



Dear Participant,

This Infopack we have collected all the info what You need to know in order to come to our training course. You will find some info about Hungary, about the city called Szeged where the training course will be held and about the travel possibilities to get to the venue.

Have a good time discovering the practical things.

If You have any more questions, We are here to answer You.



Arrival of participants is expected on the 2nd of October until 19.00.

First meal provided for participants is DINNER.

Departure of participants is on 9th of October and the last meal provided is the BREAKFAST

GENERAL RESPONSIBILITIES OF PARTICIPANT:

- Behave as responsible person;
 - Able to actively attend the entire duration of the course;
 - Able to attend 100% of the program;
 - Able to respect time table of the educational activity;
 - Settle all the agreed obligations regarding travel costs;
 - Promote healthy life styles;
 - Respect others and ensure basic rights and freedoms to participants and trainers that all
 - People are entitled to regardless of nationality, sex, age, national or ethnic origin, race, religion, language, or other status;
 - Respect time and content framework;
 - Willing to transfer knowledge to the members of his/her organization;
 - Take care of working space and training material;
 - Be responsible for personal and others safety;
 - The organizational team keeps the right to exclusion of participant from the training or influence

the reimbursement of the ticket of participant in case that participant does not respect the responsibilities of the training.

Best wishes, see you soon,

YOPA Team



Hungary



If you would like to know some info about Hungary before coming here, check the <http://www.hungary.com/> website.

Here is a short quotation from that webpage:

“This small country is one of the oldest European countries, situated in the middle of the continent in Central Europe.

Hungarians speak a language and form a culture unlike any other in the region: this distinctiveness has been both a source of pride and an obstacle for more than 1100 years.

And there is something else that keeps bringing visitors back to us - the legendary Hungarian hospitality.”

Follow this link to find some non official facts about Hungarians:

<https://hungarianliving.com/you-know-you-are-from-a-hungarian-family-when/>

City of Szeged

Szeged is [the third largest city](#) of [Hungary](#), the largest city and [regional centre](#) of the [Southern Great Plain](#) and the [county town](#) of Csongrád [county](#) with its 167.000 inhabitants. It's situated at the estuary of the River Tisza and the River Maros.

Please, visit the following website to get to know more:

<https://hungary.com/szeged/>

<https://szegedtourism.hu/en/home/?fbclid=IwAR0joFHxU8VCQo34WPICAu3dgehocM6yfPJ-bnNEOgxmD75qb8T9gKcl6ow>



What to bring with you?

First of all - bring yourself.

AND THEN:

- Medicines - if you need them (anti-allergy pills, pain killers, aspirin etc.);
- Your passport or your ID card;
- **Accident and Bagagqe Insurance or at least European Health Insurance Card**;
- **All your travel tickets!!! (it's very important to keep all your ticket and invoices, because we can give you back your travel costs only if you have the tickets and invoices);**
- Any music you like especially music in your own language;
- National snacks, drinks, easy food, specialties for intercultural evening;
- There is wireless internet. If you want to use that you can bring your laptop;
- Towel and bath accessories;
- Swim suit if you want to spend your free time in the local swimming pool;
- Slippers should be nice, because we'll spend some of time in, and some comfortable clothes to because we have outdoor sessions too;
- Other stuff you might need - camera/film, toilet things, etc.

Accommodation and meals



During the training course you will be lodged in Tisza Sport Hotel Szeged. The hotel rooms have 3 beds and a private bathrooms. The accommodation is located near to the city centre. The address of the accommodation: **6726 Szeged, Szent-Györgyi Albert u. 42.**

Please visit <http://tizzasportszallas.hu/> to find more information about the place.

Participants will be provided with 3 meals per day (breakfast, lunch and dinner), based on different dietary needs. The meals will be served in a restaurant 10 minutes walking form the accommodation

<https://szalkaszed.hu/>

The training room will be in the accommodation. We will have a huge room and we can use the garden ☺

During sessions, we will provide 2 coffee/tea breaks per working day. All the other personal expenses participants will cover by themselves.

