

Erasmus+ Youth Exchange
Bogács, Hungary
18/10/2025 - 26/10/2025

Booklet



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About the project: Inner Compass

“When you trust your inner compass, every step becomes a journey of purpose.”

This quote resonates with the “Inner Compass” project, emphasizing the importance of self-awareness and inner guidance in navigating life’s challenges and finding personal growth. The project encourages participants to embark on a journey of self-discovery, where they can explore their thoughts, emotions, and identities in a supportive environment. By engaging in activities that push their boundaries and foster introspection, participants will confront their inner challenges, build resilience, and ultimately grow stronger and more self-aware. The quote conveys that meaningful growth isn’t just about external achievements; it’s about trusting your inner compass, understanding yourself better, and embracing the journey of becoming a more authentic, mindful, and empowered individual. “Inner Compass” embodies this philosophy by providing tools, experiences, and a supportive space for young people to explore their inner selves, gain clarity, and emerge with greater self-awareness and resilience. The “Inner Compass” Erasmus+ project seeks to tackle the growing challenges of mental health among young people, with a focus on anxiety, self-awareness, and personal growth. In today’s rapidly evolving world, many young individuals experience heightened stress and anxiety while lacking the opportunity to reflect on their personal identities in a supportive and inclusive environment. We recognize the urgent need for initiatives that guide young people toward resilience, self-discovery, and effective tools for managing their mental well-being.

To assess the needs of young people, during the application writing phase we conducted a survey with 153 respondents aged 18-30, involving the partner countries. The result confirmed the identified issues and needs, validating the project’s relevance and emphasizing the necessity of addressing these challenges.

Issues and needs addressed by the project:

- **Growing anxiety and mental health concerns:** many young people experience anxiety due to societal pressures, uncertainty about the future and a lack of coping mechanism. This project addresses the need for practical tools and strategies to manage anxiety, fostering better mental health among participants.
- **Lack of opportunities for self-discovery and personal growth:** young people often lack safe spaces where they can explore their identities, capabilities and potential. The project seeks to provide a platform for self-exploration, encouraging participants to step outside their comfort zones and experience growth through personal challenges.
- **Limited access to mindfulness and positive mental health practices:** despite the proven benefits of mindfulness in enhancing mental well-being, many young people are unaware of or do not have access to such practices. This project will offer workshops and activities that introduce participants to mindfulness techniques, promoting positive mental health habits.
- **Need for intercultural learning and exchange:** understanding different cultural perspectives on mental health is crucial in fostering empathy, mutual respect and collaboration. The project will create a multicultural environment where young people from diverse backgrounds can learn from one another and share their approaches to mental health.

Objectives of the project:

- **Cultivate self-discovery and personal growth:** we aim to create a safe, inclusive space where participants can explore their strengths, weaknesses, and potential. Through non-formal activities, they will gain a deeper understanding of themselves and their mental health.
- **Promote mindfulness and positive mental health:** through interactive workshops, we immerse participants in mindfulness practices, fostering a present-focused mindset, reducing anxiety, and promoting positive mental health habits.
- **Provide tools to manage anxiety:** the project equips participants with practical tools to identify and manage anxiety, empowering them to take control of their mental health and build resilience through shared experiences.
- **Expand comfort zones:** by stepping outside their comfort zones through structured challenges, participants foster personal growth, resilience, and confidence in overcoming fears.
- **Foster intercultural understanding:** we promote dialogue among young people from different countries, enabling them to share perspectives on mental health and build a collective understanding of common challenges.

In conclusion, through the "Inner Compass" project, we aim to create a transformative experience that addresses mental health challenges while equipping participants with tools, self-awareness, and confidence to navigate future challenges. We foster self-discovery, mindfulness, and intercultural understanding to guide young individuals toward becoming empowered, empathetic, and connected leaders.



THE **"INNER COMPASS" ERASMUS+ PROJECT** WAS A RESOUNDING SUCCESS, EFFECTIVELY CREATING A SANCTUARY FOR SELF-DISCOVERY AND GROWTH IN BOGÁCS, HUNGARY. WE SUCCESSFULLY REACHED ALL OUR DEFINED GOALS, EQUIPPING YOUTH WITH PRACTICAL TOOLS FOR MENTAL WELL-BEING AND RESILIENCE WHILE FOSTERING DEEP INTERCULTURAL SOLIDARITY. THIS TRANSFORMATIVE JOURNEY BROUGHT TOGETHER **37 PEOPLE FROM SIX COUNTRIES**—HUNGARY, UKRAINE, SLOVENIA, GEORGIA, SERBIA, AND ITALY—EMPOWERING THEM TO FIND THEIR "INNER DIRECTION" AND EMERGE AS CONNECTED, MINDFUL EUROPEAN LEADERS.





Kaptárkő Természetvédelmi és Kulturális Egyesület

About the association

Our association was officially **established in 2003 in Eger, Hungary**. Originally focused on the preservation of the unique **Hive-stones** (kaptárkövek) of Bükkalja region – including their rehabilitation, protection from invasive species, and public presentation – **our mission has significantly expanded** over the past two decades.

Today, we are a vibrant community of around 200 members and volunteers, working to **promote nature conservation, environmental awareness, and cultural heritage through a wide range of activities**. **These include:** forest school programs, guided nature tours, educational lectures and scientific courses, mentorship for young people, culturally enriching leisure programs.

We especially **dedicated to shaping an eco-conscious mindset among youth**. Our regular programs target high school students, university interns, and the broader public, helping them better understand environmental challenges and nature conservation efforts both in Hungary and across the European Union.

Our goal is to inspire a deeper connection with nature, preserve our unique natural values, and support the next generation becoming active, aware, and responsible citizens.

Our work within Erasmus+

Our association has been actively involved in the Erasmus+ programme for several years, both as a project coordinator and as a reliable partner organisation. Our mission to promote environmental awareness, nature conservation and cultural heritage fits naturally within the key priorities of Erasmus+, especially in the areas of environmental sustainability, inclusion and diversity, and participatory youth engagement.

Through Erasmus+ projects, we aim to create meaningful, nature-connected experiences for young people. We design and implement programmes that combine non-formal education, outdoor learning, and creative self-expression – encouraging participants to explore personal growth, well-being, and sustainability in a supportive, intercultural setting.

