

BUDAPEST, HUNGARY



TRAINING COURSE



WIRED FOR CHANGE

July 28 - August 4, 2026

A HUGE WELCOME AND HELLO TO YOU FROM THE PROJECT ORGANIZERS' TEAM!

WE ARE LOOKING FORWARD TO MEETING YOU AND SUPPORTING YOU DURING YOUR STAY HERE IN HUNGARY. WE ARE GOING TO WORK TOGETHER DURING THE NEXT MONTHS, FULL OF NEW EMOTIONS, ACTIVITIES, DISCOVERIES, THOUGHTS AND PEOPLE.

FOR SOME OF YOU IT IS GOING TO BE EVEN A LIFE-CHANGING EXPERIENCE!



COORDINATING ORGANIZATION

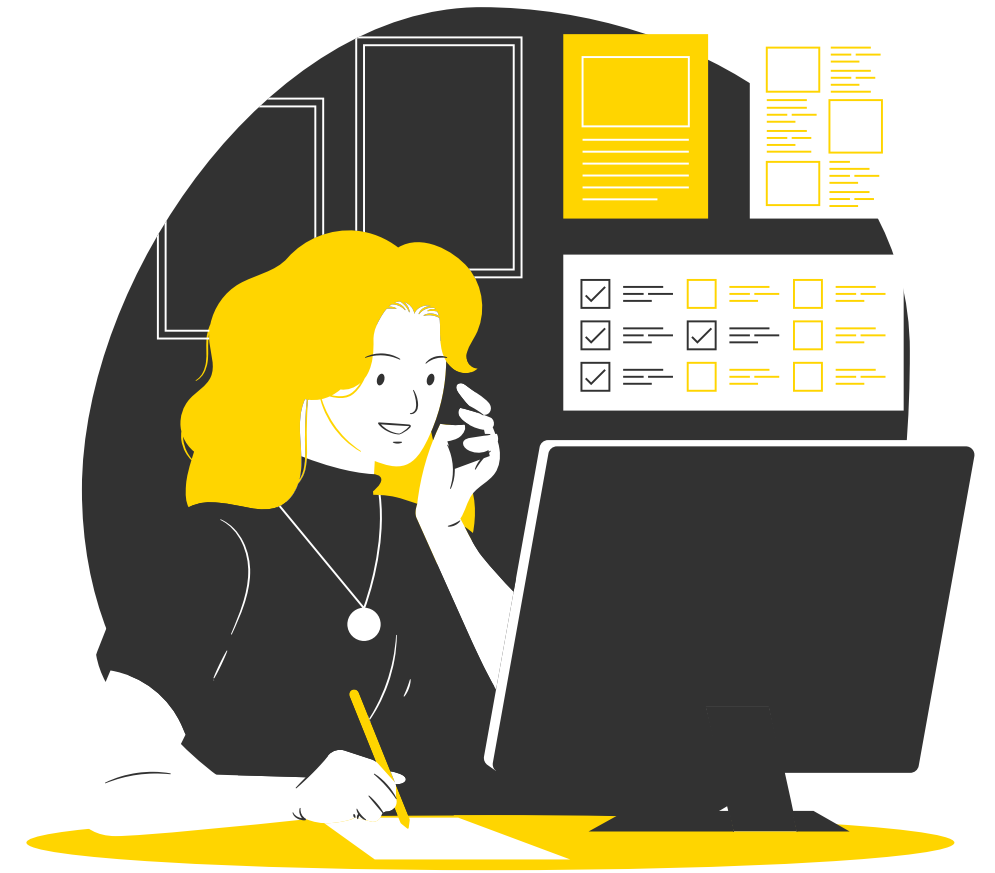


Be Best Hungary is an informal group that aims to support Hungarian youth in their personal development by providing international experiences in order to fulfill their potential. We understood that there was a growing need for active youth in our society so that our group aims to support the Hungarian youth participation. Our goal is to create a better world to live in by learning about different cultures and best case practices.