Our currency and prices

Our currency is Forint (HUF). 1 Euro is approximately 380 Forints. You will be able to exchange money at the Airport (you should change some money there because you will need Forint to buy the bus and the train tickets. I suggest you not to change a lot cause the rates are not the best at the airport. In Szeged the rates little better, and you can choose among more possibilities (banks, exchange offices

Here you can find some examples concerning the prices in Forint:

Combo Meal at fast food chains – 3000-3500 Forint

1 portion of ice cream – 500-650 Forint

1 piece of cake --> 800-1300 Forint

1 glace of drink in a pub --> 700-..... Forint

1 packet of crisps --> 350-500 Forint

1 bottle of mineral water --> 150-250 Forint



Reimbursement

READ CAREFULLY:

Travel costs will be reimbursed **ONLY** for the cheapest possible way of transport and according to the **TRAVEL COSTS DOCUMENT** maximum costs per person;

Travel costs will be reimbursed by bank transfer to the **SENDING ORGANIZATIONS**

Or **ONE OF THE PARTICIPANTS FROM THE SAME COUNTRY** (to one bank account per country),

AFTER submission of travel documents from participants' side;

Travel by car will be reimbursed only with prior approval of organizers;

Participants must keep all travel documents: all the tickets, invoices (plane, bus, train), bills, invoices and boarding passes, as we are able to make reimbursement only after we have all original documents;

We are **NOT** able to reimburse taxi transport!

It is **NOT** allowed to spend in the travel to and from the training location more than 2 days before/after the dates of the training;

Financial conditions

The food and accommodation will be provided and paid by the organizers. Travels costs will be reimbursed by bank transfer after the course. The travel reimbursement will be calculated according to the distance calculator of European Commission and according to the Hungarian TAX rules and the contract between our organisation and Tempus Public Foundation, Hungarian National Agency.

The project was approved in the R3 round of 2020, we received the 80% of the budget in 14.04.2021 so the travel calculations will be with the 4th month(April) of 2021 by the official website of the European Commission:

https://commission.europa.eu/funding-tenders/procedures-guidelines-tenders/information-contractors-and-beneficiaries/exchange-rate-infoeuro_en

The actual Eur-HUF exchange rate that we need to use for the calculation is 363,3 HUF/ EUR

The reimbursement fee will be counted according to the distance calculator of European Commission:

Country	Maximum travelling reimbursement per participant (tickets, invoices will be needed!!!)
Romania	€ 180,00
Italy	€ 275,00
UK	€ 275,00
Portugal	€ 360,00
Spain	€ 360,00
Czech Republic	€ 180,00
Lithuania	€ 275,00
Finland	€ 275,00
Cyprus	€ 275,00

Travel in Hungary if you come via Budapest

Most of you will come to Hungary by airplane, so you will arrive to Liszt Ferenc Airport 2. From the Liszt Ferenc Airport 2 you will have to take the bus number 200E. The bus stop is next to the exit of the Liszt Ferenc Airport 2.

You can buy your tickets at the Airport in the Official shop of BKK! You will need 2 go and back, please buy all of them, and don't forget to ask invoice!



Jó Napot Kívánok!

Szeretnék kérni 2 db vonaljegyet **áfa-s számlával** a következő címre:
YOPA KÖZHASZNÚ EGYESÜLET
6723.Szeged, Avar utca 8

Adószám: 18476820-1-06

This text in English:

Good morning/afternoon!

I would like to ask 2 single tickets with invoice to the following address:

YOPA KÖZHASZNÚ EGYESÜLET

6723.Szeged, Avar utca 8

TAX number: 18476820-1-06

350 HUF/ticket. If you want to buy in the bus, it is 450 HUF.

You can NOT buy ticket in the tram, metro, etc. Don't use the ticket automat in the stop, because they are mostly broken and you can not get an invoice.

1. Bus 200E

It will take you to Kőbánya-Kispest Railway station which is the final bus stop as you can see.

200E

Liszt Ferenc Airport 2 → Kőbánya-Kispest

Útvonal: / Route: / Fahrtroute: Liszt Ferenc Airport 2 vá. - Repülőtéri bekötőtűt - 4. sz. út - Üllői út - Ferihegyi repülőtérre vezető út - Gyömrői út - Ferihegyi repülőtérre vezető út - Kispesti lehajtó - Lehel utca - szervízút - Kőbánya-Kispest @ vá.