We see Erasmus+ not just as a funding tool, but as a powerful platform to inspire action, share values, and strengthen solidarity across Europe.

Partner NGOs of the project:

1. SEMINARIUM (GEORGIA)

Located in the mountain area of Georgia, "Seminarium" is a recently formed non-profit organization that was founded by a small group of young leaders with the assistance and guidance of educators from the surrounding community. By means of our efforts, we want to assist local youth in the development of their abilities and gain of information via non-formal educational activities, to enhance the quality of life in mountainous regions, and to enable locals to actively participate in the development processes of mountain communities. Together with the assistance of our mentors and coworkers, we want to play an active role in the life of our community and to collaborate with a number of different partners and benefactors. Additionally, establish a solid connection with other organizations that have ideals that are comparable to your own.

2. ASSOCIAZIONE DI PROMOZIONE SOCIALE GIALLO SASSI (ITALY)

Giallo Sassi is an association formally established in February 2014 by a group of young people who have chosen to live in Matera and to spend their resources and professionalism to make the territory grow, investing in sustainable tourism and education as concrete opportunities of development. The association's objective is to discover and cultivate local talents and give them the opportunity to express themselves in their territory of origin, creating real job opportunities, to counter the growing phenomenon of youth emigration.

Giallo Sassi works in synergy with institutions, private entities, schools and the world of volunteering, and promotes cultural and value training courses among young people of school age and young adults, which highlight and develop their potential, following the philosophy of peer education.

The three leading sectors of the APS are:

- SOCIAL: education of young people, educational community and prevention of addictions,
- TEACHING: for primary and secondary schools on knowledge of the area,
- CULTURAL: innovative tourist proposals for students, families and tourists.

3. SINHRO (SERBIA)

SINHRO (SYNCHRO) is a dynamic NGO based in Panchevo, Serbia, dedicated to fostering community innovation and youth engagement. The organization serves as a hub for collaborative and cross-sectoral initiatives, aiming to transform the local community into a vibrant and inclusive environment. SINHRO's activities include organizing youth-led events, public advocacy, workshops, and cultural programs that empower young people and encourage active citizenship. Through various projects, SINHRO connects creative individuals, artists, activists, and educators, all sharing a vision of collaboration, sustainability, and community growth.

4. YOUTH FOR WATER (SLOVENIA)

Youth for Water is a group of young people united by a shared passion for water, nature, and the underwater world. Our connection to water began in childhood through time spent near lakes and rivers, as well as through aquariums, which inspired a lasting sense of freedom, calm, and curiosity. What started as a common interest in aquaristics gradually evolved into a deeper commitment to nature and environmental protection. Over time, our focus expanded from the underwater world to nature as a whole, with a growing awareness of the importance of preservation. Through our activities, we aim to strengthen the connection between young people and nature and encourage more conscious, sustainable ways of thinking and living.

5. UKRAINIAN INSTITUTE FOR CULTURAL RELATIONS POLICY (UKRAINE)

The Ukrainian Institute for Cultural Relations Policy (UICRP) is a civil society organisation dedicated to advancing educational system and fostering global intercultural dialogue. The organisation's primary focus lies in cultural diversity advocacy, promotion of cultural diplomacy as a resource for social cohesion and dialogue, fostering peace and stability, and addressing minority issues. Furthermore, the UICRP is committed to the professional growth of both young individuals and educators/trainers. This is achieved through the development of educational programs that focus on the essential skills required in today's world. Additionally, the organisation conducts regular training sessions and workshops to further enhance knowledge and expertise.

ERASMUS+

OPPORTUNITIES & PRIORITIES

ERASMUS+ IS THE EUROPEAN UNION PROGRAMME THAT SUPPORTS EDUCATION, TRAINING, YOUTH, AND SPORT ACROSS EUROPE. IT GIVES THE CHANCE TO STUDY, WORK, VOLUNTEER, AND GAIN EXPERIENCE ABROAD. THE PROGRAMME PROMOTES LEARNING, INTERNATIONAL COOPERATION, AND PERSONAL DEVELOPMENT.

OPPORTUNITIES

 **YOUTH EXCHANGES**
CULTURAL LEARNING &
TEAMWORK

 **TRAINING COURSES**
SKILL-BUILDING FOR
FUTURE YOUTH LEADER

 **VOLUNTEERING (ESC)**
MEANINGFUL SERVICE
EXPERIENCES

 **STUDY MOBILITY**
ACADEMIC LEARNING
ABROAD

PRIORITIES

 **INCLUSION & DIVERSITY**
EQUAL ACCESS FOR ALL
YOUTH

 **DIGITAL TRANSFORMATION**
DEVELOPING DIGITAL
SKILLS

 **GREEN ERASMUS**
SUSTAINABILITY AND
CLIMATE ACTION

 **SUPPORT FOR RURAL AREAS**
MORE OPPORTUNITIES
FOR SMALL COMMUNITIES

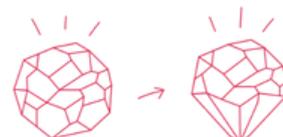
LEARN. TRAVEL. GROW.



Youthpass

The **Youthpass** is the official European tool designed to recognize and validate the non-formal and informal learning outcomes achieved by young people and youth workers participating in the Erasmus+ program. It consists of a certificate that confirms participation and a structured reflection process that allows individuals to identify and describe the specific competences they acquired during their project.

The 8 Key Competences



The European Union's Reference Framework for Lifelong Learning provides the structure for the Youthpass certificate. This framework identifies eight core areas essential for personal fulfillment, employability, and active citizenship. While these areas are interconnected, they are used to categorize and describe the specific learning that took place during a youth project.