Be Best Hungary focuses on creating international and local connections & initiatives that support our main goals, enabling a better society. Our local events create platforms to learn about cultures, career & educational planning, opportunities, sustainability and environment. We are establishing cultural and language related clubs that unite young people that are interested in learning about the world.

Be Best Hungary empowers its volunteers and members to take part & have an impact!

STARTING POINT



THE MOTIVATION FOR THIS PROJECT COMES FROM THE RECOGNITION OF THE ESSENTIAL ROLE THAT YOUTH WORKERS PLAY IN SHAPING THE LIVES OF YOUNG PEOPLE IN AN INCREASINGLY DIGITAL WORLD. AS TECHNOLOGY CONTINUES TO EVOLVE, SO DO THE CHALLENGES AND OPPORTUNITIES THAT YOUNG PEOPLE FACE. YOUTH WORKERS OFTEN STAND ON THE FRONT LINES, SUPPORTING YOUTH IN THEIR PERSONAL DEVELOPMENT, EDUCATION, AND SOCIAL INTEGRATION. HOWEVER, MANY LACK ADEQUATE TRAINING IN DIGITAL COMPETENCES, WHICH LIMITS THEIR ABILITY TO ENGAGE EFFECTIVELY AND PROVIDE THE NECESSARY GUIDANCE IN THIS DIGITAL LANDSCAPE.

WHAT ARE WE AIMING?



- **Foster digital competence among youth workers to enhance their effectiveness in engaging with young people.**
- **Promote online safety and cybersecurity awareness to protect youth in digital environments.**
- **Equip youth workers with practical tools and resources for effective youth work in a digital context.**
- **Encourage collaboration and networking among youth workers to share knowledge and experiences.**

Partner Organizations

	Stichting SkillPulse
	SYLLOGOS NEOLAIAS KIMMERION
	Soċjeta' Mużikali San Pawl
	EUROPE NGO
	Mladoevropani z.s.

**We will host 5 Participants from
each organization**

WHAT ARE WE GOING TO DO?

We would like to invite participants with different backgrounds in an inclusive environment; offer non-formal learning activities that help them get to know themselves better, build emotional awareness and stress management skills. Our project will create an engaging atmosphere where each participant is respected and their behavior is driven towards a more equal, greener, more participatory, more digital and more sustainable society.



PROJECT TIMELINE



Selecting Participants

March 2026



Preparation

April - June 2026



Training Course

July - August 2026



Follow-up

September 2026

Programme of "Wired for Change"



Arrivals
July 28

Day I
Introduction / Get to Know each other

Day II
Digitalism

Day III
Social Media

Day IV
Connections

Day V
Youth Work in the future

Day VI
Youthpass, Dissemination, Evaluation, Closing

Departures
August 4



09:00–10:00	BREAKFAST
10:00–11:30	SESSION I
11:30–12:00	BREAK
12:00–13:30	SESSION II
13:30	LUNCH
15:30–16:30	SESSION III
16:30–17:00	BREAK
17:00–18:30	SESSION IV
18:30–19:00	REFLECTION TIME
19:00	DINNER
21:30	CULTURAL EVENING

Please be aware that the training course will not provide you with the academic knowledge. the project will be based on non-formal education and its success is dependent on the contribution of participants.

DISSEMINATION

Visibility

When you return to your home you are responsible to:

- Share multimedia (pictures, videos) through your personal and your sending organization's social media pages and promote the visibility of Erasmus +; the project; project outputs.
- Organize dissemination workshop for your peers.
- Write an article about your experience.
- Do other dissemination activities discussed during the mobility.