Indulási időpontok és követési idők **EBBŐL A MEGÁLLÓBÓL** / Departure and average journey times / Abfahrten und durchschnittliche Fahrzeit
 Az adatok tájékoztató jellegűek. A menetrendtől eltérések előfordulhatnak. / Schedule is subject to change. / Fahrplanänderungen vorbehalten.

Érvényes: 2013.05.01-jétől - visszavonásig / Valid from / Gültig ab: 01.05.2013. - until recalled / bis auf Widerruf

Munkanapokon ☺ - ☺	
Óra	Perc / minutes / Minuten
3	
4	15, 45
5	15, 35, 45, 55
6	05, 15, 25, 35, 45, 54
7	02, 11, 19, 28, 36, 44, 52
8	00, 08, 15, 23, 30, 38, 45, 53
9	00, 08, 15, 23, 30, 38, 45, 53
10	00, 08, 15, 23, 30, 38, 45, 53
11	00, 08, 15, 23, 30, 38, 45, 53
12	00, 08, 15, 23, 30, 38, 45, 53
13	00, 08, 15, 23, 30, 38, 45, 53
14	00, 08, 15, 23, 30, 38, 45, 53
15	00, 08, 15, 23, 30, 37, 44, 51, 58
16	04, 11, 18, 24, 31, 38, 45, 53
17	00, 08, 15, 23, 30, 38, 45, 53
18	00, 08, 15, 23, 30, 38, 45, 53
19	00, 08, 15, 23, 30, 38, 45, 53
20	00, 08, 15, 23, 30, 38, 45, 55
21	05, 15, 25, 35, 45, 55
22	05, 15, 25, 35, 51
23	06 ^a , 21 ^a , 36 ^a , 51 ^a
0	21 ^a

Szombaton ☺	
Óra	Perc / minutes / Minuten
3	
4	15, 45
5	15, 35, 55
6	15, 35, 55
7	15, 35, 45, 55
8	05, 15, 23, 30, 38, 45, 53
9	00, 08, 15, 23, 30, 38, 45, 53
10	00, 08, 15, 23, 30, 38, 45, 53
11	00, 08, 15, 23, 30, 38, 45, 53
12	00, 08, 15, 23, 30, 38, 45, 53
13	00, 08, 15, 23, 30, 38, 45, 53
14	00, 08, 15, 23, 30, 38, 45, 53
15	00, 08, 15, 23, 30, 38, 45, 53
16	00, 08, 15, 23, 30, 38, 45, 53
17	00, 08, 15, 23, 30, 38, 45, 53
18	00, 08, 15, 23, 30, 38, 45, 53
19	00, 08, 15, 23, 30, 38, 45, 53
20	00, 08, 15, 23, 30, 38, 45, 55
21	05, 15, 25, 35, 45, 55
22	05, 15, 25, 35, 51
23	06 ^a , 21 ^a , 36 ^a , 51 ^a
0	21 ^a

Munkaszüneti napokon ☺	
Óra	Perc / minutes / Minuten
3	
4	15, 45
5	15, 35, 55
6	15, 35, 55
7	15, 35, 45, 55
8	05, 15, 25, 35, 45, 55
9	05, 15, 25, 35, 45, 55
10	05, 15, 25, 35, 45, 55
11	05, 15, 23, 30, 38, 45, 53
12	00, 08, 15, 23, 30, 38, 45, 53
13	00, 08, 15, 23, 30, 38, 45, 53
14	00, 08, 15, 23, 30, 38, 45, 53
15	00, 08, 15, 23, 30, 38, 45, 53
16	00, 08, 15, 23, 30, 38, 45, 53
17	00, 08, 15, 23, 30, 38, 45, 53
18	00, 08, 15, 23, 30, 38, 45, 53
19	00, 08, 15, 23, 30, 38, 45, 53
20	00, 08, 15, 23, 30, 38, 45, 55
21	05, 15, 25, 35, 45, 55
22	05, 15, 25, 35, 51
23	06 ^a , 21 ^a , 36 ^a , 51 ^a
0	21 ^a