The 8 key competences are:

- **Literacy competence:** The ability to communicate effectively and understand information in various forms.
- **Multilingual competence:** The capacity to use different languages for communication and appreciate cultural diversity.
- **Mathematical competence and competence in science, technology, and engineering (STEM):** Problem-solving in daily life and understanding scientific evidence.
- **Digital competence:** The confident and responsible use of digital technologies for learning and participation.
- **Personal, social, and learning to learn competence:** The ability to manage one's own learning, reflect on the self, and work constructively with others.
- **Citizenship competence:** Engaging as a responsible citizen and understanding social and political concepts.
- **Entrepreneurship competence:** Taking initiative and turning ideas into actions that create value for others.
- **Cultural awareness and expression competence:** Understanding and respecting how ideas and emotions are expressed across different cultures through art and other forms

Find out more here:

<https://www.youthpass.eu/en/about-youthpass/about/>
<https://www.youthpass.eu/en/help/faqs/keycompetences/>

To make these often abstract EU concepts more relatable, **the project utilized the following tools and activities:**

- **Creative introduction:** Participants explored the competences through a challenge where groups had to present a specific competence without naming it, helping them recognize how these skills already exist and grow within them.
- **Key competences reflective diary:** Every participant received a physical diary that served as a dedicated "companion for the journey". It provided a personal space to document daily insights, emotional experiences, and growth specifically linked to the eight competences.
- **Daily integration:** The diary was used during structured daily reflection sessions, particularly in the mornings, where participants reviewed the skills they had practiced in the previous day's workshops.
- **Tangible documentation:** By engaging in daily writing, participants were able to turn abstract skill acquisition into a concrete record of their progress. This process made them more aware of their development in areas such as communication, teamwork, leadership, and digital literacy.
- **Final validation:** At the end of the project, participants used their reflective diaries as a primary resource to articulate and transfer their learning outcomes into their official Youthpass certificates.

The intentional design of the project activities ensured a clear alignment between the program content and the targeted development of these key competencies, allowing participants to leave with a formal document to support their future educational and professional opportunities.



Programme table

	Arrival DAY	DAY1	DAY2	DAY3	DAY4	DAY5	DAY6	DAY7	Departure DAY	
	2025.10.18. Saturday	2025.10.19. Sunday	2025.10.20. Monday	2025.10.21. Tuesday	2025.10.22. Wednesday	2025.10.23. Thursday	2025.10.24. Friday	2025.10.25. Saturday	2025.10.26. Sunday	
8:00 - 8:30	Arrival	Breakfast / prepare for the day	Breakfast / prepare for the day	Breakfast / prepare for the day	Breakfast / prepare for the day	Breakfast / prepare for the day	Breakfast / prepare for the day	Breakfast / prepare for the day	Breakfast	
8:30 - 9:00										
9:00 - 9:30		Morning reflection	Morning reflection	MORNING SESSION Reflective hike: a journey through past, present and future Hike to Szomolya hive stones and back	Morning reflection	Morning reflection	Morning reflection	Morning reflection	Morning reflection	
9:30 - 10:00										
10:00 - 10:30		MORNING SESSION Introduction and getting to know each other	MORNING SESSION Name games, National realities		MORNING SESSION Reflective hike: a journey through past, present and future Hike to Szomolya hive stones and back	MORNING SESSION Activities focusing on the themes of diversity, equality, discrimination and inclusion	MORNING SESSION Zoom-in zoom-out The bunker simulation game	MORNING SESSION Youth in action	MORNING SESSION Youth in action	MORNING SESSION Youth in action
10:30 - 11:00										
11:00 - 11:30										
11:30 - 12:00										
12:00 - 12:30										
12:30 - 13:00										
13:00 - 13:30		Lunch	Lunch		"FREE DAY" IN EGER - Discovering Eger - detective tour - Lunch in Forst-Ház / Govinda restaurants - Afternoon Turkish bath - Gathering on Dobó square, walk to Szépasszony -valley	Lunch	Lunch	Lunch	Lunch	Lunch
13:30 - 14:00										
14:00 - 14:30		Time for leisure activities	Time for leisure activities	Lunch		Time for leisure activities	Time for leisure activities	Time for leisure activities	Time for leisure activities	Time for leisure activities
14:30 - 15:00										
15:00 - 15:30		AFTERNOON SESSION Introduction of Erasmus+, Youthpass and the differences between non-formal, informal and formal education	AFTERNOON SESSION Ment-act health - "this is anxiety"	AFTERNOON SESSION Trust and confidence-building games		AFTERNOON SESSION Shorter self-reflection, self-awareness activities	AFTERNOON SESSION Hiking challenge Hike to Kövesdi viewpoint,	AFTERNOON SESSION Bringing the journey to a meaningful and reflective conclusion	AFTERNOON SESSION Bringing the journey to a meaningful and reflective conclusion	AFTERNOON SESSION Bringing the journey to a meaningful and reflective conclusion
15:30 - 16:00										
16:00 - 16:30										
16:30 - 17:00										
17:00 - 17:30										
17:30 - 18:00										
18:00 - 18:30	Meeting at Eger train s.	Active and deep listening practice	Active and deep listening practice	Active and deep listening practice	Active and deep listening practice	Active and deep listening practice	Active and deep listening practice	Active and deep listening practice		
18:30 - 19:00										
18:30 - 19:00	Check-in, rooms	Group leaders meeting	Group leaders meeting	Group leaders meeting	Group leaders meeting	Group leaders meeting	Group leaders meeting	Group leaders meeting		
19:00 - 19:30										
19:30 - 20:00	Welcome and dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner		
19:30 - 20:00										
20:00 -	Opening event, CAMPFIRE and LIVE GUITAR	Movie night: The Pursuit of Happyness	First intercultural night	Second intercultural night	Dinner in Eger, Szépasszony -valley	Self-org. time	STARGAZING	Farewell night	Farewell night	
20:00 -										

How the programme table was designed?

The creation of the timetable was guided by the following key principles:

1. BALANCED STRUCTURE:

Each day was planned with a balance between structured sessions, reflection time, and leisure activities to ensure both meaningful learning and participant well-being.

2. FLOW OF LEARNING:

The programme follows a pedagogical flow - from getting to know each other and understanding core topics (e.g. diversity, youthpass competences, mental health), through deeper reflective sessions and challenges, to the final day where participants actively co-create and lead.

3. EXPERIMENTAL LEARNING:

A variety of methods were used, such as hikes, workshops, group discussions, interactive games, and simulation activities, to cater to different learning styles and to ensure that learning is embedded in real-life experiences.

4. INCLUSION AND DIVERSITY:

Activities specifically addressed the topics of discrimination, inclusion, and equal participation, both in content and delivery. The programme aimed to create a safe and supportive space for all.

