

Youth Exchange

ERASMUS OLYMPIC GAMES Winter Edition

07 - 14 December, 2025 - Budapest Hungary



Erasmus+



“

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

During this youth exchange, you will be able to...



- Be part of an unforgettable week, where together we will organise a memorable sport event day in the spirit of the Winter Olympics at the Budapest city ice rink
- Explore the benefits of sports and an active/healthy lifestyle
- Explore how sports can promote different values
- Try yourself in different kind of roles during the week (game leader, facilitator, competitor, media manager, etc.)
- Create lifelong friendships and memories, while learning in a fun way and taking care of your well-being

Methodology of the youth exchange

The methodology of the youth exchange is based on non-formal educational methods.

The exchange will also involve the following elements to help you create special connections with others and build health supporting habits:

- different kind of sport activities
- education through sport activities
- meditation and relaxation
- yoga in nature
- hike in nature
- art therapy session



This youth exchange is for you, if....



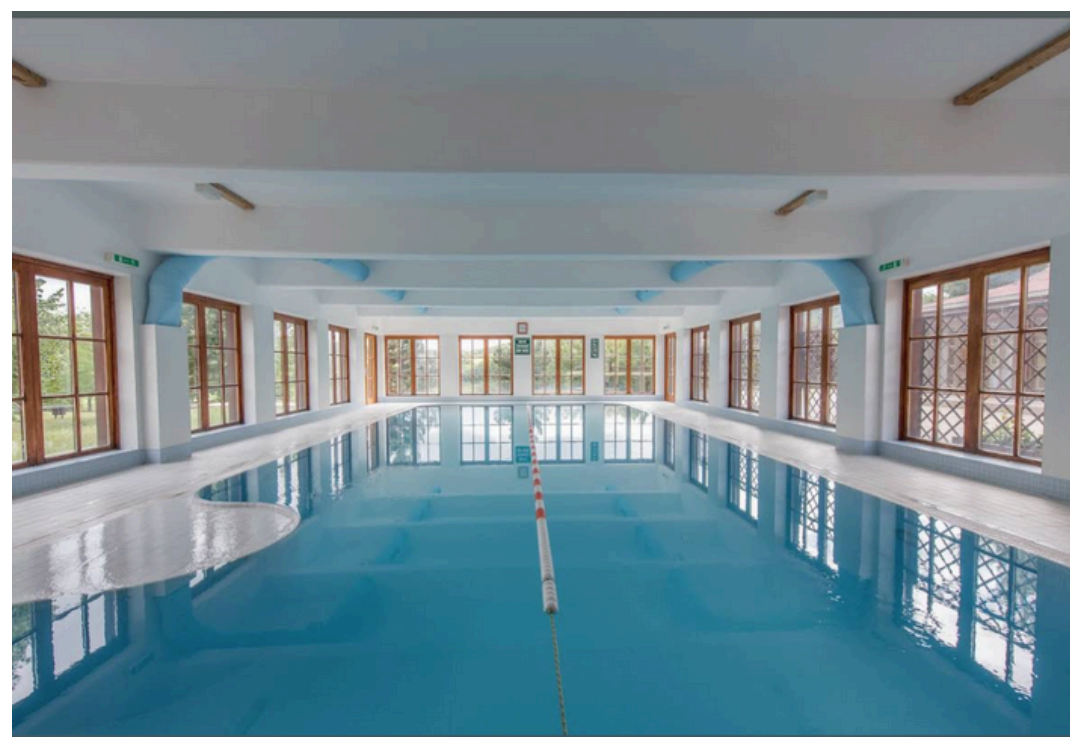
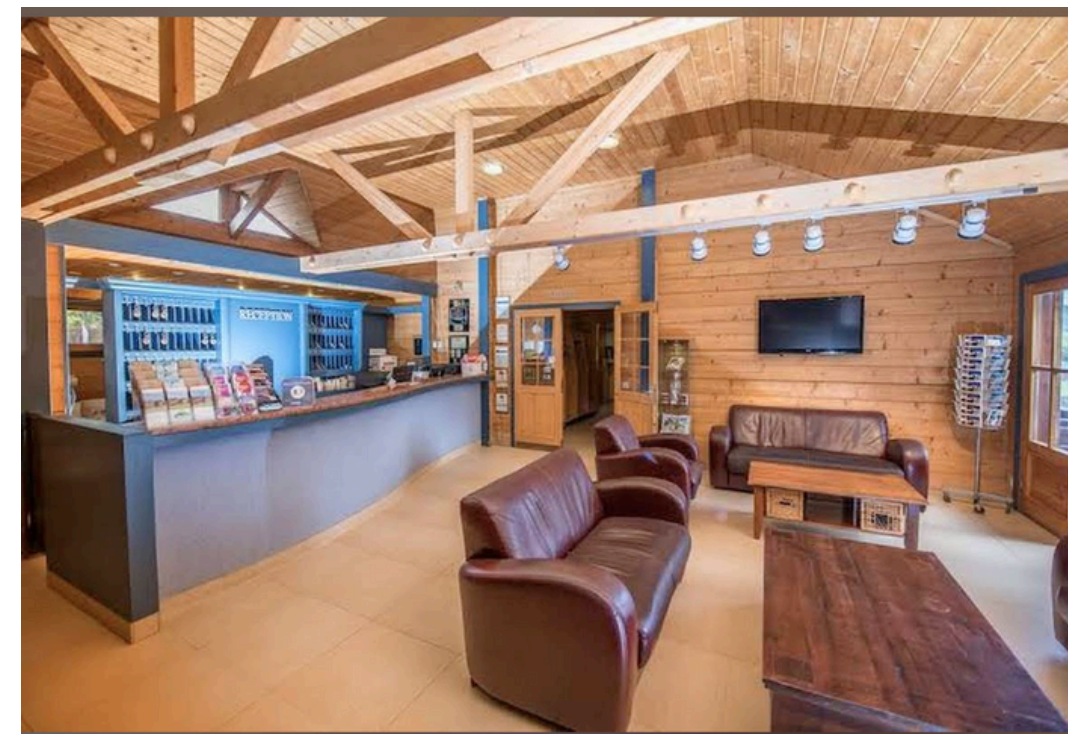
- You are between the age of 18-30
- You can communicate in english
- You are interested in the spirit of the Olympics
- You would like to try yourself in designing and facilitating sport activities
- You are ready to have an unforgettable and fun week with like minded people realising and living your own Erasmus Winter Olympic Dream at Budapest

