

# Roots of Change: Lead with Nature

Erasmus+ Youth Exchange

27 October -  
4 November 2025

Paloznak, Hungary





# Project Context

Human activity continues to change Earth systems and climate change is reshaping our way of living. Young people are in the front line of climate action to change their present and future, however often they lack tools and training needed to find purpose, motivation and rethink their role as leaders. This project aims to address this by empowering action and reimagining leadership in youth.

Our main goal is for participants to find their own voice and step into climate leadership in authentic ways.

We aim to create a space where participants can share and explore thoughts, feelings, emotions and experiences related to climate change. This will allow for spaces of intercultural dialogue, but also self-reflection regarding participants' connection between emotions and actions. By giving tools and strategies we aim to create and develop the agency of the participants, encouraging them to take initiative in their own communities and climate-related efforts.

## Objectives

- To empower young people to step into **climate leadership** in authentic and meaningful ways.
- To provide tools, methods, and strategies that help participants connect emotions to action, and turn awareness into leadership.
- To create an **intercultural learning space** where young people can exchange perspectives, experiences, and practices related to climate change.
- To strengthen participants' **agency and motivation** to take initiative in their own communities, inspiring others to act for sustainability.
- To encourage participants to reflect on their own values, emotions, and personal leadership potential, while building solidarity with peers from different cultural and social backgrounds.



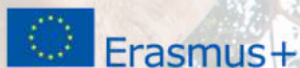
# Program Information

**Programme dates:** 27 October - 3 November 2025

**Travel dates:** 27 October and 4 November

**Venue:** Paloznak, Hungary

**Number of participants:** 20



**Erasmus+** is the EU's programme to support education, training, youth and sport in Europe. The 2021-2027 programme places a strong focus on social inclusion, the green and digital transitions, and promoting young people's participation in democratic life.

<https://erasmus-plus.ec.europa.eu/>

**Youth exchanges** allow groups of young people from different countries to meet, live together and work on shared projects for short periods.

Youth exchanges take place outside the school environment.

On a youth exchange, you can expect to participate in activities such as workshops, exercises, debates, role-plays, outdoor activities and more.

**The programme includes games, group work, presentations, discussions, creative workshops; both indoor and outdoor activities. There is no dress code - comfortable clothes are recommended.**



# Participants

We are looking for **4 young people** from each country who are:

- 18-30 years old, citizen or resident of the sending country;
- Interested in climate change, sustainability, or youth leadership;
- Curious, motivated, and open to learn new things;
- Ready to take part in the whole exchange and join activities actively;
- Open-minded, respectful, and happy to live and work in an international group;
- Comfortable communicating in English;
- Excited to share what they learnt with friends, family, or peers back home.

Each group will also have **1 group leader** who:

- Is at least 18 years old (no upper age limit);
- Has some experience in youth work or international projects;
- Can support the young participants during the exchange;
- Helps the group with practical questions and learning.





# Hosting organization

**Youth Bridges Budapest** was founded in 2019 by three youth workers - Csenge, Éva and Szandra - in order to help young people to deal with challenges of the 21st century, with special regard to skill-oriented learning, development of transferable and intercultural competencies, encourage active citizenship both national and international level. For this, we organise local and international workshops, youth exchanges and training courses for young people and youth workers.



## Facilitators

Roots of Change will be facilitated by **NaturAlma Training**'s team:

### Dorottya



*"I am a facilitator with a background in sustainability science and psychology. I love spending time in nature, especially in good company. I am a co-founder of NaturAlma Training that creates educational spaces for sustainability in an integrated manner: focusing on the external and internal aspects of sustainability."*

### Natalia

*"I am a facilitator and educator passionate about environmental education and community building. I have a background in biology, sustainability science and I am a yoga teacher. Looking to integrate all my passions I co-founded NaturAlma Training, an organization that aims to reconnect humans with each other and nature for a more sustainable present for all."*





# About Hungary & Paloznak

Hungary lies in the heart of Central Europe, known for its rivers, lakes, and rich traditions. The country's biggest lake is **Lake Balaton**, often called the “Hungarian Sea”, and it's right next to our venue. Hungary is also famous for its thermal baths, athletes and inventors, typical paprika dishes, wines, and the national shot called pálinka.

Our exchange will take place in **Paloznak**, a small and quiet village by Lake Balaton. It's surrounded by hills and vineyards, and has a relaxed countryside atmosphere. Life is slower here, which makes it a perfect place to focus on learning, connecting, and spending time together as a group.



**Currency:** Hungarian Forint (HUF), 1 € is ~ 400 HUF; check the prices [here](#). Bank cards work in most places, but if you need cash, it's best to exchange money in Budapest.

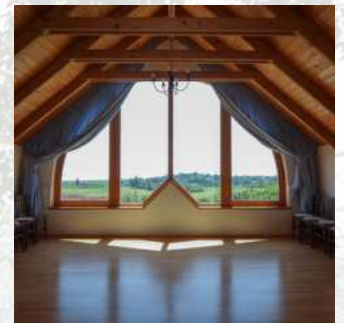
**Weather:** At the end of October and beginning of November, expect autumn weather: days are usually 10–18°C, nights can be chilly, and it might rain. Pack some warm layers and a raincoat. You can check the national weather forecast [here](#).