5. YOUTH-LED CONTENT:

Several elements (especially on Day 7 - "Youth in Action") were co-created and implemented by the participants themselves, encouraging ownership, creativity, and active involvement.

6. LOCAL CONNECTION:

The programme made use of the local environment of Eger, integrating cultural discovery, culinary experiences, and nature-based activities to strengthen participants' connection to the location and to promote intercultural dialogue.

7. FLEXIBILITY AND WELL-BEING:

The timetable included regular reflection sessions, moments for rest and leisure, and lighter evening activities to support mental well-being and prevent overload.

Color codes to the programme table
Meals
Meals - external location
Reflection time
Main activity sessions - external location / excursion
Main activity sessions - at the venue
Leisure activities and time to socialize
Transport and logistics

To enhance clarity and usability, the programme table was colour-coded based on the type of activity (e.g. meals, reflection time, main sessions, transport), allowing participants to easily navigate each day.

Story of the youth exchange

Arrival day



The arrival day was designed to provide a smooth and friendly welcome for all participants, allowing them to settle in, meet their peers, and get a first taste of the project's atmosphere. After their arrival and check-in at the venue, the evening began with a warm welcome dinner, followed by an **informal opening event around the campfire**. Through **live guitar**, storytelling, and informal sharing, the participants started to connect in a relaxed and inclusive setting. This first evening was essential in creating a sense of belonging, easing arrival-related stress, and laying the emotional groundwork for an impactful and cooperative week together.

Day 1

Our first day together **began with connection**. While the names were still fresh and the group energy still forming, we eased into the day with playful and meaningful activities that helped participants get to know each other and themselves. Through **get to know each other games** like the "Hangman name game" and "Two truth one lie", and **icebreakers** laughter and curiosity filled the space - the first bridges between strangers were being built.



From there, we moved into deeper territory: sharing our **fears, expectations, and contributions**. Each participant wrote their thoughts on colourful flipcharts, creating a collective snapshot of where we stood at the beginning of this journey. These honest reflections helped build trust and laid the emotional groundwork for the days ahead.



Participants then took a moment to **draw their own profile outlines** – a creative self-portrait. As a final touch of connection, everyone drew a **secret friend** from a hat – a fellow participant to quietly support, encourage, and surprise throughout the week. From this moment on, small acts of kindness began to blossom.

In the afternoon, the focus shifted to the **Erasmus+** and its many **opportunities**. Group leaders shared personal stories at thematic stations: about studying abroad, volunteering through ESC, youth exchanges, or even Erasmus Mundus. These stories, full of inspiration and real experience, brought the EU programmes to life in an engaging and relatable way.



Following that, participants explored the **Youthpass** and its **8 Key Competences** through a **creative challenge**. Each group received one competence and had to present it – without saying its name. This activity not only made EU concepts more understandable, but also helped participants recognise how these competences already exist and grow within them.

To deepen the learning, each participant received their **Key Competences Reflective Diary** – a personal space to document growth, insights, and experiences linked to the eight competences throughout the exchange. This diary became a companion for the journey, encouraging daily reflection and helping participants track their individual learning paths.



The day closed with a quiet, reflective evening. Wrapped in blankets and sipping tea, we gathered to **watch The Pursuit of Happiness – a moving film that touched on resilience, emotional struggle, and the pursuit of dreams.** It sparked thoughtful conversations and set the tone for the inner journey we were all about to take.

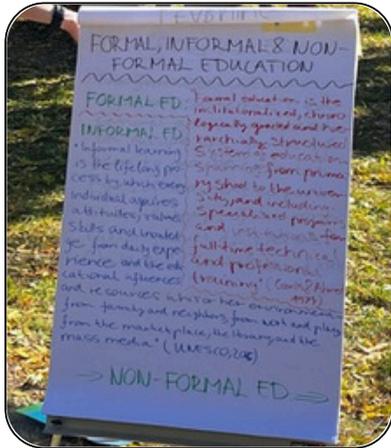
Day 2

The second day began with more familiar smiles and a growing sense of connection. As names became easier to remember and barriers started to dissolve, we warmed up with energizers and one more round of name games – just to anchor us a little deeper into the group.



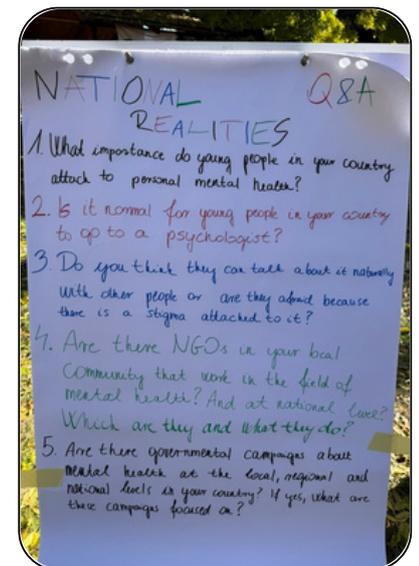
The morning session invited us to reflect on a core question: **How do we learn?**

Together, we explored the **differences between formal, informal and non-formal learning**, not through theory alone, but through creativity. In small groups, participants prepared short, fun performances to represent each learning type. Through acting, movement, and storytelling, we experienced how this youth exchange is an example of non-formal learning in action.



Then we shifted focus to something more personal and powerful: **National realities of mental health**

Each national team prepared a **visual presentation** about the situation in their country - not just facts, but lived experiences. For some participants, it was the first time speaking openly about mental health. For others, it was a moment of being heard. **The session reminded us: understanding begins when we hold space for each other's stories.**



In the afternoon, it was time to move, to breathe, to simply be.

Before heading out, **participants received their Inner Compass t-shirts** – a small but meaningful symbol of belonging. Then, we walked together through the quiet village of Bogács, past autumn leaves and peaceful streets, until we reached the large “BOGÁCS” sign. There, we **captured our first official group photo** – **36 participants from 6 countries, smiling as one.**



After the photo we continued the **walk to the lake.**

Some paused to reflect, others chatted or took photos. It wasn't a guided tour or a scheduled session – it was about slowing down, enjoying the present moment, and embracing nature as part of the learning experience.