The background image shows a parkour event taking place on a grassy field. In the foreground, a person is seen from the back, wearing a dark jacket and a backpack. To the right, several other people are visible, some wearing blue athletic gear and medals, suggesting they are participants or winners. The background features a line of trees and distant hills under a clear sky.

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)
-

Accommodation



Venue

Petneházy Aparthotel,
Budapest

Rooms

There will be separated
rooms for girls and boys
in big wooden houses
(2-4 participants/house

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.

Spa

You will have access to an
indoor swimming pool and
spa (sauna) at the
accommodation

Health measures

The exchange will be
organise in accordance
with current health
measurements.

Timetable of the youth exchange



Travel information

Expenses:

Accommodation and **food** is fully covered by the Erasmus+ program.

Travel expenses will be reimbursed to set limits. **Participation fee:** 35 EUR/person upon your arrival

Max travel budget

- Hungary: 23 euro/participant
- Spain: 395 euro/participant
- Czech Republic: 285 euro/participant
- Portugal: 395 euro/participant
- Romania: 285 euro/participant
- Serbia: 285 euro/participant

Arrival and Departure Date

- **Arrival:** On the 7th of December at 18:00 at Adyliget bus station
- **Departure:** On the 14th of December after breakfast

Arrival and Departure Date

You can arrive 2 days earlier or leave 2 days later according to the arrival and departure date, but in this case you will need to cover your own accommodation and food expenses for those extra days.

If you need help in organising your travel itinerary, let us know! :)

Before booking your travel tickets, please send a copy of the tickets for an approval to the following e-mail: magyarpkse@gmail.com - Only approved tickets can be purchased!

Reimbursement

The reimbursement will be made after you provided **ORIGINAL tickets, invoices, e-mail confirmations and boarding passes**. All information like the name of the passenger, price, currency, and date of purchase should be clearly visible on all documents to be viable for reimbursement. Travels should always be by the most cost-efficient way. (e.g.: We can't reimburse taxi rides., 1st class tickets etc)

Travel insurance: All participants must have travel insurance or European Health Insurance Card. The organization of any kind of insurance is the responsibility of the participant.

Reimbursements will be made directly to partners.

There is no reimbursement without the ORIGINAL travel documents.

