



Star

Wanting, waiting, and bringing up children

„Surviving in a family”

Youth exchange

20th-30th June, 2016

Szarvaskő (Eger) forests, Hungary

Purpose:

To be prepared for establishing a family with a man/woman, living together in harmony, and wanting a baby, waiting for a baby together, giving birth, nursing, living together with a baby, child, bringing them up.

To show healthy lifestyle, how to live in the forest, to know other cultures, and how to work in an international group with tolerance other cultures.

For the project it is important to be fully active, and considering only this topic. Therefore we will live in the forest without internet, tv, etc.

Participants:

- couples, or
- women who would like to have children and want to be prepared for it
- between 18-30 years.
- 4 participants and 1 group leader from each country
- 7 partners (Hungary, Greece, Romania (2), Bulgaria, Spain, Italy, the Check Republic)

Competencies:

- development of personality
- enforcement of partnership (for couples)
- stress management
- healthy lifestyle
- problem solving
- preparation for waiting for and receiving children
- preparation for giving birth
- preparation for the life with the baby
- the role of the father during pregnancy, giving birth and bringing up children

- nursing
- advice, methods for binging up children

Tools:

- relaxation techniques
- meditation
- transdance
- outdoor training
- yoga/exercises for pregnant women
- nordic walking
- breathing
- establishment of goals
- horse riding
- yoga
- hypnobirthing
- preparation with the father (for couples)
- nursing advice
- baby carrying, attachment parenting
- Maminbaba (dance with baby carrying)
- Hand in Hand parenting
- alternative education (e.g. Waldorf)
- baby yoga, baby massage



The training is an outdoor training with a lot of experience in the woods, nature. There are always evaluations after activities.

Accommodation:

in yurt-type mobile houses, in the forest (see „jurta” in google). Sleeping bags will be necessary.

The training is nomadic so be prepared for it. In the forest there is no electricity, water, internet, network. In case of emergency the closest town is very close, we can reach it in 15 minutes, and also the place can be reached. Showers and toilets will be provided but not as in hotels. The mobile network can be used in case of emergency.

Reimbursement:

The accommodation, activities, meals, costs of safety equipment, trainers are covered by Erasmus Plus project.

Travelling will be reimbursed after the project, after receiving all travelling tickets, invoices, and documents in original copy. Reimbursement happens for partner organizations in one

amount, and partners will forward it to the participants. The travelling costs will be reimbursed within the limits below:

Czech Republic: EUR 80

Greece: EUR 170

Romania: EUR 80

Italy: EUR 170

Bulgaria: EUR 170

Spain: EUR 270

If the cost of travelling is above the mentioned limits, then participants shall cover the difference.

Contacts:

Your own partner organization.

Directly us:

Beáta Kovács Tesléry

teslery@gmail.com

Phone: +36 20 2362829