The evening brought celebration:

Our first **intercultural evening**, featuring Serbia, Ukraine, and Hungary. **Participants presented their cultures through food, music, dances, games and language.** There were no stages or spotlights – just shared joy, curiosity, and authentic exchange. For many participants, it was the first time representing their culture abroad; for others, the first time seeing their homeland through someone else’s eyes.



Day 3

The third day took us beyond the walls of our venue – and beyond the surface of small talk. We left Bogács on foot and embarked on a **Reflective Hike**: a 12-kilometre walk through the hills and vineyards towards the village of Szomolya. **But more than a physical journey, it was a path inward – through the past, present, and future.**



Activities

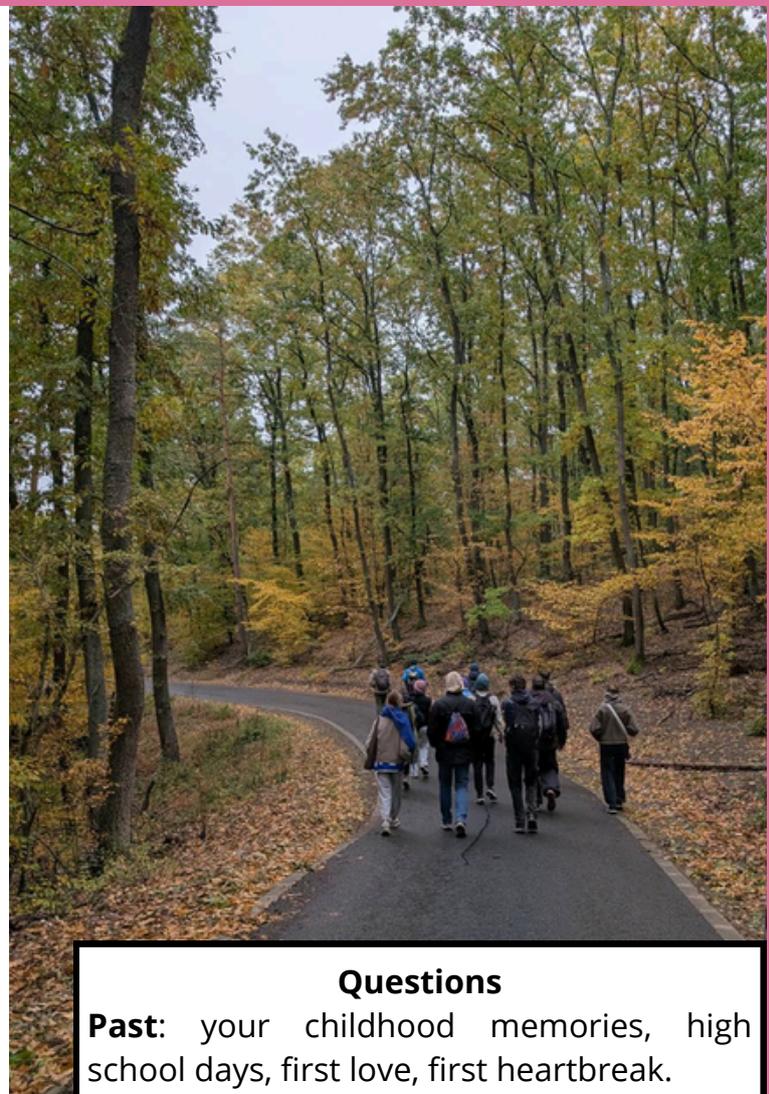
HIKING

One of the days we went on a **Reflective Hike** from **Bogács** toward **Szomolya** - a neighboring village hidden between soft hills, vineyards, and volcanic stones.

Walking in pairs with someone we haven't interacted much yet, we talked about our past, present, and future while hiking through nature.

The goal was not only 12km, but reflection, listening, and **connection**. It was about realizing that someone, just a few steps away, might be walking through something surprisingly similar.

We returned a bit tired but with new perspectives, stronger bonds and clearer **"Inner Compass"**.



Questions

Past: your childhood memories, high school days, first love, first heartbreak.

Present: your 2024 "movie trailer," your thoughts, your now.

Future: your dreams, your hopes, your "where do I see myself in five years?" moments.



Returning tired but grounded, the afternoon took us even deeper with **Ment-Act Health** – a powerful theatrical activity exploring real-life mental health experiences.

In international teams, participants were given emotionally charged scenarios – anxiety, isolation, addiction, insecurity – and turned them into short, expressive performances. The stage became a mirror. Emotions turned visible. The audience didn't just watch – they felt.



In the evening it was time to celebrate again.

The **second intercultural evening** featured Slovenia, Georgia, and Italy, sharing their culture with pride and creativity. We danced, tasted, laughed, listened, and learned – not just about countries, but about people. And **once again, we felt the power of cultural exchange as a shared human experience.**



Sometimes, growth doesn't come from looking inward — but from stepping outside. On fourth day, we left Bogács and headed to **Eger — a town filled with history, beauty, and untold stories.**

The day started with curiosity and adventure. Through a lively **city quest**, participants became detectives, solving riddles and following clues through Eger's cobbled streets, baroque squares, and hidden corners. It wasn't just sightseeing — it was learning by exploring, seeing with fresh eyes, and sharing laughter along the way.

After the quest, we gathered for a well-deserved **lunch** — some at the elegant Forst-Ház, others in the calm, colourful space of Govinda. Conversations flowed easily, blending cultures and flavours in a relaxed and joyful atmosphere.

The afternoon invited us to slow down and recharge.

We visited the historic **Turkish Bath**, where warm waters and quiet spaces helped us unwind. It wasn't just physical rest — it was a moment of pause. A chance to reflect. To be present with ourselves in stillness.

As evening arrived, we took one last walk — this time to **Szépasszony-völgy, the Valley of the Beautiful Lady**. Surrounded by vineyards, candlelight, and gentle conversations, **we shared a communal dinner.**

But this wasn't just a cultural outing. **It was about connection — to place, to people, and to the present moment.** A day of movement and stillness, laughter and silence, adventure and grounding. **A day that reminded us: sometimes, to find your inner compass, you first have to get a little lost in a new landscape.**



Day 5

The fifth day began not with words- but with silence and breath. In the soft morning light, we gathered for a group **yoga session**, led by an experienced instructor. This activity was about being present - with ourselves, with our breath, and with the people around us. A gentle start that grounded us for a day of reflection and deep conversation.