PARTICIPANT'S PROFILE

You are welcome to join our our project if you:

- Are aged 21+
- Have at least intermediate level of English language
- Are officially resident/ citizen of Hungary, Netherlands, Spain, Greece, Malta or Czechia
- Are representative of the partner organizations or their local networks
- Have desire to enhance digital competences and engage effectively with young people
- Have experience working with various youth demographics and social issues

***youth with social, cultural, geographical obstacles; facing barriers linked to discrimination will have a priority in the selection process.**



WHAT IS FUNDED?



Erasmus+

Enriching lives, opening minds.



NEMZETI KUTATÁSI, FEJLESZTÉSI
ÉS INNOVÁCIÓS HIVATAL

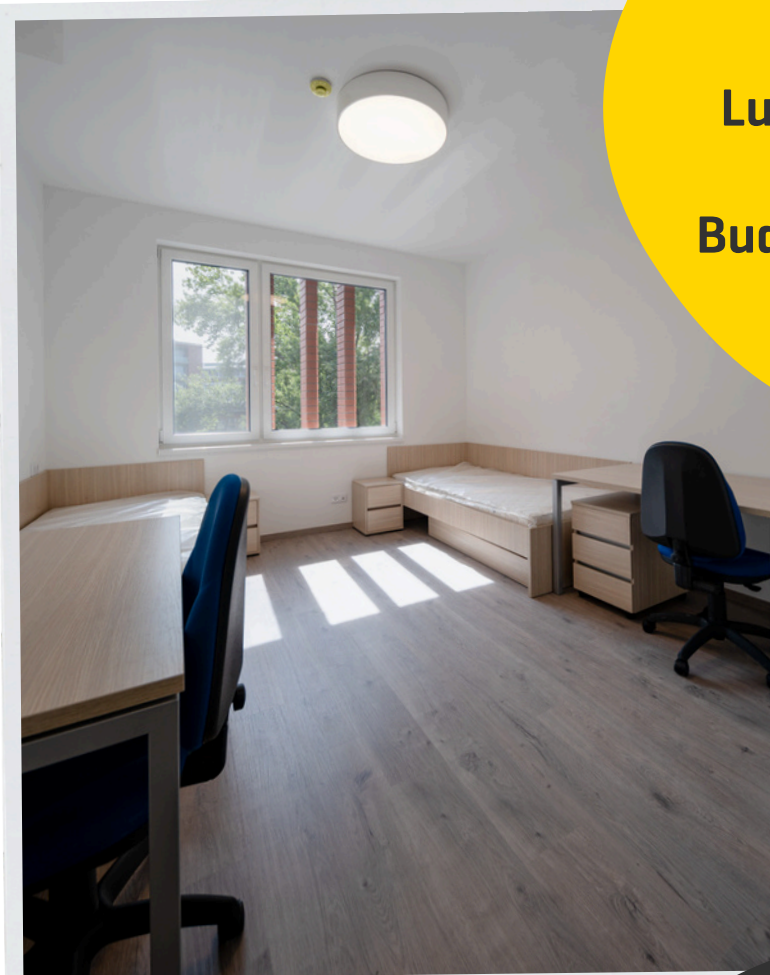
The project is funded by the Erasmus + programme of the European Union and supported by the National Agency of Hungary. It means that costs related to participants international and local travel, accommodation, food and activities will be covered.

VENUE/ ACCOMMODATION



Accommodation: Our venue is modern, simple, clean and is powered by solar energy. You will be placed in a room of 2-3 persons with its own private bathroom.

The project takes place at the Lutheran Student Dormitory in Budapest, Hungary.



Meals: You will get 3 meals a day, served either at our venue or in a nearby restaurant.



Activities will be carried out on the ground floor of the venue, depending on the weather some activities will be held outside. You will have 4 main activities during the day with breaks in between. Some nights we will have cultural evenings. There will be 2 hours of free time every day after lunch.



There will be coffee breaks provided to you in a self-service style.

