



Funded by the
Erasmus+ Programme
of the European Union



CULTURAL VIEW



heart express

Szigetmonostor – Hungary

11 – 18 September 2021





Funded by the
Erasmus+ Programme
of the European Union



CULTURAL VIEW



Overview

Heart express is a youth exchange that will involve 30 young people (18-30 years old) from 5 different countries: Finland, Serbia, Romania, Greece and Hungary.

The project will be held from the **11th to the 18th of September 2021** at the Regatta Hotel at Szigetmonostor, which is located on the Danubian Szentendre island.





Funded by the
Erasmus+ Programme
of the European Union



CULTURAL VIEW



heart express

What is it about?

Heart express is a project that focuses on exploring **creativity, creative collaboration** and aims to strengthen the internal and external **connections**.

The project is based on **non-formal methods** and it uses **arts and mindful activities** as tools for learning and connection.

Throughout the week we will have **debates, presentations, performances, music, free-movement and other art and self-expression related activities**.

There will be space for everyone to open up, **share feelings** and experiences, while we will wholeheartedly support each other throughout this journey.

The coordinators will provide their bests to facilitate intercultural learning and support personal processes throughout the activity.



Funded by the
Erasmus+ Programme
of the European Union



CULTURAL VIEW



Schedule



Day 1

Arrivals, introduction



Day 2

Getting to know, ice-breaking
team building



Day 3

Creativity, creative collaboration



Day 4

Self-expression through music



Day 5

Self-expression through moves



Day 6

Mindfulness, authenticity



Day 7

Summary, bonfire, farewell party



Day 8

Saying goodbye, departures



Funded by the
Erasmus+ Programme
of the European Union



CULTURAL VIEW



Am I a good fit?

This project is for you if you:

- are willing to **actively participate** throughout the whole project.
- don't mind **intense days** filled with activities from the morning till the night.
- are willing to try **meditation**
- are interested in arts and self-expression
- would like to learn about **creativity and collaboration.**
- want to get to know yourself better.
- want to make new friends
- or you have any other personal motivation.



If you are interested,
please fill the application form
until the **25th of July.**

[CLICK HERE FOR THE APPLICATION FORM](#)
(Each applicant will be notified
at the beginning August.)

IMPORTANT:

As we can not be sure what September brings to us, we can just welcome those who have Covid vaccination cards or can prove immunity.



Funded by the
Erasmus+ Programme
of the European Union



CULTURAL VIEW



Good to know

Costs:

The project is 100% free.*

*-The meals and the accommodation is fully covered.

-You will have to buy your tickets yourself and will have to aim to find the cheapest travel solution.

In two months after the project we will reimburse your tickets up to a limit, in return of your travel receipts and boarding passes.

Country	No. of participants	Max. Travel budget
Finland	5	275 EUR
Serbia	6	180 EUR
Greece	5	275 EUR
Romania	6	180 EUR
Hungary	8	20 EUR

Requirements for participation:

- Participants with special needs and fewer opportunities are welcomed
- Aged between 18 and 30 (no age limit for group leaders)
- Basic English
- You DO NOT have to be a student
- You have to have some kind of insurance for the days you will spend in Hungary (Either European insurance card, or any other travel insurance)
- Vaccination card



Good to know

Responsibilities: as a participant

- There will be 4 participant-led activity:
 - an intercultural night, a games, a music and a dance night.
- For these, **you as a national group** will be asked to :
 - Prepare a maximum 5 minutes long **presentation about your culture**
 - Bring some **traditional drinks, snacks and food**, that you will share
 - Prepare with **a dance** that is related to your culture and teach it to the rest of the group
 - Bring **an easy song** on your language and teach it to the group (or involve them somehow)
 - Bring a game that is related to your culture, and that we can play together.
- After the activity you will be asked to fill an evaluation form about the project.
- You will have to organise/deliver some kind of dissemination activity after the project (Don't be afraid, it will be easy and doable. You as a national group will decide on what it will be)

as a leader:

- You will help your national group during the preparation (activities, travel plans, general support)
- You will lead reflection groups and will have to participate leaders meetings.
- You will help your national group to deliver the dissemination activity after the project.



Funded by the
Erasmus+ Programme
of the European Union



CULTURAL VIEW



About us:

We are a group of enthusiastic young people, who are deeply engaged with arts and it's use for community and personal development. We believe that we can contribute to a better functioning society by merging our specialities and interests with arts, non-formal education and international youth projects.



Any questions?



gergely.zsori@gmail.com