Afterwards, we opened a space of quiet emotional depth through the **gratitude box**. In the center of the room stood a simple box — but inside it, something powerful: small notes written by participants, anonymously sharing what they were grateful for at that very moment. We passed the box around and read the notes aloud.

We continued our inner exploration with a **Dixit card based reflection**. Choosing images instead of words, participants gave shape to feelings, memories, and personal stories. The cards became mirrors — helping us connect to ourselves, and to each other.



From personal insight, we shifted toward social awareness.

Through the powerful **“One Step Forward”** activity, we stepped into lives different from our own – some privileged, some marginalized. It wasn’t just a roleplay. It was a confrontation with invisible barriers, a walk through unfair systems, a call for empathy.



After a short break, we dove deeper into the topic of Inclusion and Diversity, exploring it through the dynamic simulation: **“Mosque in Dreamlandia.”**

Participants took on different roles in a fictional country, debating whether to allow the construction of a mosque. But as the discussion unfolded, it quickly became clear: the tension wasn’t fiction.

We witnessed disagreement, negotiation, resistance – and in doing so, mirrored real-life complexities around religion, integration, and identity.

The debriefing was powerful. We talked about freedom, fear, cultural clashes, and the responsibilities of the majority. About inclusion not as a buzzword, but as a difficult, courageous practice that requires us to challenge our own assumptions.

Day 6

The sixth day began with laughter and rhythm – a playful energizer where participants danced and tried to guess who was secretly leading the moves. Smiles returned easily, a sign of how much the group had grown together. Then we returned to one of our most meaningful rituals: the gratitude box.



With hearts open, we shifted to a session on perspective. The **“zoom-in zoom-out”** activity invited us to reflect on different levels of perception: with each image, we explored how perspective matters.



Then came the day's emotional and ethical centerpiece: **“The bunker simulation”**

After a fictional nuclear disaster, only a limited number of people could survive in a bunker. Each participant became a character – with a name, a skill, a story... and a secret.

As oxygen levels dropped, tough decisions had to be made:
Who stays? Who leaves? And why?

Through intense negotiation, moral debates, and emotional twists, the group faced ethical dilemmas that tested not only logic, but compassion.

And when the simulation ended, we debriefed deeply – reflecting not just on the decisions made, but on what they revealed about our own values, fears, and the meaning of humanity.



After such intensity, the afternoon offered something much softer: sunlight, movement, and nature. We took a local bus to Noszvaj, then **hiked to the scenic Kövesdi viewpoint**. The trail was light, the air was fresh, and the mood was calm. Some walked in pairs, some alone. Words weren't always needed. The forest became a space to breathe and let go, the viewpoint a quiet reward at the end of an emotional journey.



And then, as night fell, something magical happened. We grabbed blankets and warm clothes, and gathered under the October stars. We called it **stargazing** — but it was much more. It was a moment of stillness, of shared silence, of being fully present. For a while, there was no pressure to speak. Only the stars above — and the bond we had built below. That night, we didn't just observe the universe. We felt part of it. Small, infinite, together.



Day 7

The final morning of the exchange didn't begin with a workshop - it began with the participants themselves. During the **Youth in Action** session, the space belonged to them. Each national group had the opportunity to share something meaningful, creating an atmosphere of trust, creativity, and a cultural expression. The Ukrainian team led a beautiful **Motanka doll-making workshop**, where threads and cloth turned into symbols of memory, resilience, and tradition. Ivan invited the group into a **poetic space**, where words revealed inner landscapes and even silence became a language. Eszter brought joy and presence through the **Impostor game**, filling the room with laughter, strategy, and playful connection. These sessions reminded everyone that leadership is not about roles - it is about presence, care, and the courage to share. It was more than a final activity. It became a celebration of what the group had become together - **a true learning community**.



Then came the **closing moment**. Sitting in a circle, each participant held a piece of string - not just a simple object, but a symbol. A symbol of memories, conversations, laughter, shared silence, and moments of understanding. A reminder of how much had changed since the first day.

The **participants were no longer the same people who arrived** with packed suitcases and uncertainty. Now they carried stories, connections, and new perspectives. **They had listened, opened up, supported one another, and grown together.**

One by one, the string was cut. Not as a goodbye - but as a way to carry the connection forward. Each participant kept a small piece as a **reminder of a shared journey**.

A reminder that perhaps one day there will be **"One more."** One more project. One more sunrise. One more meaningful encounter.

Because what was discovered during this exchange does not end with a closing circle. The participants leave with something lasting - a sense of direction, and a stringer Inner Compass.



After the closing session, the group gathered once more for an important moment: the **Youthpass ceremony**. During the week, participants had been reflecting on their experiences through their Key Competences Reflective Diaries, **exploring how the activities connected to the 8 key competences of Youthpass**. The ceremony was an opportunity to acknowledge this personal learning journey.

One by one participants gave to each other their Youthpas certificates and hugged each other, recognising their active participation and the competences they developed throughout the exchange. It was not only a formal moment, but also a symbolic one - **a recognition of the courage to share, to learn, and to grow together**.

Applause, smiles, and group photos filled the room. What started as a group of individuals from different countries had now become a community that had learned from one another.

The certificates marked the end of the programme - but also the beginning of carrying these experiences forward.



Before saying goodbye, participants took a **moment to write kind and encouraging messages to one another**. Small notes, simple words – but filled with appreciation, gratitude, and memories from the week.

Some messages thanked others for support and friendship. Some recalled funny moments, late-night conversations, or shared reflections. Others simply wished each other courage and happiness for the journeys ahead.

While these messages were being written and shared, **participants enjoyed freshly made Hungarian pancakes**, prepared by the Kaptárkő team especially for the group. The sweet treat added a warm and relaxed atmosphere to the moment, allowing everyone to continue conversations, laugh together, and savour the final hours of the exchange.

