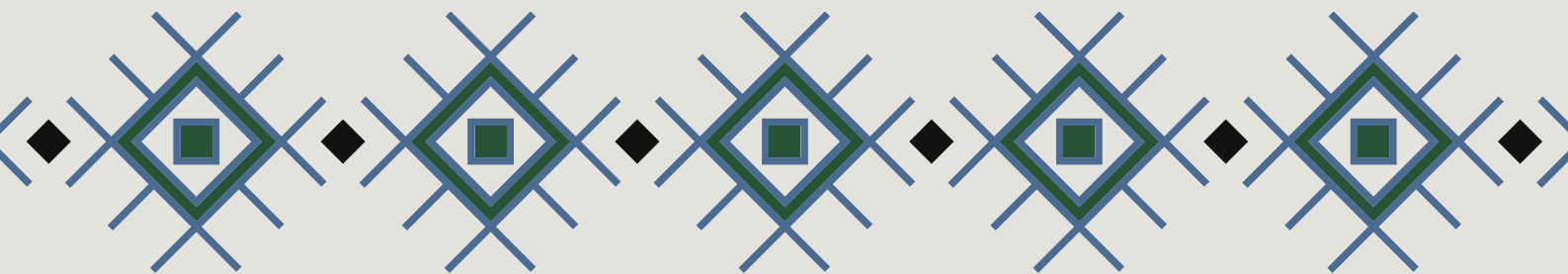
TRADITIONAL GAMES

TEAMWORK

WALK AND TALK

NEW KITCHEN TECHNIQUES

DIGITAL STORYTELLING





The venue

Balatonalmádi

is located 100 kms southwest from Budapest, on the northern shore of Lake Balaton.

The accommodation

Our venue is a Cultural Center, in Balatonalmádi.

We will be hosted in rooms of 3-5 people, mixed by nationality, separated by gender. Each room is equipped with a shower and a toilet, and the accommodation has a spacious community space, and a garden.

Most importantly, we will have a nice a spacious kitchen to experiment!



How can you participate?

Participant's profile

The Youth Exchange will bring together 36 participants from Greece, Hungary, Ireland, Italy, Romania, Spain, and Ukraine. Arrival: 2nd April, Departure: 10th April.

From each partner country, we expect 4 participants between the age of 18-26 and 1 group leader with no age limit.

At the selection, priority will be given to participants who express their motivation in taking an active role during all phases of the project, from the preparation till the dissemination campaign.

Please follow the selection process of the partner organization in your country!

How to arrive?

It is allowed to travel outside of program days of the Youth Exchange. If you are planning to discover the capital, we are very happy to help with tips and tricks or suggest programs.

You can take two extra days outside of the program, during which accommodation, travel in the city, and food are not subject to reimbursement.

Selected participants will receive detailed information about transportation options between Budapest and the venue.



Travel, reimbursement, insurance

Travel cost reimbursement will be done according to the rules of the Erasmus+Program.

Based on distance bands, the maximum refund per country is as follows:

23 EUR Hungary

210 EUR Romania, Ukraine (in case of green travel)

275 EUR Greece, Ireland, Italy, Spain

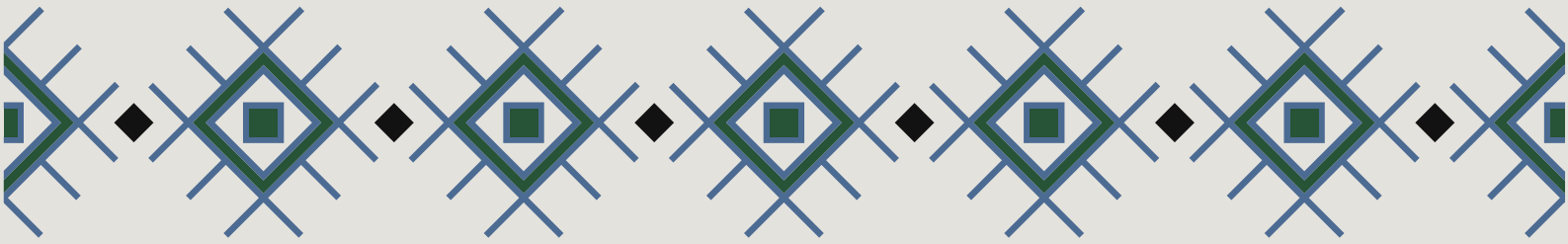
Travel expenses will be reimbursed by Puentes Hungary upon completion of a reimbursement form, based on real spending, and submission of receipts / original tickets / other relevant evidence.

Reimbursement will be done in EURO, regardless of the currency indicated on your ticket, receipt, or invoice. We will reimburse the partner organizations or one representative per country.

The travel plans in any case should be discussed with, and approved by Puentes Hungary.

Any tickets without consulting might not be reimbursed.

Participants must have a valid insurance; EU Health Care Card or equivalent.



Stay in touch!

Puentes Hungary Nonprofit Kft.