Traveling Days

Arrival Day

July 28, 2026

Please arrange tickets in a way to reach the venue **no later than 11 PM.**

Departure Day

August 4, 2026

You can leave the venue **after 6 AM.**

Participants are supposed to pre-finance their tickets and they get the refund after the successful completion of the project.

To get your tickets reimbursed you have to get our CONFIRMATION before you buy tickets. You have to send the tickets you select to the email address: bitisi.exchange@gmail.com, get confirmation and only after this you can purchase them. You can only buy tickets from international agencies that we know and trust or from the airlines directly (you will get instructions while confirming your tickets).

You are allowed to come to Hungary maximum 2 days before the event and leave maximum 2 days after the event. During these periods you're not subsidized by the project - so, you will be responsible to cover your accommodation and food expenses for the extra days.

Travel Grands

[Green Travel]

Hungary - 56 EUR

Czechia - 285 EUR

***No Airplane when using green travel**

Travel Grands

Netherlands - 309 EUR

Greece - 309 EUR

Spain - 309 EUR

Malta - 309 EUR

How to get to the Venue

We'll stay at the Lutheran Student Dormitory (Luther Otthon - Evangélikus Diákotthon), which is in a central location of Budapest, Hungary: Magyar Tudósok Körútja 3.

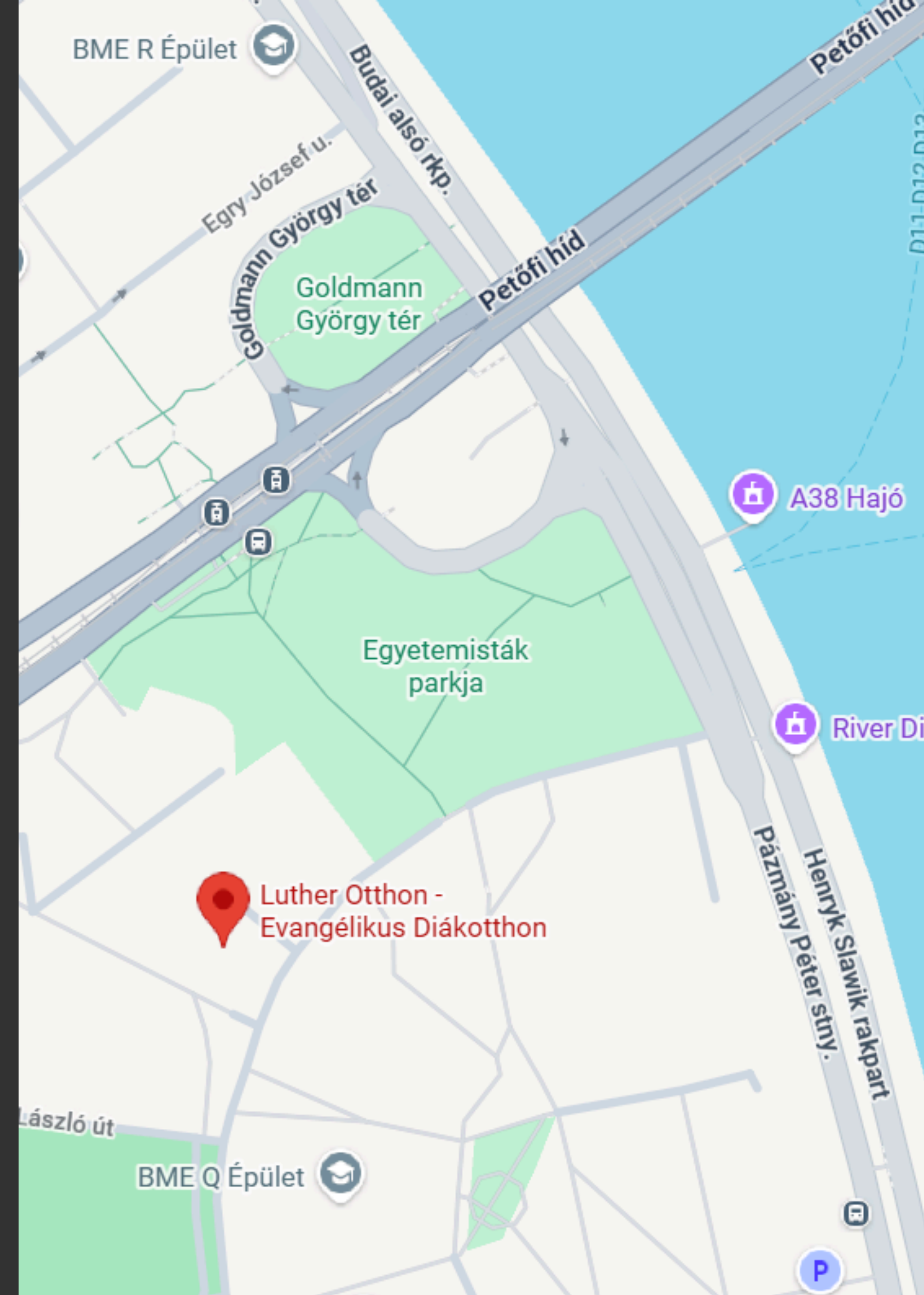
The venue is easily reachable by public transport at all times, even at nighttime.