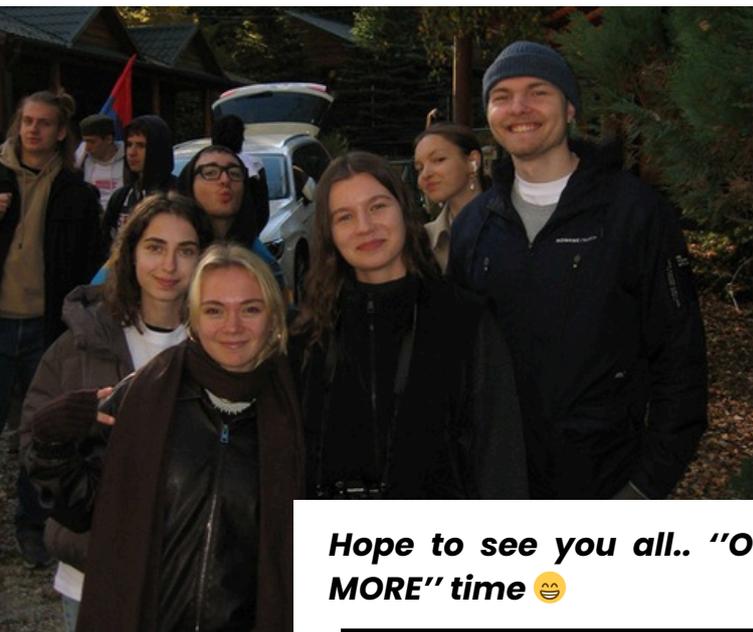
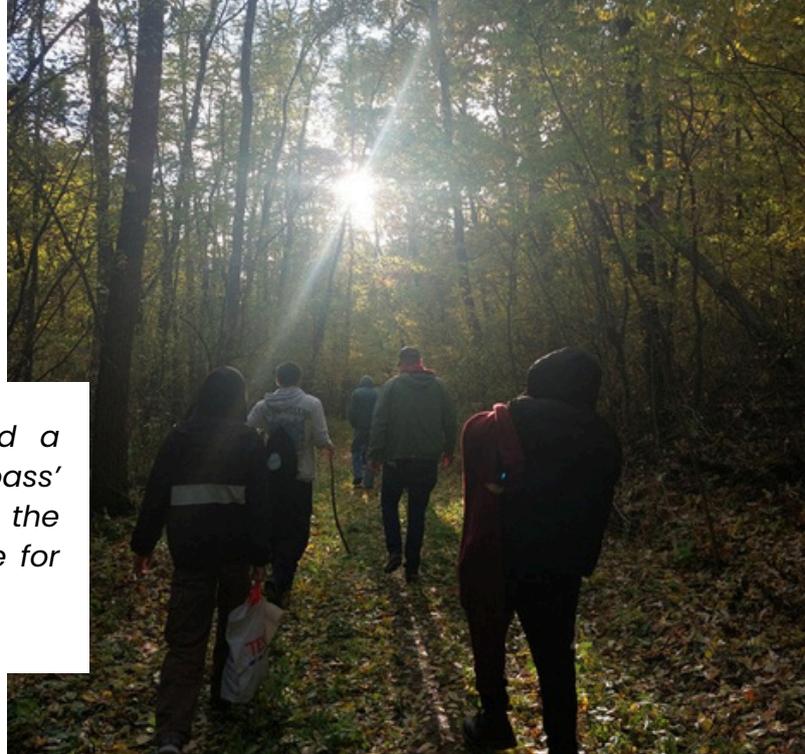
These notes – and the memories created around the table – became small souvenirs of the project, reminders that even a short time together can create meaningful connections.

Sometimes, a few sincere words and a shared meal are enough to remind someone that they were seen, heard, and valued.



ANOTHER ERASMUS, ANOTHER LIFE

From 18th to 26th of October I had a chance to participate in an 'Inner compass' project in Bogacs, Hungary thanks to the Kaptarko team and Ukrainian Institute for Cultural Relations Policy



Hope to see you all.. "ONE MORE" time 😊

Our week was full of creative workshops, outdoor activities and hikes, reflective sessions, debates and learning exercises. We spoke a lot about inclusion and mental health, self-awareness and healthy coping strategies to the things we don't usually talk about. I got a chance to look at life from so many different perspectives, to connect and found so many similarities in people around me. Throughout the week I couldn't stop thinking how grateful I am to discover and live these short learning experiences!

Polina, Ukraine

The project in Bogacs was my first long-awaited short-term Erasmus+ exchange. And it left me with only the most vivid impressions. Over the past year, I have visited many different places and countries and participated in many international projects, but only after this Erasmus exchange that I felt the warmest feelings.

Every day was a new opportunity not only to hear something new about mental health, tolerance, or even inclusion, but also to explore myself and learn more about my "inner compass." For the first time in my life, I was able to try myself in theatre arts, had my first experience with "reflective hike," first felt an inner peace after a yoga class, and even visited a Turkish bath for the first time... so many "firsts" happened in this seemingly short time...

The project brought together so many wonderful and diverse people in one place, with whom you could always discuss various topics or just talk things out, and you would always feel accepted and supported. When I was still travelling to the exchange, I did have some concerns that I would not be able to establish close relationships with anyone. But in the end, I have never received so many kind words as I did on this project, and after the last day and the "secret friend" initiative, I couldn't close my suitcase because of the number of gifts...

I am very grateful to the organisers, especially to our project leader, Bence Balla. And, of course, a big thank you to everyone for making this project truly meaningful!

Anastasiia, Ukraine

From October 18th to 26th, I took part in the Inner Compass project in Bogács, Hungary, thanks to the Kaptárkó team and the Ukrainian Institute for Cultural Relations Policy. When I arrived, I barely knew anyone, and the whole thing felt like the start of a story where a random group of strangers ends up becoming strangely important to one another.

The first hours were a mix of polite distance and cautious introduction vibes. But once we began sharing the mental health situations in our home countries, everything shifted. Suddenly, we weren't strangers anymore, we were people listening to each other's realities with genuine interest.

During the days, we worked through role-playing activities; during the evenings, cultural nights took over. And like in every Erasmus project, that's where the real magic (and some chaos) happened. You learn a lot about people from how they dance, what they cook, and what embarrassing songs they proudly call "traditional."

We had endless, deep conversations. The kind that happen only when you're sitting on the floor, or walking in the dark, or drinking tea in the common room long after midnight. Some questions got answers; others only multiplied. But everything felt honest.