Minden jármű alacsonypadlós
 Low-floor service (all vehicles) / Niederfler-Wagen (alle Fahrzeuge)
 a : Határ út M megállóhelyig közlekedik It runs to Határ út stop (metro line M3)
 A járművezetőnél vonaljegyet váltható, melynek ára 450 Ft. Felszállás után a vonaljegyet és a helyszínen váltott vonaljegyet is szíveskedjen érvényesíteni.
 Tickets are sold at the bus driver (450 HUF). After boarding, please validate your ticket, even if you buy it from the driver.

☺ - ☺ : Nap sorszáma / Day number ☺ = Monday / Tag-Nummer

www.bkk.hu | bkk@bkk.hu | +36 1 258 4636
 www.facebook.com/bkkbudapest

BUDAPESTI KÖZLEKEDÉSI KÖZPONT
 Megálló kód: F04599

2. Train



When you get off the bus You should go upstairs and buy your train ticket at MÁV Jegypénztár (MÁV is the short name of Hungarian Railway Company).

This is the symbol of MÁV: You should buy your ticket to come to Szeged in that office.

Important!!! You should ask for the INVOICE!!!

Without Invoice we can not reimburse your travel cost!! Here you can find the text in Hungarian, please print it, cut it, and give it to the ticket seller when you buy the ticket.

JÓ NAPOT KÍVÁNOK!

Szegedig szeretnék kérni 1 teljes árú jegyet és pótjegyet is oda- vissza Szegedre áfás számlával a következő címre:

YOPA KÖZHASZNÚ EGYESÜLET

6723.Szeged, Avar utca 8

Adószám: 18476820-1-06

Köszönöm!

This text is the following in English:

Good Afternoon!

I would like to buy 1 ticket and supplementary ticket go and back to Szeged, and I would like to ask for a invoice to the following billing address:

YOPA Közhasznú Egyesület

6723.Szeged, Avar utca 8

Tax number: 18476820-1-06

Thank You!

Below is the timetable of the trains coming from Kőbánya-Kispest station.

Departure Time (Kőbánya-Kispest train station)	Arrival time (Szeged train station)
08:07	10:15
09:07	11:15
10:07	12:15
11:07	13:15
12:07	14:15
13:07	15:15
14:07	16:15
15:07	17:15
16:07	18:15
17:07	19:15

18:07	20:15
19:07	21:28
19:07	21:15
20:07	22:15
21:07	23:25

Webpage of the Hungarian Railway Company with timetable
<https://jegy.mav.hu/>

Early birds!

I mean who will arrive earlier to Budapest. You can use that text (“JÓ NAPOT KÍVÁNOK...”)

at Budapest-Ferihegy train station as well. How to go to Ferihegy Train Station.

1. Bus 200E: Ferihegy Airport terminal 2 -> Ferihegy vasútállomás (4th stop)

The Hungarian text is correct in this case as well.

IMPORTANT!

- When you get on the train, please check if you sit in the “right place”, because the train has normal and Inter City cars. And your ticket is valid only in the normal part, so you can not sit in the Inter City part of the train because the controller will punish you.
- Please send me a message when you will get on the train in Kőbánya-Kispest train station/Ferihegy train station to know when we should expect you.

How to get to the Accommodation

It is super easy, after arrival you need to buy local public transport ticket at the bottom of the train station:

Jó Napot Kívánok!

Szeretnék kérni 2 db vonaljegyet **áfá-s számlával** a következő címre:

YOPA KÖZHASZNÚ EGYESÜLET

6723.Szeged, Avar utca 8

Adószám: 18476820-1-06

Here is the address of the Accommodation again: Tisza Sport Hotel, Szeged, Szent-Györgyi Albert u. 42, 6726. There are several options to reach the hotel with public transport, please use google to find the best option for you, but we will help you on the way with pictures and schedules.

Weather

Before leaving your home country please check the weather forecast at:

<https://www.accuweather.com/hu/hu/szeged/187706/hourly-weather-forecast/187706>