Arrival by plane:

You can take bus 200E to get to Kőbánya-Kispest metro station where you can transfer to metro number 3. The metro will take you to Corvin-negyed station. Coming up from the metro, you will find tram number 4-6 that takes you directly to "Petőfi híd budai hídfő" station. It takes about 5 minutes to get to our venue on foot from here.

Arrival by bus/train:

In case you arrive to Népliget [bus] or Kelenföld [train and bus] stations, you can take tram number 1 to get to "Infopark" station. It takes about 10 minutes on foot to get to our venue from here.



REIMBURSEMENT!

Pre-requisites: All expenses have to be discussed and approved by us in advance. You need to collect all documents related to your traveling from your place of living to the project venue. You can use only the following means of transport and provide the following documents:

Airplane - Booking confirmation/ e-Ticket (that you receive on your email), Invoice (you ask the Airlines/ agency you used and get it from them) and Boarding Passes (you have to have boarding passes of all flights you take | Screenshots and pictures are not accepted | Either you send us digital Boarding Passes (PDF.. not a screenshot of it) or if you have a physical one, you bring it in hand or send it to us by post).

Bus - tickets and receipts/ invoices

Train - tickets and receipts/ invoices

Tram/ Metro - receipts and tickets.

***You are only allowed to have Economy class tickets... with no extra services (such as seats, insurance, flexible options, etc.)**

****TAXI receipts will not be reimbursed.**

*****Traveling by car/ carpooling will not be reimbursed.**

Reimbursement Form: You will need fill in digital reimbursement form before (or during) the project mobility where you indicate all your travel/ visa expenses. When you arrive at the project, you have to introduce relevant proofs of expenses in case they already happened, or send the document after the project, in case you will make that expenses while departing. For the currency conversion Erasmus + currency converter will be used.