Mornings were surprisingly easy. Maybe because the team felt so supportive. Maybe because we kept each other motivated. Or maybe because we were all waiting to see what unexpected moment would happen next.

We also had several hikes in the Hungarian mountains, covered in golden autumn colors. People walked in pairs or little groups, sharing dreams, playlists, and all kinds of ideas that usually stay hidden in everyday life. It felt cinematic like real life, but softer.

I'm grateful for the people I met there. They created an atmosphere where it was okay to open up, to laugh, to ask strange questions, and even to admit some small personal crises Erasmus style.

Huge thanks to Bence, Merci, Norbert, Adam and Bandi.

And Eger, well, Eger made its own impression. Strong, beautiful, and memorable.

Looking back, Inner Compass was much more than just another Erasmus project. It was a short chapter filled with unexpected feelings, honest talks, and jokes that only make sense to the people who were there.

Signed,
Artem Potapenko

How did the Hungarian team participants evaluate the youth exchange?



Eszter

"Each time you attend a youth exchange it will take up some place in your heart that will stay with you until the end. This program's takeaway wasn't only the many wonderful programs the organisers provided us but also many bonds, laughs, life changing conversations we took home.

What I found beautiful during this exchange was the acceptance and trust we felt during the exchange. Every single participant had a place between us. We were a little family for a week which felt more like another lifetime."

Noémi

"My first youth exchange exceeded all my expectations. Throughout the carefully organised programme I learned a great deal about European values, myself, and my interpersonal skills developed significantly. The times between workshops were made unforgettable by the vibrant and inclusive community; it was an honour to connect with, learn from, and teach so many different people. Since the main theme of the project was mental health, I also learned several new methods for supporting my own well-being. The cultural aspect of the exchange was not only incredibly exciting, but it also taught me a great deal about other nations and the benefits of diverse communities."



Róbert

"I was once again surprised by how much more these few days gave me than I expected. Getting out of the cycle of university life was a thirst quencher to meet new, wonderful people. Although we came from different places and cultures, it was as if we already knew each other. I am grateful that I was able to make acquaintances that extend beyond these few days. I wish that anyone else could experience this miracle."



Marcell

"When the Erasmus+ program comes up, youth exchanges are often dismissed as mere entertainment – and I, too, sometimes fall into that trap when I talk about my experiences. But during these occasions, I truly feel the mission of the European Union: a united, democratic Europe. By setting aside our everyday worries (apart from a few exams and projects), we were able to devote our full attention to one another and connect deeply – both with ourselves and with our peers. I'm glad that I was able to help others find their way to their first Erasmus program, just as others once did for me. I've also gained greater insight into group leadership, project implementation, and the inner workings of NGOs."

Bálint

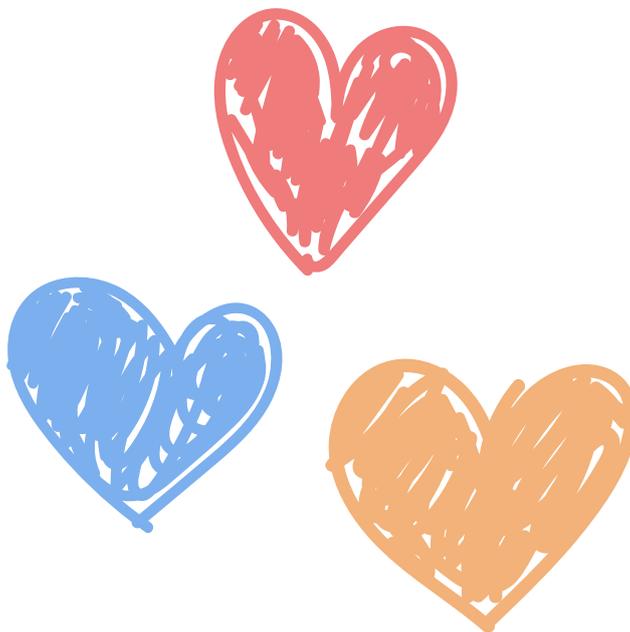
"This was my first youth exchange with this many people and different nations. At first I was not sure how things would go, but by the 3rd day I had to realise I'm surrounded by amazing people. The programs and activities helped me connect with these people and even with myself, while also making life-long memories. I could always talk to somebody with complete honesty, like we had known each other for years. After the project ended I felt extremely happy because I met these lovely people and sad at the same time hence we had to leave. I felt like I could live with these awesome people all my life."





Adél

My experiences at the “Inner Compass” Youth Exchange exceeded my expectations. Even though I had previous experience with Erasmus+ projects, some with similar topics as well, for me this one was special because of the people, and how well-organized our week was. I believe even though it was a diverse group, we connected and got close to each other in a very short time - by the fourth day, it felt like a big family where inclusion and openness were the basis of our community. We played, acted, hiked, and did so much more during this week, focusing on mental wellbeing, self-reflection, resilience and the connection with ourselves, others and the world surrounding us. The theme of the project includes lots of different topics, and the organizers made sure to view it from many different aspects, and dive into various topics that can help us understand where our inner compass is leading us. My takeaway from the project is to not be afraid of opening up to people, since many of us share similar backgrounds, and connecting through our past builds bridges, not walls.



Aftermovie

The official aftermovie of the Inner Compass Erasmus+ youth exchange has been created by one of the Slovenian participants, Matej. The video not only captures the events, experiences, and community moments of the week, but also serves as a great example of how young people can apply and develop their own skills within the framework of an Erasmus+ project.

Matej studies video production, and throughout the program he actively applied and further developed his digital competences – filming, conducting interviews, editing, and crafting a sensitive, visually powerful narrative about the group. Inner Compass provided him with the opportunity to explore his professional interests in a practical setting, while also contributing to the visibility and long-term impact of the project.

The video also includes aerial footage captured by Ivan, the group leader from Italy, who contributed his expertise in drone videography to enhance the visual storytelling of the aftermovie.

The result is a valuable piece of work that serves simultaneously as documentation, a shared experience, and a source of inspiration – for participants, partners, and all those interested.



Link to the aftermovie:

https://www.youtube.com/watch?v=ALZP_ww1cl



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