

Erasmus Olympic Games Winter Edition

ERASMUS+ YOUTH EXCHANGE

By Anna Pauk

1st year Master's student

SSPU

“Happiness is a collection of joyful experiences shared with soul friends. Let’s get together and have some fun!”



-
- Participating organisations: Hungarian Parkour Association - (Hungary - organiser); Associação Mais Cidadania - (Portugal); Sokolik - (The Czech Republic); Organizacija "Plamen"- (Serbia); Universitatea Aurel Vlaicu Din Arad - (România); Asociación Deportiva y Cultural Entrejuegos - (Spain).
 - The Erasmus+ Olympic Games Winter Edition is a youth exchange program created for young people from the Czech Republic, Hungary, Portugal, Spain, Romania, and Serbia. It reflects the concept of the Olympic spirit and promotes ideas of inclusion, sustainable development, and mental and physical health through sports activities. During this program, the youth gained skills in non-verbal communication, equality and tolerance, team building, strategic thinking, and more. They also had the opportunity to try out different roles, such as game leader, facilitator, competitor, media manager, etc.

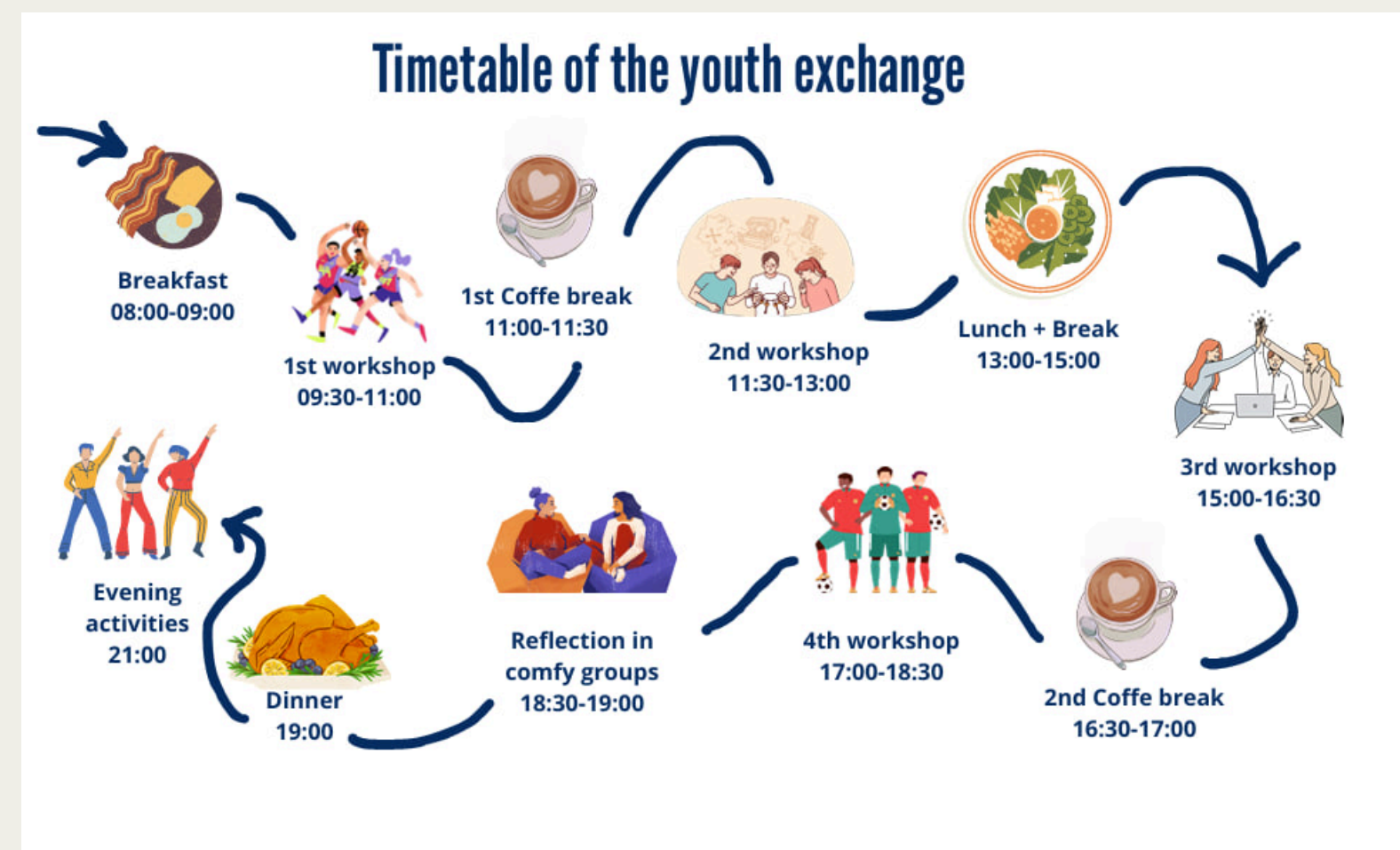
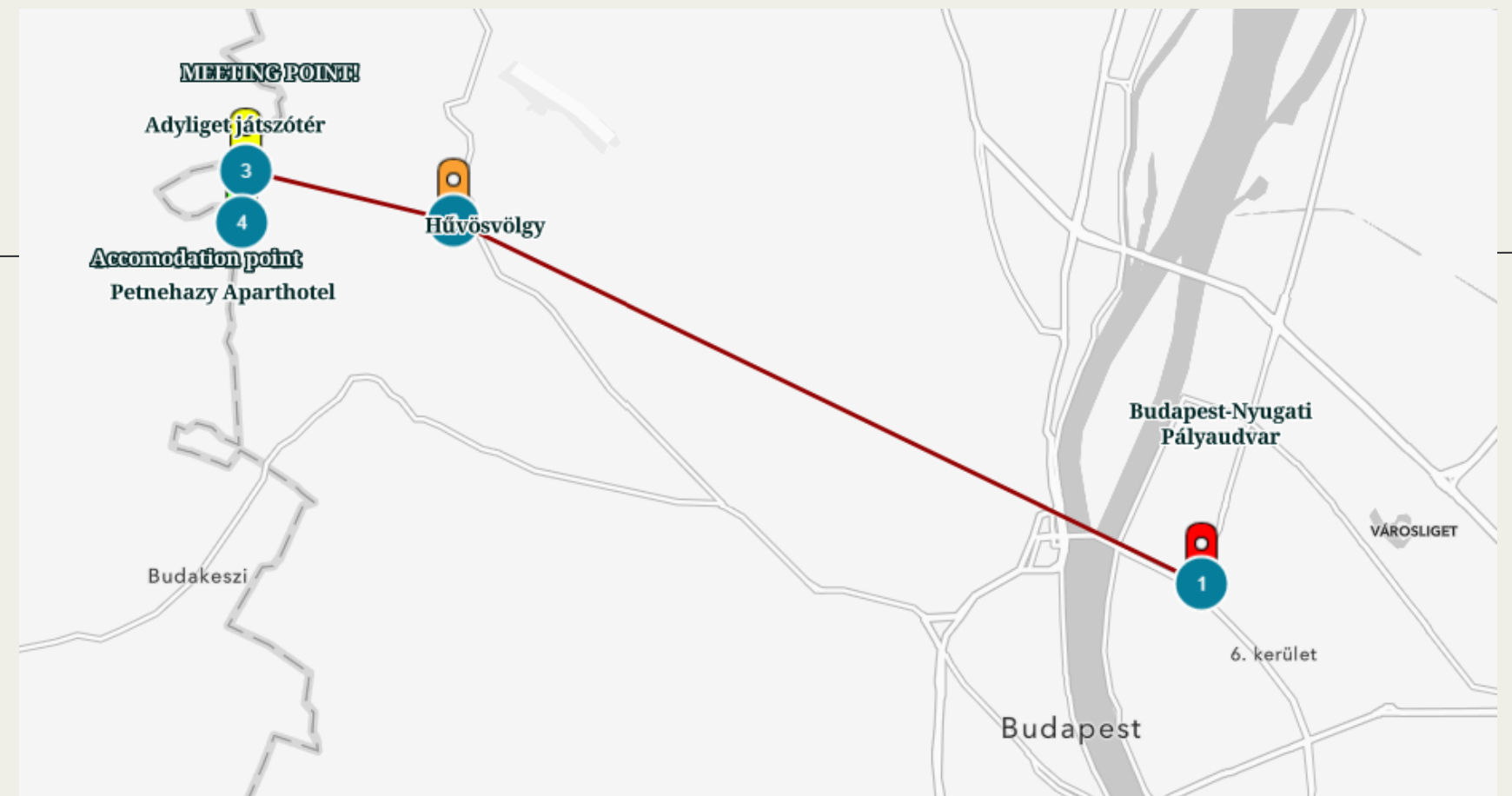
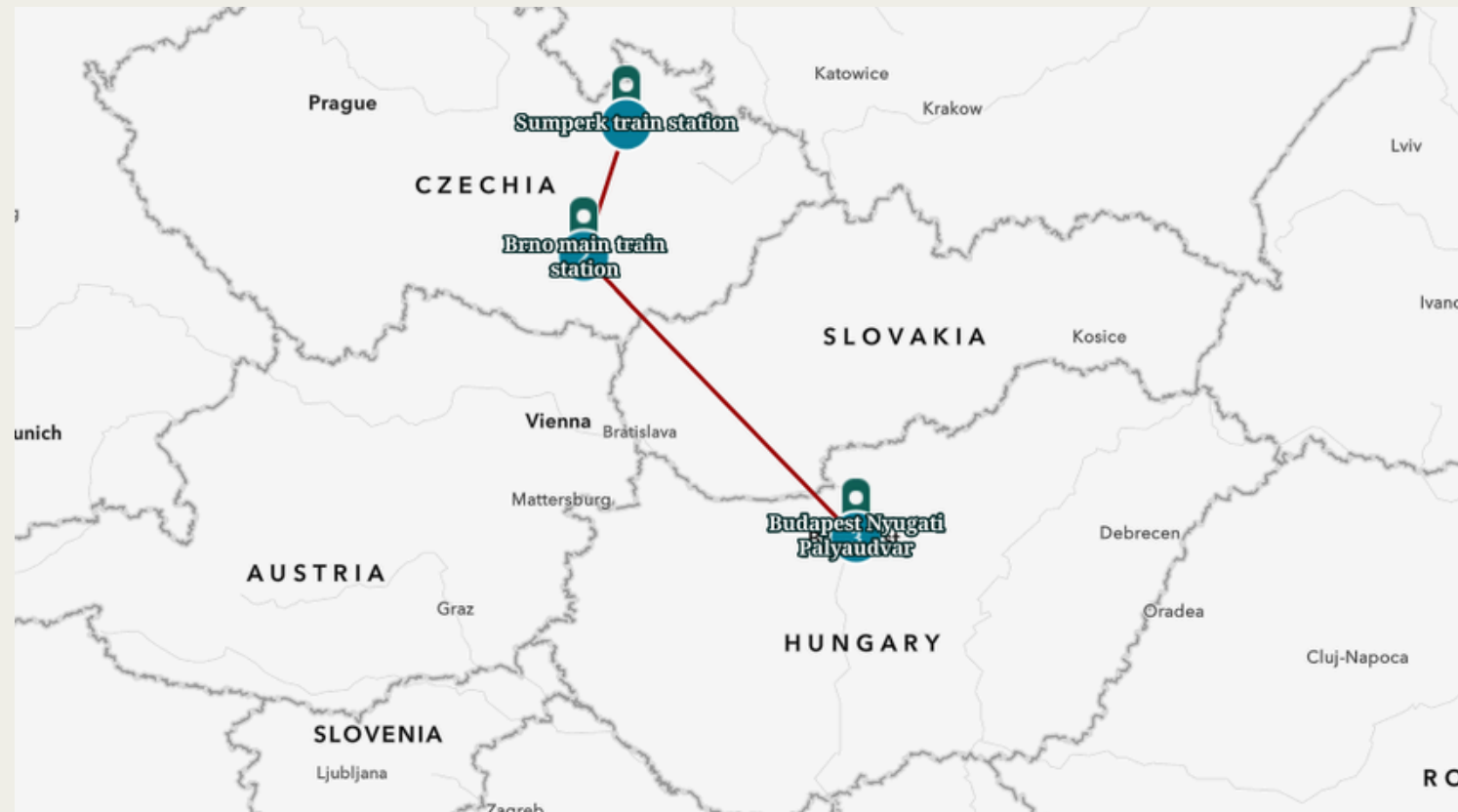
The methodology of the youth exchange is based on non-formal educational methods. The exchange will also involve the following elements to help youth create special connections with others and build health-supporting habits: different kinds of sports activities, education through sports activities, meditation and relaxation, yoga, nature hikes, and art therapy sessions.

