

# ERASMUS+

## YOUTH EXCHANGE

Hungary, Poland, Latvia, Lithuania,  
Slovakia

07th August – 15th August 2026

VENUE: Bodrogkeresztúr, Hungary

### **Title: Inclusive Minds, Healthy Lives**

**The target age group** of our project is 18-21.

**Group size/country:** 5 participants (plus 1-2 leader)

**Travel days:**

**07/08/2026** - Arrival

**15/08/2026** – Departure

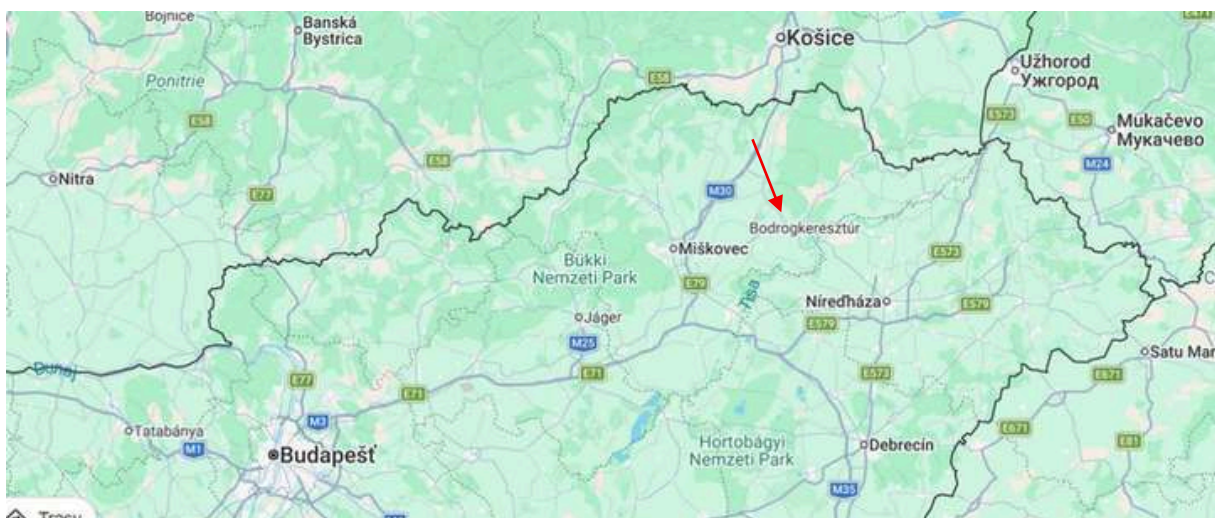
**Objectives:**

- To promote healthy lifestyles and mental well-being among young people through experiential learning and adventure therapy methods.
- To raise awareness about mental health, bullying prevention, and respectful behaviour in peer communities.

- To strengthen inclusion and create a safe environment where young people feel accepted, heard, and supported.
- To encourage offline social interaction and meaningful human connections by reducing excessive phone usage during activities.
- To develop assertiveness and communication skills, helping young people express their needs, boundaries, and opinions confidently.
- To highlight the positive impact of outdoor and nature-based activities on emotional and mental health.

### **Venue:**

Bodrogkeresztúr is a charming village located in the Tokaji wine region, known for its natural beauty and strong winemaking traditions. Its proximity to the Bodrog River offers great opportunities for outdoor activities such as hiking, water tours, and nature exploration. The peaceful environment makes it an ideal place for relaxation as well as for organizing group and educational activities. Local wineries and the famous Tokaji wines provide a valuable cultural experience for visitors. Overall, Bodrogkeresztúr is an attractive destination for both young people and adults seeking meaningful and enriching experiences.