***You can not add expenses to the form which cannot be proved by relevant documents.**

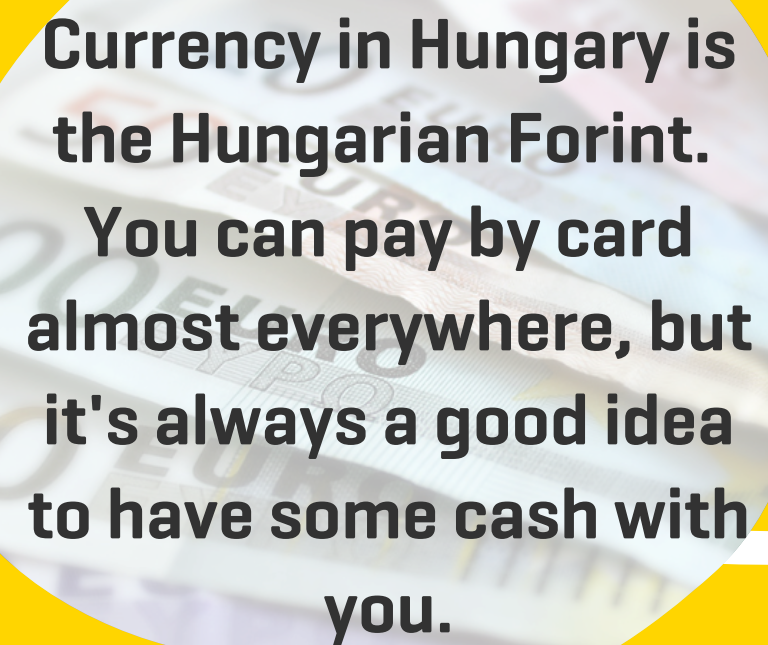
Reimbursement Date: Reimbursement will be done after all phases of the project is finished. It will take several months and will be executed **in September - October 2026** after providing all relevant reimbursement documents and dissemination/ visibility proofs.

Reimbursement Method: Reimbursement will be made via a bank transfer to the account of the Sending organization or the Group Leader (one transfer per national team). In case there is a bank commission fee, it will be covered by the receiving side.

USEFUL INFORMATION



Citizens of none of the participating countries need visa to enter Hungary.



Currency in Hungary is the Hungarian Forint. You can pay by card almost everywhere, but it's always a good idea to have some cash with you.



Weather in July will be HOT in Budapest. You will need to carry SUMMER CLOTHES.

CULTURAL EVENINGS

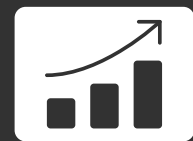


During the project you will present your own cultures – national, regional, personal or any kind of culture you feel you belong to. Feel free to share your country by bringing the flag, local food, drinks, songs, dances, souvenirs, etc. Two countries will have a cultural evening on the same day and it will last 1.5-2 hours. We will really appreciate if you come prepared on the project.

WE ARE EXPECTING FROM YOU



To be tolerant



To be proactive



To be empathic



Not to come here for
tourism purposes



To respect procect
principles, agenda,
organizers and each
other

WHAT TO PACK

***You will get bed sheets, towel, hand soap at the accommodation. You need to bring other needed cosmetics.**

- **Passport/ ID**
- **European Health Insurance card or any other insurance**
- **Comfortable clothes, your fav towel if you have one, sneakers & a reusable water bottle**
- **Basic hygiene cosmetics (shampoo, toothpaste, etc.)**
- **Cultural food, drinks, flag, souvenirs, etc.
Be Creative!**
- **Board games (if you have some)**
- **Laptop (at least one per national team)**

After successfully participating in our Youth Exchange project, your non-formal and informal learning experiences will be recognized by the Youthpass certificate.

Youthpass is a European recognition instrument for identifying and documenting learning outcomes that are acquired in projects under the Erasmus+ Youth and the European Solidarity Corps programmes.

Youthpass





FACILITATOR

My name is Balázs Kovács, I'm from Hungary and I will be your facilitator!

I'm very excited to meet you all in July! It's been almost 10 years since my very first Erasmus+ experience as a teenager and I've been involved ever since, as a participant, as a team leader, as an organizer and facilitator as well.

I truly believe in the power of non-formal learning in intercultural environments. Besides my active presence in the Youth Field, I have 7+ years of experience working in Human Resources. I graduated from a Business & Management Bachelors in Budapest and later on completed my studies with a Leadership & Management Masters degree. As a person, I love games, traveling, exchanging ideas, talking, debating and exploring the world. Erasmus+ is about making memories, creating strong connections, building self-awareness & improving ourselves, so I highly count on your active participation! See you soon! :)





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SEEING YOU IN HUNGARY!**



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