Contact person for reimbursement: Dóra Faragó magyarpkse@gmail.com

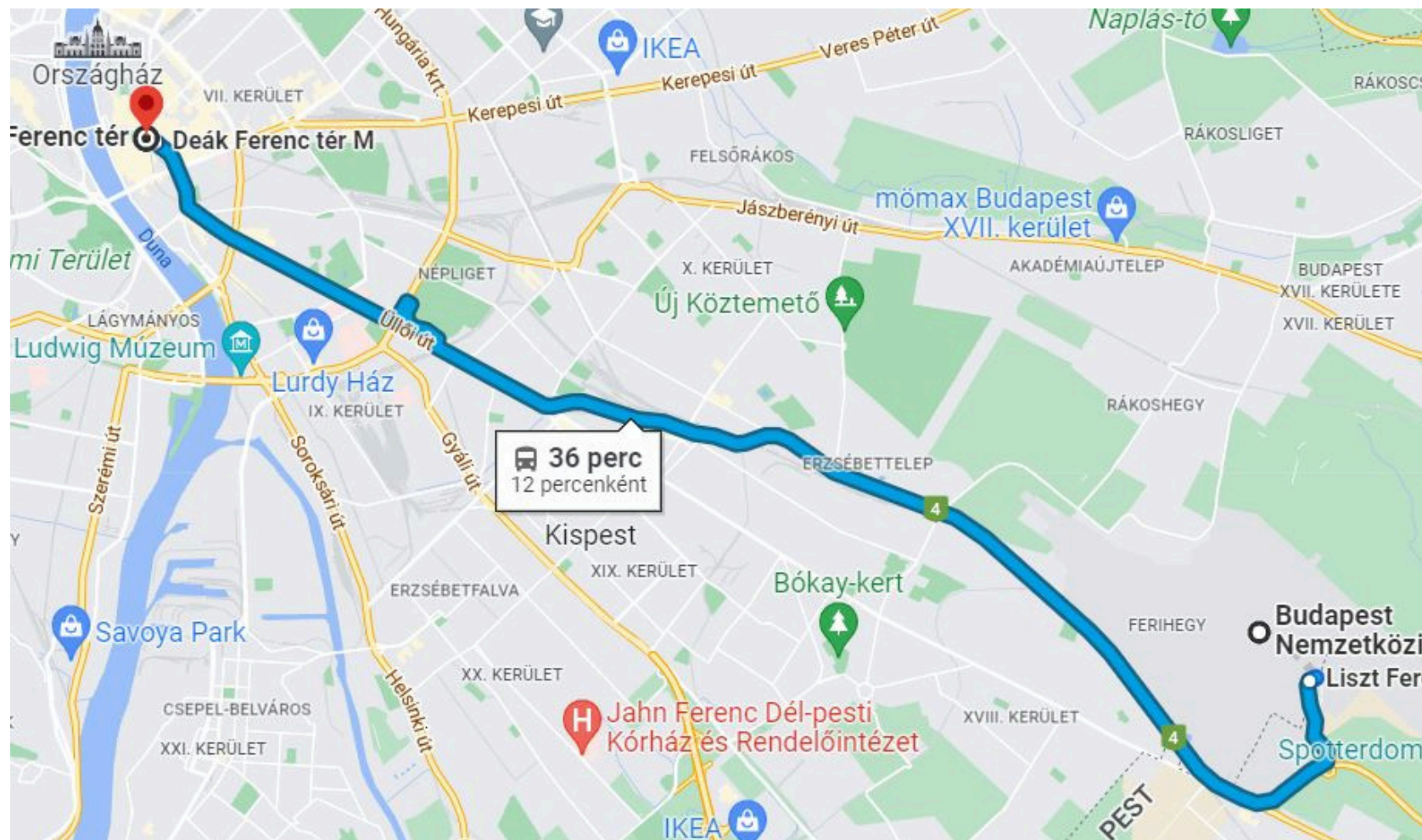
Travel info

How to get to the city center **from the airport?**

Take bus number 100E (You can buy tickets in the machine right next to the bus stop)

Take off at Deák Ferenc square (last stop)

The ride will take approximately 35-40 minutes. (Airport bus ticket is 2200 HUF around 5,7 euros.)



Meeting point

We will meet at 18:00 at 'Adyiget játszótér' bus station!! Please be on time! :)

How get there?

From Deák Ferenc Square you will need to take a metro (M2) to Széll Kálmán Square, then change for tram number 61 to Hűvösvölgy final station. At Hűvösvölgy you will need to take bus number 61 to Adyiget játszótér bus station. This takes approximately 40-60 minutes by public transportation.

We will pick you up by car at the bus station and take you to the accomodation (It will take 5 min by car 😊) We will send a more detailed route for selected participants! 😊



Your team during the youth exchange



Dóra Faragó

Facilitator

Dora works as a trainer since 2017, and she fell in love with sports in 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

Facilitator

Vajk is a professional parkour coach and athlete and he is one of the founders of Hall of Parkour Hungary. He will support you mostly from the practical side of the exchange. If you have any issues you can always turn to him!

He will be your personal problem solver during the project. ;)



Vajk and Dóra participated in many sport events in the past years. Vajk competed as an athlete in Parkour World Championships and Dóra worked as a competition manager at the 1st World Urban Games, and also contributed with her work to Rhythmic Gymnastics World Championships.

Do you have a question? Contact us!

Dóra Faragó, facilitator
magyarpkse@gmail.com

SOCIAL MEDIA

https://www.instagram.com/mape_parkour/

<https://www.facebook.com/HopHungary>



A group of young people are gathered outdoors in a grassy area with trees in the background. They are smiling and hugging each other, creating a warm and welcoming atmosphere. A semi-transparent dark blue banner is overlaid across the middle of the image, containing white text. The people are dressed in casual summer clothing like t-shirts and tank tops. One person in the foreground wears a bright yellow t-shirt, and another wears a black hoodie with a 'PINK VENOM' graphic. The overall scene suggests a community event or a group of friends meeting in a park.

**We can't wait to get to know you and
welcome you in Hungary! :)**