**Youth Exchange Location:** Bodrogkeresztúr, Hungary

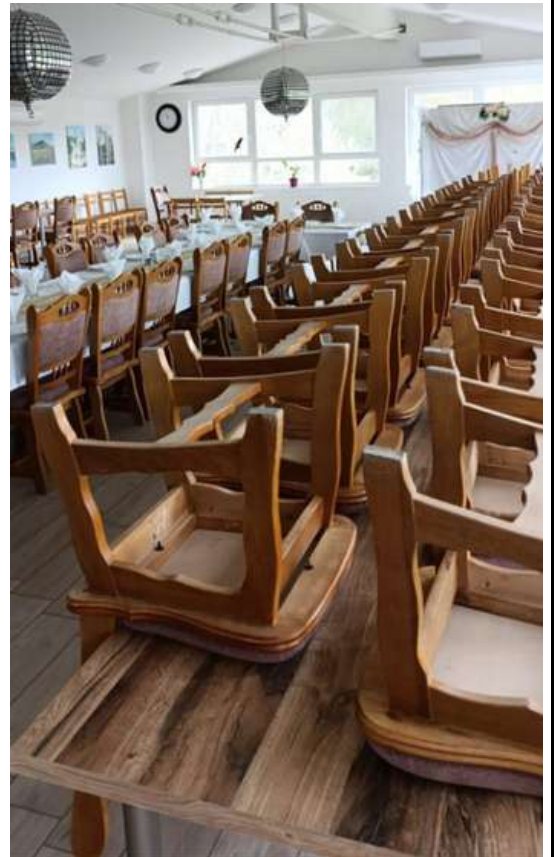
**Accommodation Address:**

Betlehem Evangélikus Pihenőház

Kossuth street 116.

3916, Bodrogkeresztúr, Hungary

Website: <https://www.betlehempiheno.hu/>



The welcome meeting, activities, workshops, group dynamics games will take place in the community room of accommodation.

## **ACCOMODATION**

You will be accommodated in a youth hostel, in 2-, 3- or 4-bedded rooms, each with a private bathroom. The accommodation provides three meals a day, and the restaurant is located in the same building as the hostel, making everything easily accessible.

We have selected a very suitable accommodation with full catering options. The hostel has a spacious garden with a volleyball court and a football field, giving us plenty of opportunities to organise outdoor activities and enjoy the summer weather together.

The area is located near the Bodrog River. Bodrogkeresztúr is surrounded by beautiful and diverse natural landscapes, making it ideal for forest walks and nature-based activities where participants can explore and enjoy the local environment.



## **CURRENCY EXCHANGE**

### **Hungary's national currency is Forint (HUF)**

We kindly recommend exchanging money in your home country or in a larger city where exchange services are available. However, please note that only a minimal amount of cash—or none at all—is needed, as payments can be made almost everywhere by card.

### **Important to let us know:**

- allergies
- any food intolerances
- vegetarian/vegan diet

The program includes **international evenings**, so bring with you the countries specialities (can be sweets, drinks, food, music, leaflets, folk costume, national flag...)

**Insurance:** Each group will arrange the insurance, and it will be reimbursed afterwards

We are looking forward to seeing you in Hungary soon!

Website: [www.luminosus.sk](http://www.luminosus.sk)

 [Luminosus, n.o.](#)

# Contact Us!



**Project Coordinator in Lithuania**

**Austeja Amankaviciute**

**[austeja@tavo-europa.eu](mailto:austeja@tavo-europa.eu)**



Co-funded by  
the European Union



# Join with Tavo Europa

Explorer Pass 2026. You are welcome to join our new educational programme for 2026!

Dive into non-formal learning exploration for a 75 euro fee that will unlock your potential to join all training courses, professional study visits, events in Lithuania and abroad until the end of the year, and also supports us to find new exciting and exclusive opportunities for community members!

Please do not pay any fee until you receive a confirmation letter to join the programme. If you want to join the project, please fill the application form, whether you have already participated or not.

Bear in mind that Tavo Europa keeps the right to send the most suitable and motivated participants to all of our projects.

For more projects:

Explore the world and learn together with the help of Tavo Europa.

Join the group with more opportunities:

<https://www.facebook.com/groups/186132221744993>



Co-funded by  
the European Union