MEET THE TEAM



Facilitators: Dora Farago - has been working as a trainer since 2017, and she fell in love with sports at an early age. She also did her studies in sports, and she wrote her thesis about the power of sports for competence development. Her favourite quote is: "Be brave enough to travel the unknown path and learn what you are capable of." Vajk Szentváry-Lukács - Vajk is a professional parkour coach and athlete, and he is one of the founders of Hall of Parkour Hungary. Vajk and Dora participated in many sports events in the past years. Vajk competed as an athlete in the Parkour World Championships, and Dora worked as a competition manager at the 1st World Urban Games, and also contributed with her work to the Rhythmic Gymnastics World Championships.

ARRIVAL



D - 1

- *Let`s know each other games*
- *Active team building*
- *Art therapy*
- *The Boss of Budapest evening activity*



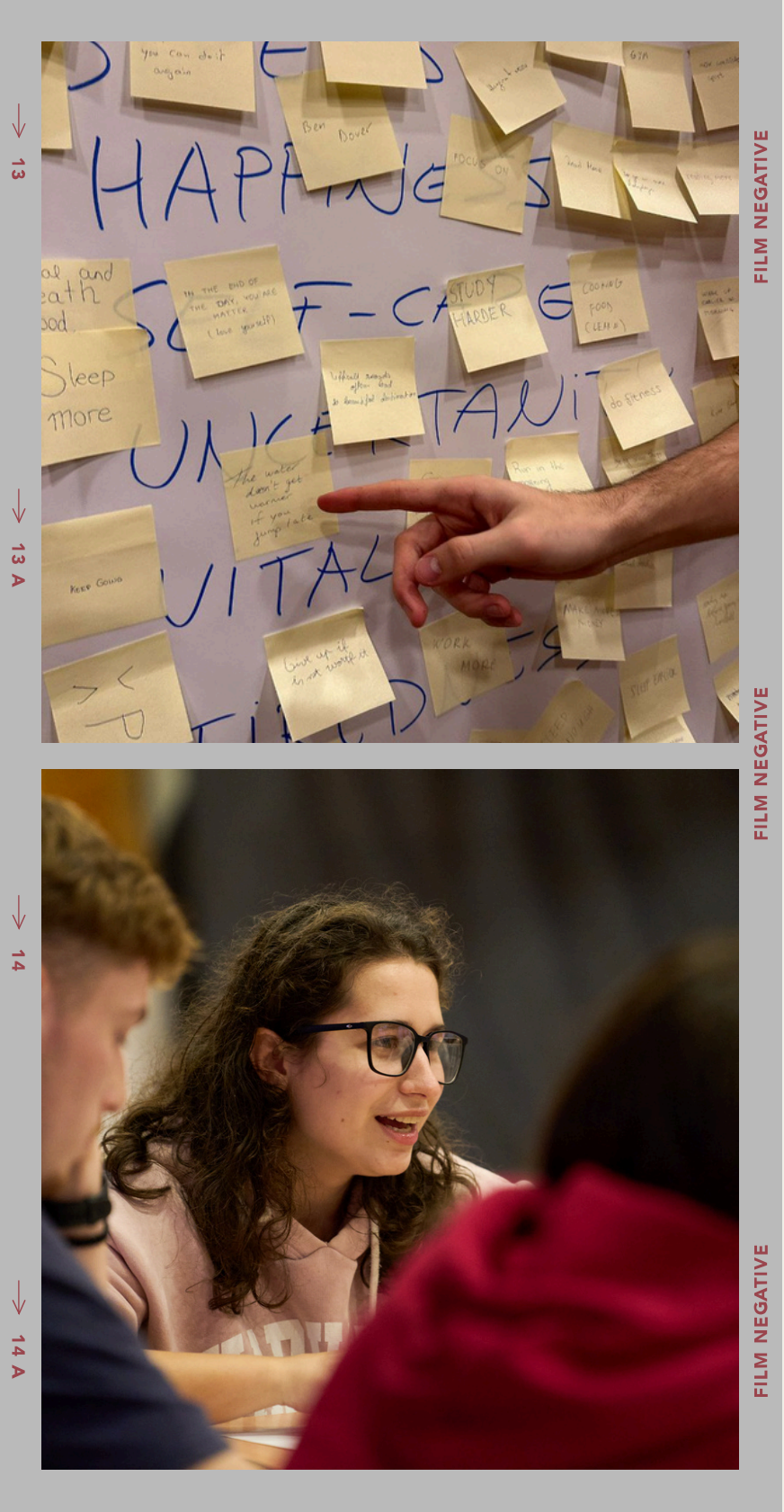
D - 2

- Winter style sport activities
- Candlelight yoga and relaxation



- Hike to Normafa
- Evening meeting in the training room
- Reflection session

D - 3



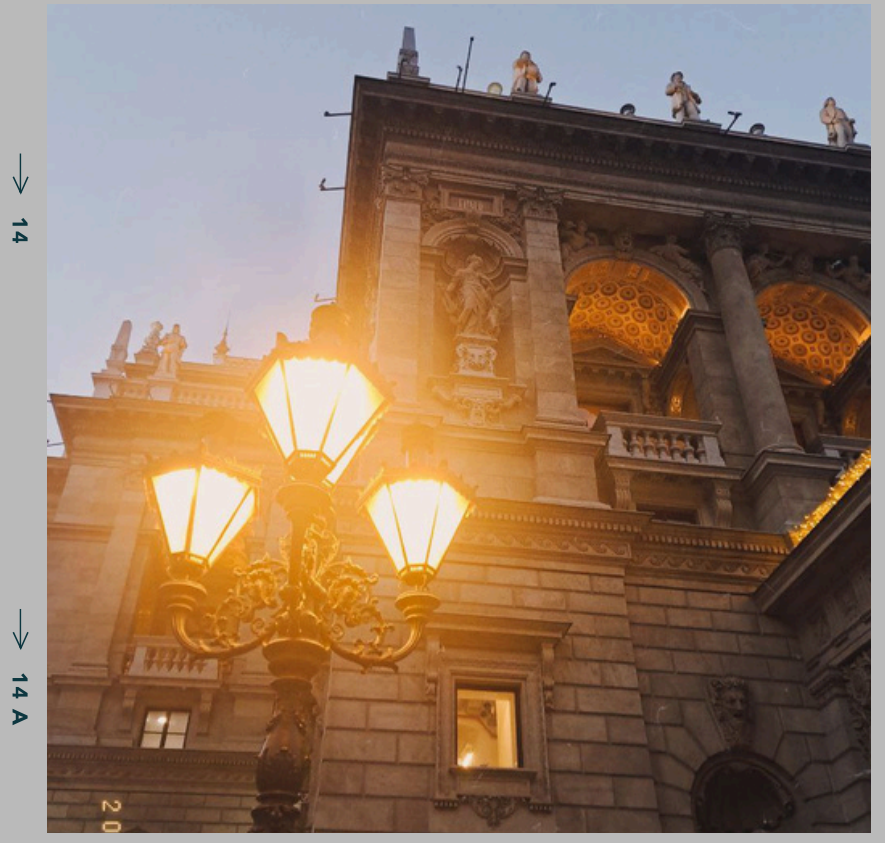
D - 4

- Value transferring game designing
- Intercultural evening



D - 5

- Budapest ice rink
- FREE TIME IN BUDAPEST CITY CENTER



D - 6

- Reflecting session
- Hungarian Christmas special cookie baking activity
- Last spa session
- Evaluation closing youthpass ceremony
- Just dance evening activity





Thank you!