# Venue & Accommodation

Our program will take place at the **Világszép Foundation's Meseközpont** in Paloznak, a peaceful village close to Lake Balaton. The venue is surrounded by nature, with several training rooms, outdoor spaces, and cozy areas for group activities.

Participants will stay in shared rooms (2–4 people per room).



## Catering

We provide **full vegetarian catering** (aligned with the project's sustainability values) during the exchange:

- 3 main meals per day (breakfast, lunch, dinner),
- 2 coffee/tea breaks with light snacks,
- We will take care of special dietary needs and allergies – please let us know in advance in the registration form.

Food will be freshly prepared, and we also plan to involve participants in the meal experience: helping with serving breakfast, cooking dinner for intercultural evening, and contributing to the friendly atmosphere around the table, etc.



# Travel

Travel days are **27 October and 4 November**

We start the program on 27th Oct. with a dinner together, please, be sure that you arrive to the venue in time.

You are allowed to add 2-2 extra days before and after the youth exchange but you have to cover accommodation and meals for the extra days.

**Travel cost limits:** (non-green / green travel\*\*\* options)

10 – 99 km – 56 € (Hungary)

500 – 1999 km – 309 € / 417 € (Albania, Germany, Sweden)

\*\*\***Green travel:** if you use low-emission transport: train, bus, bike, or car-pooling, instead of flying

## Travel and Reimbursement Guidelines

### • Ticket Purchase & Cost Limits

- participants and/or partner organizations are responsible for purchasing tickets
- travel costs exceeding the limit will not be reimbursed
- the reasonably cheapest tickets will be reimbursed
- tickets with detours, unnecessary stops, or layovers will not be covered
- maximum of one checked-in baggage (15-23 kg) will be covered

### • Travel Documents & Reimbursement

- keep and submit all tickets, boarding passes, and invoices
- if using a smartphone app for boarding, take a screenshot of your boarding pass
- **missing documents = no refund!**
- travel documents will be collected during the youth exchange
- return boarding passes must be sent via email after the exchange
- reimbursements will be made via bank transfers once all travel documents have been received and Erasmus+ participant report filled out by the group leaders.

- **Insurance requirement:** Every participant must have valid health insurance for the entire program.

- *Before purchasing your tickets, read carefully the following information and ask for support from the organizers if needed!*



# How to get to the venue?

The youth exchange will take place in Paloznak at **Meseközpont**

address: Paloznak, Zrínyi u. 16, 8229 Magyarország

The nearest train station is **Csopak**.

## 1. From the airport to the city

- Take the 100E Airport Shuttle Bus to Budapest *Kálvin tér* or *Deák Ferenc tér* (city centre).
- The ride takes about 40 minutes. A special airport bus ticket is needed (2200 HUF  $\approx$  5-6 EUR), available from ticket machines at the airport or via the BudapestGO app.

## 2. From Budapest to Csopak

- From the city centre, go to *Budapest Déli Railway Station (Déli pályaudvar)* by metro (M2 red line).
- From Déli station, take a direct train to Csopak (towards Balatonfüred / Tapolca).
- The journey takes around 2 hours 15 minutes.
- Please, note that the last *direct* train leaves from Budapest at 19:05.

## 3. Tickets and timetable

- Train tickets can be bought at the station, online at MÁV-Start, or in the MÁV app.
- A one-way ticket Budapest–Csopak costs approx. 3 000–4 000 HUF (8–10 EUR).

## 4. From Csopak to Paloznak

- From Csopak station, there will be a pre-arranged pick-up by the organizers.

### [🔗 Useful Links for Journey Planning:](#)

[Budapest Airport Express bus schedule and route](#)

[Budapest public transport information](#)

[Train timetable & tickets](#)



# Contribution

## In case of selection, your tasks are...

### before the youth exchange:

- cooperate with the organizers and your sending organization during the preparation phase,
- complete the registration form by 30 September
- purchase your tickets according to the provided travel guidelines and upload them to the shared drive by 05 October,
- ensure you have valid travel insurance or European Health Card (EHIC) for the entire duration of the course,
- join and actively follow the project's WhatsApp group,
- participate in a preparatory meeting with your sending organization.

### during the youth exchange:

- respect the house rules of the accommodation and local culture,
- pay attention to the facilitators and fellow participants,
- present your country and culture, and bring typical food/drinks for the intercultural evening,
- be active in your participation—while not obligatory, active engagement contributes to the best learning experience.

### after the youth exchange:

- *group leaders:* complete the Erasmus+ participant report (required for travel reimbursement).
- fill out the evaluation form to provide feedback.
- complete the Youthpass to reflect on your learning achievements.
- attend a follow-up evaluation meeting with your sending organization to share your learning and the results of the project.
- support your sending organization in disseminating the project results both online and offline.





## Application

Please contact the relevant partner organisation in your home country as they are responsible for the selection of the national teams.

## Find Us

<https://www.youthbridgesbudapest.org>

<https://www.tiktok.com/@youthbridgesbudapest>

[https://www.instagram.com/youthbridges\\_budapest/](https://www.instagram.com/youthbridges_budapest/)

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



We are looking forward to  
meeting you in Hungary!