

Youth Exchange
Wellbeing Warriors
Healthy Body, Healthy Mind

Kállósemjén, Hungary
July 20 - 30, 2025



Co-funded by
the European Union

Project overview

This youth exchange aims to strengthen the physical and mental well-being of young people. Over the course of 10 days, the program will support participants in cultivating healthier habits, building emotional resilience, and fostering intercultural friendships through engaging non-formal learning methods.

The activities include morning yoga and relaxation exercises, mindfulness and emotional self-awareness workshops, outdoor sports, team games, and hiking in the surrounding countryside. Additional sessions will focus on stress management and confidence-building, complemented by healthy cooking workshops featuring traditional recipes from each partner country. In the evenings, participants will enjoy intercultural evenings, creative workshops, and reflection groups designed to enhance cultural understanding and personal growth.

- **Theme:** This project focuses on physical and mental well-being, self-awareness, and emotional health.
- **Main Activity:** July 20-30, 2025 - Kállósemlő, Hungary
- **Advance Planning Visit (APV):** June 16-18, 2025 - Location: Kállay Mansion, Kállósemlő
- **Participants:** 10 young people (aged 14-16) from each country, accompanied by 2 group leaders
- **Participating countries:** Hungary, Lithuania, Turkey

What to bring:

- Comfortable sportswear and shoes for yoga/hiking
- Swimsuit, hat, water bottle, sunscreen
- Umbrella or raincoat
- 1-2 warm clothes in case of heavy summer rains
- Traditional food/snack, flag, and costume for intercultural night
- Personal toiletries and towel
- Enthusiasm, openness, and willingness to connect!

Project information

Venue: Kállósemlőn

Kállósemlőn is a welcoming village in northeastern Hungary, offering a peaceful setting for community-based activities. The program will be implemented at various local venues, including the community house, a school gym, and nature trails. The Kállay Mansion (Kállay kúria) serves both as accommodation and a workshop venue, providing a blend of historical charm and modern comfort.

Travel Information

Participants will arrive at Budapest – Liszt Ferenc International Airport. Transfers to Kállósemlőn will be organized, with participants being picked up by the host team and transported in approximately three hours. Travel reimbursement is available up to 309 EUR per person for distances between 500 and 1999 km. The project uses Hungarian Forint (HUF), with 1 EUR approximately equal to 400 HUF. The weather in July is typically hot and dry, with temperatures ranging from 35 to 38°C, so it is advised to bring light, breathable clothing and sun protection.

Accommodation – Kállay Mansion

Participants will be accommodated at the Kállay Mansion, a renovated historical building set in beautiful surroundings with a large park. The mansion provides shared rooms with 4–5 beds per room, gender-separated, with shared bathrooms. For group leaders and adults, options include twin or single rooms, either private or shared bathrooms. There are common areas for relaxation, workshops, and intercultural activities, along with an on-site kitchen and dining area. Free Wi-Fi is available. All accommodation and meals are fully covered by the project budget.

Meals

Three healthy meals a day will be provided on-site. One special meal, called the “Healthy Taste Exchange,” will feature traditional, healthy recipes from each participating country.

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